



# A Study To Assess The Knowledge On Behavioural Problems Among Mothers Of Under Five Children At Selected Community, Coimbatore.

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## ABSTRACT:

**Background of the Study:** Children's Behavioural development is a vital part of their growth, shaping their interactions, emotional regulation, and social relationships. As parents, it's crucial to recognize early signs of behavioural problems in children to ensure their emotional and psychological well-being of Children

**Objectives:** 1.To assess the knowledge on Behavioural problems among mothers of under five Children 2.To find the association between the knowledge on Behavioural problems among Mothers of Under five Children with their selected demographic variables .**Research Design:** Descriptive research design was adopted to the study. **Setting:** The study was conducted in selected community. **Sample:** 60 under five mothers who fulfil the inclusion criteria were selected as sample. **Methodology:** The study design was Quantitative descriptive research design was used for the study. The Convenient Sampling technique was used to select the sample.

The data were collected by administering the structured knowledge questionnaire on Behavioural problems questionnaire to assess the level of knowledge among Mothers of under five Children **Results:** Among 60 respondents 15(25%) were adequate knowledge; 25(41.5%) were moderate knowledge; 20(33.3%) were inadequate knowledge **Conclusion:** The study concluded that Mothers of Under Five children have adequate knowledge on Behavioural Problems, they can help determine there is undiagnosed behavioural problems driving their action.

**KEYWORDS:** Knowledge, Behavioural problems, under five Mothers, Selected Community

## INTRODUCTION

**Background of the Study:** Todays children's are tomorrow future, early childhood is a rapid development during this period children develop motor skill, language and social skill. They learn to regulate emotions and control their behaviour. It is not an uncommon for behavioural problems to emerge during this period as children trying to make sense of the world. Ignoring these signs can have long-term effects on a child's development. Behavioral problems in children refer to patterns of behaviour that deviate from what is

typically expected for their age and developmental stage. These behaviours often cause disruptions in daily activities and may affect the child's relationships at school, with friends, and at home.

Behavioural problems can manifest in a variety of ways, and parents need to recognize when behaviour goes beyond typical childhood development and starts to negatively impact their child's life. Behavioral problems in under-five children can include things like temper tantrums, sleep difficulties, eating problems, and aggression. These problems can be a sign of developmental delays, emotional issues, or underlying medical conditions, and addressing them early is crucial for a child's well-being. Under-five children may exhibit a range of behavioural problems, including temper tantrums, difficulty with self-regulation, and challenges with sleep, feeding, and toilet training. Internalizing problems are likely to pick up the parents and problems identified by parents or teachers.

## Need for the Study

A child's mental health is fundamental to their ability to coexist peacefully in this dynamic environment. The foundation of national progress is the health of children. A community's future progress is slowed down when its children are neglected. Since children are the most vulnerable group in society, the United Nations International Emergency Fund has placed a high priority on the idea of the whole child, which means that promoting their health is crucial. The majority of infant and young child behavioural abnormalities are caused by early childhood regulatory disorders.

The Prevalence of Behavioural Problems of Under five children 18.3% to 64.53%. Childhood behavioural and emotional disorders have significant negative impact on the society, in the form of direct behavioural consequences and cost, and on the individual in the form of poor academic, occupational and psychosocial functioning of the family. Parents of children with developmental delay

The preschool years run roughly from the ages of three to five. Common childhood behavioural issues include tics, stuttering or stammering, delayed speech, attention deficit disorder, thumb sucking, nail biting, encopresis, pica, tics, and temper tantrums. The most prevalent behavioural abnormalities in infants and young children are caused by regulatory issues related to age-specific adaptation and developmental tasks, which are accounted for by early childhood regulatory disorders. There is mounting empirical evidence that these issues require our full attention. If left untreated, these conditions harm the early bond between parents and children and raise the possibility of problems in later life.

## STATEMENT OF THE PROBLEM

A study to assess the Knowledge on Behavioural problem of children among Mothers of under five children in Selected Community.

## OBJECTIVES

1. To assess the level of knowledge among mothers of under five children regarding the behavioural problems
2. To determine the association between of knowledge among mothers of under five children regarding the behavioural problems with selected demographic variables.

