



# “A study to assess the effectiveness of structured teaching programme on knowledge of mothers regarding behavioural problems among pre-schoolers in Anganwadi centres of district Ganderbal, Kashmir.”

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## Abstract

**Title:** A study to assess the effectiveness of structured teaching programme on knowledge of mothers regarding behavioural problems among pre-schoolers in Anganwadi centres of district Ganderbal, Kashmir. **Objectives:** To assess the effectiveness of structured teaching programme on knowledge of mothers regarding behavioural problems among preschoolers. **Materials and Methods:** A Quantitative approach with one group pre-test and post-test pre-experimental design was used. With the purposive sampling 50 study participants were selected. Tool used in this study included two sections, Section-I including demographic Performa of mothers such as age, occupation, education, monthly income, type of family and number of children. Section-II including Structured Interview schedule consisted of 40 items/questions. It was further divided into six parts to assess the knowledge of mothers regarding behavioural problems among preschoolers such as temper tantrum, thumb sucking, pica, bed-wetting and school phobia. STP was administered after conducting pre-test and post-test was conducted on 7<sup>th</sup> day of intervention. Data was analyzed by using descriptive and inferential statistical technique. **Result:** The data analysis revealed that majority of the study subjects 56% had moderate knowledge in post-test whereas in pre-test majority of study subjects 88% had inadequate knowledge. **Conclusion:** The study concluded that the structured teaching programme(STP) was effective in increasing the knowledge of mothers regarding behavioural problems among preschoolers.

**Keywords:** Effectiveness, STP, Knowledge, Preschooler, Behavioural Problem.

## Introduction:

The term Behaviour refers to the way a person responds to ascertain situation or experience. Behaviour is affected by temperament, which is made up of an individual's innate and unique expectations, emotions and beliefs. Behaviour can also be influenced by a range of social and environmental factors including parenting practices, gender, and exposure to new situations, general life events and relationships with friends and siblings. Behavioural development in children is strongly influenced by the nature of the -caregiver relationship. Preschool children are particularly difficult to manage. They are very active and yet have not developed the

sufficient insight and understanding to see them out of trouble. The common behavioural problems are temper tantrum, pica, bedwetting, thumb sucking, school phobia, etc. Thumb sucking and nail biting is another pleasurable sensation that diverts the child from his or her environment.

### **Need of the Study:**

Over the past several years, a number of studies have shown a rise in behaviour problems among preschoolers. These findings are alarming, especially in light of the fact that challenging behaviours are one of the strongest predictors of more serious problems as kids grow older, including delinquency, aggression, anti-social behaviour, and substance abuse. Results of the study showed that attending a child care center gives most preschoolers a boost in pre-reading and math skills. A study was conducted to determine the prevalence of behavioural problem in 957 school children of Ludhiana, India. The result showed that 45.6% of the children were estimated to have behavioural problems, of which 36.5% had significant problems. The study concluded that behavioural deviance does exist in our children. According to Indian Council of Medical Research 2009, overall prevalence of mental and behavioural disorder in Indian children to be 12.5%. Studies conducted in rural and urban areas of different parts of India suggest prevalence of behaviour disorder ranges from 1.6%-41.3%. It is important to understand that children are future of our nation. The importance of educated mothers has become now vital in safeguarding and promoting the mental health of children and early identification of deviations from normal. It is our responsibility to make mothers aware of such behavioural problems.

### **Objectives of the Study:**

1. To assess the pre-test knowledge scores of mothers regarding behavioural problems among pre-schoolers.
2. To assess the post-test knowledge scores of mothers regarding behavioural problems among pre-schoolers after implementation of structured teaching programme.
3. To assess the effectiveness of structured teaching programme on knowledge of mothers regarding behavioural problems among pre-schoolers.
4. To determine the association between pre-test knowledge score of mothers with their selected demographic variables.

### **Methodology:**

**Research Approach:** Quantitative approach.

**Research Design:** Pre-experimental, i.e., one group pre-test and post-test design was adopted.

**Research Setting:** Study Samples were selected from Anganwadi centers of Beehama and Fatehpora in District Ganderbal, Kashmir.

**Population:** The population under study are mothers of preschoolers who were attending Anganwadi centers of Beehama and Fatehpora in District Ganderbal, Kashmir.

