EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE OF MOTHERS OF UNDER FIVE CHILDREN ON DOMICILIARY MANAGEMENT AND PREVENTION OF UPPER RESPIRATORY TRACT INFECTIONS

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Abstract:
In the present study, Quasi-experimental design was used to evaluate the effectiveness of structure teaching programme on domiciliary management and prevention of upper respiratory tract infections among the mothers of under five children at urban slums. The study was conducted in selected urban slums at Bangalore. The sample consisted of 60 mothers, experimental Group- 30 and Control Group-30. Purposive sampling technique was adapted to select subjects. A structure interview schedule was used for data collection. Descriptive and inferential statistics was used for data analysis. The research concluded that structure teaching programme was effective mean to improve knowledge of the mothers regarding domiciliary management and prevention of upper respiratory infections.

Keywords: Upper respiratory tract infections; domiciliary management; Prevention of upper respiratory tract infections; under five children; urban slum area

Introduction:
Upper respiratory tract infections are inflammation of upper respiratory tract that is ear, nose and throat leads to common cold, pharyngitis and otitis media. Respiratory infections are the major causes of morbidity and mortality in under five children in developing countries. In India mortality of under- five children due to acute respiratory infections is 23%. A child in urban area suffers from 5-9 episodes of respiratory infections annually during the first five years of life, each episode lasting for a mean duration of 7-9 days. Upper respiratory tract infections are usually minor illnesses. Many children with cough, cold and fever do not have pneumonia and they don’t required treatment with antibiotics. Main causative factors of upper respiratory infections are viruses where antibiotics are not useful, they increase resistant strains and cause side effects while proving no clinical benefit, and are wasteful expenditure. Symptomatic treatment and domiciliary management is much more effective in such cases. Teaching mothers with planned instructional material
help in improving knowledge and practice of mothers with regard to the care of their children at home.

**Problem statement:**
A study to assess effectiveness of structured teaching programme on knowledge of domiciliary management and prevention of upper respiratory tract infections among mothers of under five children in selected urban slum at Bangalore.

**Objectives:**
1. To assess the level of knowledge on domiciliary management and prevention of upper respiratory tract infections among mothers of under-five children.
2. To assess the effectiveness of structured teaching programme on domiciliary management and prevention of upper respiratory tract infections.
3. To determine the association between pretest posttest knowledge scores and the selected demographic variables among the mothers of under five children.

**Hypotheses:**

- **H₁**
  - There will be significant difference between the pretest and posttest knowledge scores of mothers of under five children, among experimental group.

- **H₂**
  - There will be a significant difference between the knowledge scores of experimental and control group in terms of posttest score.

- **H₃**
  - There will be a significant association between the knowledge scores of mothers of under five children and selected demographic variables.

**Material and methods:**
The tool consisted of:
Structured interview schedule consisting of 40 items to assess knowledge of domiciliary management and prevention of upper respiratory infection was used. The reliability was established by using split half method the Reliability coefficient of tool is $r_{1/2}=0.9122$ which indicated that the tool was reliable. A pilot study was conducted on a sample of 8 mothers of under five children.

**Data collection process:**
Pre-test was conducted by administering a structured interview schedule on domiciliary management and prevention of upper respiratory infection in mother’s home for control and experimental group. Each interview extended for a period of 30 to 35 minutes. The content validity of the STP was established by 9 experts against the criteria checklist, based on suggestions of the experts and a finding of pre testing the final STP was selected. On the same day of pretest, the structured teaching programme was administrated to experimental group only. The post-test was conducted by using the same structured interview schedule after 7th day of pre test for both the group. The data collected was analysed in terms of frequency, percentage, paired ‘t’ test, $\chi^2$ test and presented in the form of tables and graphs.
Results:

Demographic data:

- Majority of the mothers 17(56.7%) from control group and 21(70%) from experimental group were in the age group of 21-30 years.
- Majority of mothers 12(40%) and 10(33.3%) found illiterate from control and experimental group respectively.
- The majority of mothers 22(73.3%) were housewives among control and experimental group.
- Maximum numbers of mothers 16(53.3%) from control group and 12(40%) from experimental group were having two children.
- Majority of mothers 14(46.7%) from experimental group and 9(30%) mothers from control group using gas for cooking.
- Maximum number of mothers 27(90%) from control group and 24(80%) from experimental group receive health related information from television.
- Majority of mothers of under five children 23(76.7%) from control group and 21(70%) from experimental group belong to Hindu religion.
- The majority of mothers 18(60%) from control group and 16(53.3%) from experimental group had family income below Rs.2000 per month.
- Majority of mothers 21(70%) from control group and 14(46.7%) from experimental group stay in Kaccha type of house.

- The majority of mothers 17(56.7%) from control group and 15(50%) from experimental group belong to nuclear family.
- Majority of mothers 12 (40%) from control group and experimental group had more than 5 people living in one house.

Assess Effectiveness of structured teaching programme on domiciliary management and prevention of upper respiratory tract infections.

The findings of the study showed that none of the subjects from both the group had adequate knowledge score in the pretest. Overall pretests mean knowledge scores of Control and Experimental group was 42.2% and 48.8%. The obtained ‘t’ value was 0.29 is statistically non significant at p > 0.05 level.

However, pretest knowledge score in various aspects among Control and Experimental group found statistically non significant at 5% level.

The findings of the study also shows over all pre test and post test mean knowledge on domiciliary management and prevention of upper respiratory tract infection in control group was 48.2% and 49.1% with standard deviation of 7.3% and 6.6%. Enhancement in over all knowledge score was 0.9% with a standard deviation of 2.7%

The difference in pre test and post test mean knowledge score in control group was 0.9%, with paired ‘t’ test value of 1.83. Which is found statistically non significant at 5% level.

The finding of the study reveals over all pre tests and post test mean knowledge on
domiciliary management and prevention of upper respiratory tract infections in experimental group was 48.8% and 79.7% with standard deviation of 8.8% and 7.5%. Enhancement in over all knowledge score was 30.9% with a standard deviation of 4.2%. The enhancement was 30.9% with paired ‘t’ test value of 40.30 which is found statistically significant at 5% level. Hence $H_1$ is accepted. So the STP is effective way to improve the knowledge of mothers of under five children regarding domiciliary management and prevention of upper respiratory tract infection.

Overall post test mean knowledge scores of control and experimental was 49.1% and 79.7%. The obtained ‘t’ value is 16.78* is statistically significant at p < 0.05 level. Hence, there is significant difference in the post test knowledge score of mothers among Control Group and Experimental group. Therefore research hypothesis ($H_2$) was accepted. So the Structured Teaching Programme is effective in the improvement of knowledge of mothers of under five children regarding domiciliary management and prevention of upper respiratory tract infection.

### The association between variables

likes age, religion, occupation, monthly income, facilities used for cooking and type of family with knowledge scores of mothers were found to be non significant except level of education and type of house in pre test of experimental group and education level of mothers and source of information in post test of experimental group found to be statistically significant.

### Conclusion:

Findings of the study show that there was significant increase in knowledge score of mothers in experimental group after administration STP. From this it can be concluded that structure teaching programme was effective in improving knowledge of the mothers regarding domiciliary management and prevention of upper respiratory infections in children.

### References: