



# “A Study To Assess The Level Of Knowledge Regarding The Behavioral Problems In Preschool Children And Its Management Among Parents Attending Pediatric OPD At Selected Hospital, Dehradun.”

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**Abstract:** Normal children are healthy, happy and well adjusted. This adjustment is developed by providing basic emotional needs along with physical and physiological needs for their mental wellbeing. As children move in to the preschool years (ages 2 ½ to 5 ½), cries of “No and I will do it myself”, are frequently heard. Children this age may be easily frustrated when faced with limits. They will cry, throw tantrums and even lash out a parent, caregiver or friend. However, some preschoolers show even more extra mean difficult behaviors, often defying adults and deliberately hurting other people. Some may be so disruptive that they are banned from preschool. 5 Major behavioral problems are the significant deviations from socially accepted normal behavior. These problems are mainly due to Mall adjustment to external environment and presence of internal conflict. Behavioral problems need always special attention. The present “A Study to assess the level of knowledge regarding behavioral problems in preschool children and its management among parents attending Pediatric OPD at selected Hospital, Dehradun.” The nature of the study was pre-experimental, descriptive research design. The study was conducted in pediatric OPD of selected Hospital, Dehradun. Data was collected from the parents of preschool children those who attended pediatric OPD in selected Hospital, Dehradun by using structured questionnaire to assess the level of knowledge regarding behavioral problems in preschool children and its management. According to the score majority 88.3% parents were having inadequate knowledge regarding behavioral problems in preschool children and its management, 11.7% parents were having moderate knowledge regarding behavioral problems in preschool children and its management. 0% parents were having adequate knowledge.

**KEY POINT:** Level of knowledge, Behavioural problems, preschool children.

## INTRODUCTION:

Normal children are healthy, happy and well adjusted. This adjustment is developed by providing basic emotional needs along with physical and physiological needs for their mental wellbeing. The emotional needs are considered as emotional food for healthy behavior. The children are dependent on their parents, so parents are responsible for fulfillment of the emotional needs. The preschool years extending from approximately 3 to 5 years of age. Common behavioral problems of childhood are temper tantrum breath holding spell, thumb sucking, nail biting, enuresis, encopresis, pica, tics, and stuttering or stammering, delayed speech and attention deficit disorder. The causes for all behavioral problems in preschool children are due to parents’ negligence poor supervision or poor attention, family conflict and maladjustment to strict parents, rejection, sibling rivalry, unconscious anger and defiance in the child, insecurity, conflict or hostility, aggression, neurotic attitudes of the mothers.

## OBJECTIVES OF THE STUDY:

1. To assess the knowledge regarding the behavioral problems and its management among parents of preschool children came in pediatrics OPD and its management.
2. To find out the association between knowledge regarding the behavioral problems and its management among parents of preschool children attending Pediatric OPD with their selected demographic variables.

**RESEARCH HYPOTHESIS:**

**H0.** There will be a no significant association between the level of knowledge regarding behavioural problems in preschool children and its management among parents attending paediatrics OPD at selected hospital, Dehradun.

**H1.** There will be a significant association between the level of knowledge regarding behavioural problems in preschool children and its management among parents attending paediatrics OPD at selected hospital, Dehradun.

**RESEARCH METHODOLOGY:**

This chapter deals with the description of methodology and different steps which were undertaken for the gathering and organizing data for the study to assess the knowledge regarding behavioural problems and its management.

**Research approach:** The nature of problem and to accomplish the objective of the study a quantitative approach was considered appropriate for the present study.

**Research design:** A descriptive research design was used to assess the level of knowledge regarding behavioural problems in preschool children and its management among parents attending paediatrics OPD at selected hospital, Dehradun.

**Setting of the study:** The study was conducted in paediatrics OPD at Shri Mahant Indiresht Hospital.

**Population:** Population of present study include all the parents of preschool children.

**Target population:** The target population of present study include parents of preschool children attending paediatric OPD at Shri Mahant Indiresht Hospital, Dehradun. **Accessible population:** The accessible population for present study include 60 parents of preschool children attending OPD at Shri Mahant Indiresht Hospital, Dehradun.

**Sample size:** A total 60 subjects from the parents of preschool children attending the paediatric OPD at Shri Mahant Indiresht Hospital, Dehradun.

**Sampling technique:** Convenience sampling was used for the present study.

**Data collection instruments:** Self-structured questionnaire prepared to assist the level of knowledge of parents of preschooler regarding behavioral disorder.

**RESULT AND DISCUSSION:****SECTION- A****Table 1 Frequency and Percentage Distribution of Sample according to demographic variable**

**N=60**

S.NO	DEMOGRAPHIC VARIABLE	FREQUENC (f)	PERCENTAGE (%)
1.	<b>Age (in years)</b>		
	20-25 years	15	25%
	26-30 years	27	45%
	31-35 years	12	20%
	36-40 years	6	10%
2.	<b>Sex</b>		
	Male	23	38.30%
	Female	37	61.70%
3.	<b>Education</b>		
	8 <sup>th</sup>	3	5%
	10 <sup>th</sup>	19	31.60%
	12 <sup>th</sup>	27	45%
	Graduation	11	18.30%
4.	<b>Occupation of Parents</b>		
	Government job	14	23.30%
	Private Job	22	36.70%
	Business	20	33.30%
	Unemployed	4	6.66%
5.	<b>Socioeconomical Status</b>		
	Lower class	8	13.30%
	Middle Class	37	61.80
	Upper class	15	25%
6.	<b>Number of children's</b>		
	1	10	21.70%
	2	33	36.70%

	3 More then 3	13 14	25% 16.70%
<b>7. Age of child</b>	2 3 4 5	13 22 15 10	21.70% 36.70% 25% 16.70%
<b>8. Family type</b>	Joint family Nuclear family	21 29	35% 65%
<b>9. Living area</b>	Rural Urban	26 34	43.30% 56.70%
<b>10. Previous information</b>	Yes No	22 38	36.70% 63.30%

**Table 1-** showed the frequency percentage distribution of sample according to socio demographic variables. Majority of age belongs to 26-30 years that is 27 (45%), most of the parents are having private job that is 22 (36.7%), and 4 (6.66%) parents are unemployed. In the education 27 (45%) parents are 12 pass, majority of the Female 37 (61.7%). Most of the parents belongs to urban community that is 34 (56.7%). 63.30 % parents were not having any previous information regarding behavioural problem in preschool children.

## SECTION B

**TABLE 2: FREQUENCY PERCENTAGE WISE DISTRIBUTION OF KNOWLEDGE SCORE AMONG**

**N=60**

S.NO	LEVEL OF KNOWLEDGE	FREQUENCY	PERCENTAGE
1.	Inadequate knowledge (>20)	54	88.3%
2.	Moderate knowledge (21-40)	6	11.7%
3.	Adequate knowledge (41-50)	0	0 %

**Table 2-** The percentage wise distribution of level of knowledge regarding behavioral problems in preschool children and its management among parents attending pediatrics OPD at selected hospital, Dehradun, 88.3% people were having inadequate knowledge. 11.7% people were having moderate knowledge. And 0% people were having adequate knowledge.

## SECTION -C

**Table 3** Association between level of knowledge and demographic variable among parents in Shri Mahant Indresh Hospital.

**N=60**

Sr. No	Demographic Variable	Adequate Knowledge	Moderate Knowledge	Inadequate Knowledge	DF	Chi Square Value	Level of significance
1	<b>Age (in years)</b> 20-25 years 26-30 years 31-35 years 36-40 years	0 0 0 0	2 2 2 1	13 25 10 05	3	0.952	*
2	<b>Sex</b> Male Female	0 0	3 4	20 33	1	0.069	*
3	<b>Education of Parents</b> 8 <sup>th</sup> 10 <sup>th</sup> 12 <sup>th</sup> Graduation	0 0 0 0	0 0 1 6	3 19 26 5	3	24.192	#
4	<b>Occupation of Parents</b> Government job	0	3	11			*

	Private Job	0	2	20	3	2.989	
	Business	0	1	19			
	Unemployed	0	1	3			
5	<b>Socioeconomical Status</b>						*
	Lower class	0	2	6	2	1.77	
	Middle Class	0	4	33			
	Upper class	0	1	14			
6	<b>Number of children's</b>						*
	1	0	3	7			
	2	0	4	29	3	4.382	
	3	0	0	13			
	More then 3	0	0	4			
7	<b>Age of pre-schooler</b>						*
	0	0	0	13			
	2	0	2	20	3	3.035	
	3	0	1	14			
	4	0	2	8			
	5						
8	<b>Family type</b>						*
	Joint family	0	4	17	1	2.434	
	Nuclear family	0	9	30			
9	<b>Living area</b>						#
	Rural	0	2	24	1	4.344	
	Urban	0	10	24			
10	<b>Previous information</b>						*
	Yes	0	2	20	1	0.224	
	No	0	5	33			

Significant - \*

Non-Significant - #

**Table 3-** depict that there is only two significant and seven non-significant association between the level of knowledge of parents with their selected demographic variable. So, it can be concluded that the obtained chi square value of **parent's education and Living area** were higher than the table value indicates that there were a significant association between the variables. Hence the research hypothesis is accepted for the above mention two variables, And the obtained chi square value of **Age, sex, occupation, Socioeconomical status, number of children, Age of pre-schooler, family type and previous information**, were lower than the table value indicates that there were a non-significant association between the variables. Hence the null hypothesis is accepted for the above mention two variables.

**SUMMARY:** A Study was undertaken at selected Hospital, Dehradun where data was collected from 60 parents of preschool children at Paediatrics OPD, to assess the level of knowledge Regarding Behavioural Problem and Its Management. The collected data were analysed by using descriptive statistics. Convenient sample technique was adopted for the study. The data gathered were tabulated analysed, and interpreted in terms of objectives used in descriptive and inferential statistics.

**CONCLUSION:** From this study we conclude that the parents of preschool children attending Paediatrics OPD need to improve their knowledge. According to the result of the study, the main cause of behavioural problems in pre-schoolers due to less knowledge regarding prevention and treatment of behavioural problems. So, there is provision of all aspect of teaching and health education. Teaching and health education should be given the tn parents of preschool children.

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