**Sample:** Mothers of preschoolers in selected Anganwadi Centers of District Ganderbal, Kashmir.

**Sample Size:** 50.

**Sampling Technique:** Purposive sampling technique.

**Criteria for Sample Selection:**

**Inclusion criteria:**

- Mothers of preschoolers available at the time of data collection.

**Data Collection tool:** A Structured Interview Schedule was used to measure the dependent variable before and after the administration of structured teaching programme.

**Results:**

**1. Findings related to demographic characteristics of the subject:**

Age wise distribution of study samples revealed that majority number of samples 54% were in the age group of 30-35 years. Among all the participant’s majority of the respondents 98% were housewives. Sample distribution with regard to their education revealed that majority of respondents 46% had only studied up to high school. Findings of the study revealed that majority of respondents 58% had less than 5000 rupees as their monthly income. Findings related to type of family also revealed that majority of respondents 58% were living as nuclear family.

**2. Findings related to pre-test knowledge and post-test knowledge scores of study subjects:**

n=50

Knowledge level	Category	Pre-Test		Post-Test	
		Frequency	Percentage	Frequency	Percentage
Inadequate	0-20	44	88%	0	0%
Moderate	21-30	6	12%	28	56%
Adequate	>30	0	0%	22	44%

Table-1 shows pre-test and post-test knowledge scores of study subjects regarding behavioural problems among preschooler’s.

**3. Findings related to effectiveness of structured teaching programme on knowledge of mothers regarding behavioural problems among preschooler’s.**

n=50

Knowledge	Mean	N	S.D	t –value	p-value
Pre Test	16.72	50	3.01	22.629	S* P<0.05
Post Test	30.04	50	2.86		

Table-2 shows mean knowledge score 30.04 obtained by the subjects in post-test was higher than mean knowledge score 16.72 in the pre-test and with the improvement score of 13.22. which indicates that there is a significant difference between mean pre-test and post-test knowledge scores of respondents and showed that STP was effective in increasing the knowledge of study subjects regarding behavioral problems among preschooler’s.

**4. Findings related to association of pre-test knowledge of study subjects with their selected demographic variables:**

Association with Demographic Variables		Pre-test Knowledge			Chi Test	P Value	Result
Variable	Options	Inadequate	Moderate	Adequate			
Occupational status	Housewife	38	01	0	6.962	0.008	Significant
	Govt. Employee	06	05	0			

Table-3 shows there was a significant association between the pre-test knowledge score of study subjects regarding behavioral problems among preschooler's and occupational status of mother, which is ruled out by Chi-square-test. There was no significant association between the pre-test knowledge scores of study subjects regarding behavioural problems among preschooler's and other demographic variables like such as age, education, monthly income, type of family and no. of children.

#### **Acknowledgement:**

we will like to extend our sincere gratitude to all the participants for taking part in our study and making this study a success. We will also like to thank all the concerned authorities for granting us permission to conduct this research.

**Discussion:** Mothers lack adequate knowledge regarding behavioural problems among preschoolers and there is a need for educating the mothers. A programmed health education regarding behavioural problems among preschoolers could be arranged by health professionals in Anganwadi centers, under five clinics and Community Health Centers. Health professionals must take actions in order to educate mothers regarding behavioural problems. Nurses working in the community and hospitals play a vital role in spreading health awareness. Nursing personnel should be given in-service education to update their knowledge regarding behavioural problems. Pamphlets on behavioural problems and their management among preschooler's can be distributed to mothers so that it can bring about an awareness among general masses especially mothers. The public and private agencies should also encourage research in this field through materials and funds.

**Conclusion:** Most of the samples 54% were in the age group of 30-35 years. Majority of respondents 98% were housewives. Findings of study also revealed that most of the participants 46% were educated up to high school. Results of the study also revealed that majority of the study subjects 58% had <5000 as their monthly family income. Findings of the study also revealed that majority of respondents 58% were living as nuclear families. Findings of the study revealed that there was no significant association of pre-test knowledge scores with variables such as age, education, monthly income, type of family. However, significant association was found between occupation of study subjects and pre-test knowledge score. The findings of the present study revealed that majority of study subjects 88% had inadequate knowledge, 12% had moderate knowledge and none of the study subject had adequate pre-test knowledge. After implementing STP, the post-test findings showed significant increase in the knowledge of Mothers regarding behavioural problems Therefore, structured teaching programme is proved to be one of the effective teachings methods.

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