



To Assess the Effectiveness of Structured Teaching Programme on Behavioral Problems among Mothers of 1-12 years of Children in Selected Hospital at district Fatehgarh Sahib (Punjab)

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Abstract:-The primary aim of current study is to assess the knowledge on Behaviour problem among mothers of 1 to 12 years old children. In this pre experimental study 60 mothers of 1-12 years children were selected from civil hospital, Fatehgarh Sahib with pre and post test evaluation and their bio-demographical data. The pretest result shows about 90%(54) of the respondents had inadequate knowledge on the behavioral problems among children and about 10%(6) of the respondents had moderately adequate knowledge on the behavioral problems among 1-12 years of children and no respondents had adequate knowledge. The statistical paired't' test indicates the enhancement in the mean knowledge scores found to be significant at 5% level for all the aspects under the study.

Introduction:-Today's society is complex and ever-changing. As children grow they must learn not only to cope with current demands, but also to prepare for the many unexpected events they will face in their tomorrows.

Children normal behaviors depend on various natural and environmental circumstances in which a child grow and observes. All children do not react in the same way to the same situation and the children behavior problems could be related to temperament. Behavior problem can be defined as an abnormality of emotion, behavior or relationship that is sufficiently severe and persistent to handicap the child in his/her social or personal functioning or to cause distress to the child, his/her parents or to the community.

According to early childhood special education, the world wide morbidity due to behavioral problems has been more widely examined in developed countries with an overall prevalence of around 12%. In general child population the prevalence of behavioral problems has been estimated at between 3% and 6% and higher incidence among preschool children from low- income families that is 30%.

Behavioral problems of children lead to abnormality in their emotions or behavior which is severe and cause distress to the child, family and community. Instead of lashing out with punishment it is important for parents and teachers to know how to deal effectively with children behavioral problems when they arise. Many children behavior problems that present themselves in young children are the signal of the onset of another stage in their development as the children start to develop more independence. All children have episodes of bad behavior, some more frequently and severely and others less. Using these three steps will improve child's behavior and reduce the frequency and severity of any child behavior problem.

- 1) Relationship: A loving, stable relationship between parents and children is the basis for the child's healthy social development.
- 2) Planning: Planning is the secret of good parenting. Watch your expectations so that you plan for good behavior rather than dread the bad. Planning involves knowing your child, her temperament and skills, and knowing the challenges of her environment.
- 3) Response: Attentiveness and response are the tools for improving your child's behavior. **(Hena Chandran)**
- 4) Counseling is a useful intervention for many of the behavioral problems.

Aim of the study

To Assess the Effectiveness of Structured Teaching Programme on Behavioral Problems among Mothers of 1-12 years of Children in Selected Hospital at district Fatehgarh Sahib (Punjab)

Objectives of the study

1. To assess the level of pretest and posttest knowledge on behavioral problems among the mothers of 1-12 years of children.
2. To evaluate the effectiveness of structured teaching programme on behavioral problems among mothers of 1-12 years of children.
3. To find out the association between the post test knowledge of mothers of 1- 12 years of children with selected socio demographic variables.

Research Hypotheses:- Hypothesis

H₁: There will be significant difference between in pretest and post test knowledge score on behavioral problems among mothers of 1-12 years of children.

H₂: There will be significant association between the post test knowledge of the mothers of 1-12 years of children with selected demographic variables.

Research Methodology

Sample:- The study originated with a sample of 60 mothers as a sample size for explicating the effectiveness of structured teaching programme on knowledge regarding behavioral among the mothers in selected Hospital at Fatehgarh Sahib (Punjab)

Variables:- Independent variable (I.V.)

- Structured Teaching Programme (STP)

Dependent variables (D.V.)

- Performance on pre test
- Performance on post test

Research Design:- Pre experimental, one group pre-test, post-test design.

Research Approach:- Pre experimental research approach.

Sampling Technique:- Purposive

The Instruments Used for this Study were:

1. Baseline Performa.
2. Structured Interview schedule

Selection of the tool:-The selected tool was a structured questionnaire to assess the knowledge of mothers on behavioral problems.

Part A: Demographic data consists of 10 questions

Part B: Knowledge items consists of 30 questions

RESULTS The data gathered to evaluate the effectiveness of the structured teaching program on behavioral

problems among the 60 mothers of 1-12 years of children in selected hospital at Fatehgarh sahib (Punjab)

Organization & Presentation of Data

The analysis of the data is organized and presented under the following headings: Section I :
Distribution of respondents according to socio-demographic variables.

Section II: Knowledge scores before and after structured teaching program on behavioural problems among the mothers of 1-12 years of children.

Section III: Association of posttest knowledge on behavioral problems among the mothers and their selected demographic variables.

Section-I: Distribution of the Respondents According to Socio- demographic Variables

Distribution of the respondents according to their age, religion, education of mother, education of father, occupation of mother, occupation of father, location of home, type of family, monthly family income and parity were 20 to 25 about 55%(33), sikh about 60%(36), Primary about 55%(33), primary about 56.7%(34), house wife about 38.3%(23), private job 50%(30), urban area about 36.7%(22), nuclear family 63.3%(38), 3001 to 5000 about 46.7%(28) and three children 45%(27) respectively.

Section II: Assessment of Knowledge scores of mothers before and after structured teaching programme on Behavioral problems of children

The highest mean knowledge 40.5% was found in the aspect of meaning and etiology of behavioural problem, followed by 33.62 % of mean knowledge in the aspect of classification and symptoms of behavioural problems and least mean knowledge 17.077% was found in the aspect of management and prevention of behavioural problems. In the present study during the pretest the overall mean score among the respondents was 8.2 with a standard deviation of 1.685 and a mean percentage of 27.33%. The overall posttest mean score among the respondents on the behavioral problems among children was 24.62 with a standard deviation of 2.08 and a mean percentage of 82.07%.

The highest mean knowledge enhancement was found in the aspect of management and prevention with 66 percentages, second highest mean knowledge enhancement was found in the aspect of classification and symptoms with 54.69 percentages and 17.75 percentage enhancement was found in the aspect of meaning and etiology respectively.

The overall pre and post-test mean was 8.2 per cent and 24.62 per cent. The overall posttest score is 54.74%. The statistical paired 't' test indicates the enhancement in the mean knowledge scores found to be significant at 5% level for all the aspects under the study.

The pretest result shows about 90%(54) of the respondents had inadequate knowledge on the behavioral problems among children and about 10%(6) of the respondents had moderately adequate knowledge on the behavioral problems among 1-12 years of children and no respondents had adequate knowledge.

Section III: Association between Posttest level of Knowledge and their Demographic Variables

Among 11 respondents in the age group of less than 20 years, 72.7% (8) had adequate knowledge level and 27.3% (3) respondent had moderate knowledge level, among 33 respondents between the age group 21-25 years, 57.76 % (19) had adequate knowledge level, 42.4% (14) had moderate knowledge level. Further, 16 respondents in the age group 26-30 years, 75.0% (12) had adequate knowledge and 25.0% (4) had moderate knowledge level. Hence, the value of X^2 is found to be non significant at 5% level ($X^2 = 1.92$, $P < 0.05$). It indicates that there is no significant association between knowledge and the respondent's age.

It also shows that among 36 Sikh respondents 66.7 % (24) respondents were found to be having adequate knowledge level and 33.3% (12) respondents possessed moderate knowledge level, among 16 Muslim respondents 50.0% (8) had adequate knowledge level and 50.0% (8) had moderate knowledge level and

among 8 Christian respondents 87.5 % (7) had adequate knowledge and 12.5% (1) respondent found to have moderate knowledge. Hence, the value of X^2 is found to be non significant at 5% level ($X^2 = 3.40$, $P < 0.05$). It indicates that there is no significant association between knowledge and the respondent's religion.

The value of X^2 is found to be non significant at 5% level ($X^2 = 3.599$, $P < 0.05$). It indicates that there is no significant association between knowledge and the respondent's education.

The value of X^2 is found to be non significant at 5% level ($X^2 = 0.463$, $P < 0.05$). It indicates that there is no significant association between knowledge and the respondent's husband's education.

The value of X^2 is found to be non- significant at 5% level ($X^2 = 0.710$, $P < 0.05$). It indicates that there is no significant association between knowledge and the respondent's occupation.

The value of X^2 is found to be non- significant at 5% level ($X^2 = 1.856$, $P < 0.05$). It indicates that there is no significant association between knowledge and the respondent's husband's occupation.

The value of X^2 is found to be non- significant at 5% level ($X^2 = 3.691$, $P < 0.05$). It indicates that there is no significant association between knowledge and the respondent's location of home.

There is no significant association between knowledge and the respondent's type of family.

The value of X^2 is found to be non significant at 5% level ($X^2 = 2.398$, $P < 0.05$). It indicates that there is no significant association between knowledge and the respondent's family income.

The value of X^2 is found to be non significant at 5% level ($X^2 = 1.853$, $P < 0.05$). It indicates that there is no significant association between knowledge and the respondent's parity.

The present study confirms that the overall knowledge in pre-test is 27.33 %, which is less. This shows that there is lack of information among mothers of 1-12 years of children on behavioural problems.

The pre-test mean knowledge that mothers had lack of knowledge on behavioural problems and there is need of educational programmes on mothers of 1-12 years of children on behavioural problems. Hence the researcher concluded that due to lack of understanding of the children by mothers, it is important to give education to the mothers.

The second objective of the study was;

- **To evaluate the effectiveness of structured teaching programme on behavioural problems among mothers of 1-12 years of children in selected hospital, Fatehgarh Sahib.**

The overall mean percentage knowledge score in the pre-test was 27.33% and 82.07% in the post-test with 54.74% mean percentage knowledge enhancement. The mean knowledge score during pre-test is 8.2 and 24.62 in the post-test.

The third objective of the study was

- **To find out the association between posttest knowledge on behavioral problems among mothers of 1-12 years of children with selected socio demographic variables.**

Among the demographic variables analyzed in this study there was no significant association between age, religion, education of mother, education of husband, occupation of mother, occupation of husband, location of home, type of family, monthly family income, parity and knowledge scores as the Chi-square computed value is not statistically significant.

Testing of the hypothesis

There was significant change found between the Pretest (27.33%) and Posttest (82.07%) knowledge scores regarding behavioral problems of children. Hence, the stated hypothesis is accepted since, there was significant improvement (54.74%) in knowledge scores of mothers of 1-12 years of children after conducting the structured teaching programme on behavioral problems. There was no significant association between the

selected demographic variable and post test knowledge score regarding behavioral problems of children. Hence, the stated hypothesis is rejected since; there was no significant association between selected demographic variables and knowledge level of mothers of 1-12 years of children.

Findings related to association between demographic variables and post-test mean percentage knowledge scores

The Association between mean percentage knowledge score and demographic variables were computed by using Chi-square test. There was no significant association between age, religion, education of mother, education of husband, occupation of mother, occupation of husband, location of home, type of the family, monthly family income and parity and mean percentage knowledge scores.

Limitations of the Study

The present study has the following limitations:

- The study is limited to the mothers of 1-12 years children
- Only a single domain that is knowledge is considered in the present study.
- Since the sample was only 60, the findings cannot be generalized to all the mothers.
- The mothers who cannot understand Kannada or English were excluded from the study.
- Knowledge of the mothers was assessed using structured questionnaire only.
- Other methods like observation and checklist were not used.

behavioral problems.

A. Findings related to association between demographic variables and post-test mean percentage knowledge scores

The Association between mean percentage knowledge score and demographic variables were computed by using Chi-square test. There was no significant association between age, religion, education of mother, education of husband, occupation of mother, occupation of husband, location of home, type of the family, monthly family income and parity and mean percentage knowledge scores.

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