## ASSUMPTION

- Under five mothers have inadequate knowledge on Behavioural Problem
- Under five children risk of developing Behavioural Problems

## METHODOLOGY

### RESEARCH DESIGN

The research design applied for the study was descriptive research design.

### SETTING OF THE STUDY

The study was conducted in selected community Coimbatore

### POPULATION OF THE STUDY

The study population includes Mothers who are having under five children.

### SAMPLE

Mothers with Under five children residing in Selected Community

### SAMPLING SIZE

The sample size for this study consists of 60 under five mothers

### SAMPLING TECHNIQUE

Convenient sampling technique was adopted to select the sample for this study. There are 60 under five to fulfilled the inclusion criteria

## CRITERIA FOR SELECTION OF SAMPLE

### Inclusion criteria

- Mothers with Under five children
- Mothers who are willing to participate in the study.
- Mothers who are available during the time of the study.

### Exclusion criteria

- Mothers of Under five children diagnosed with behavioural problem
- Mothers of Under five children taking treatment of any behavioural problem
- Mothers of Under five children having other Illness

## DEVELOPMENT AND DESCRIPTION OF THE TOOL

The tool was developed by the researcher on reviewing literature

The tool consists of Three Sections:

**Section I:** The demographic data.

**Section II:** Structured knowledge questionnaire regarding Behavioural Problems of Under five children

**Section I:** Demographic data

The demographic Profiles Includes Age of Child, Parents, Educational status, Occupation, Monthly income, Type of Family, No of children

**Section II:** Structured Interview Questionnaire

It was used to assess the knowledge on Behavioural Problems among Mothers of under five Children and it Consist of 15 Multiple Choice Questions. Questions related to each correct response carried one mark and wrong answer given zero mark minimum score was zero and maximum score was 15.

## CONTENT VALIDITY

The content validity of the tool obtained from the three experts in the related field and modified based on their suggestions and opinions.

## RELIABILITY

The reliability of the tool characterized as the degree to which an experiment, test or measuring Procedure yield the same outcome on repeated test. The Cronbach's alpha reliability method used to establish the reliability. Which include tool was highly reliable

## PROCEDURE FOR DATA COLLECTION

The research study was conducted mothers of under five children at selected community area. The investigator introduced herself to the woman's and brief explanation was given about the purpose of the study, each women was assured for the data collected from them will be utilized only for the purpose of the study and will be kept as confidential

The investigator used structured interview method to collect the data of the sample. The time taken for interview each respondent was about 20-25 minutes. Each day around 5 to 8 subjects were interviewed. The researcher maintained confidentiality and had no difficult in collecting Data.

## STATISCAL ANALYSIS

Descriptive statistics (Mean and Percentage) and inferential statistics (Chi-square test) were used to analysis the data. Chi-square was used to find the association between knowledge on Behavioural Problems among mothers with under five Children with selected demographic variables.

**RESULTS****SECTION – I****Table: 1 Distribution of the Respondents according to their Demographic variables.****N=60**

S.No	Demographic variables	Frequency	Percentage (%)
1.	<b>Age of Child</b> a) 0-2 years b) 3-5 years	12 48	20 % 80 %
2.	<b>Parents</b> a) Single Parent b) Both Parent	2 58	3 % 97 %
3.	<b>Monthly Income</b> a) Below Rs.10000 b) Rs.10001-15000 c) Rs.15001 – 20000 d) Rs.20001 & above	15 28 16 1	25 % 47 % 26 % 2 %
4..	<b>Educational qualification</b> a) Illiterate b) Primary education c) Secondary education d) Graduate	10 28 19 3	16 % 47 % 32 % 5 %
5	<b>Occupation</b> a) Coolie b) Daily wages c) Homemaker d) Professional worker	3 10 42 5	5 % 17 % 70 % 8 %
6.	<b>Type of Family</b> a) Nuclear family b) Joint family	43 17	72 % 28 %
7.	<b>No. of Children</b> a) 1 b) 2 c) 3 d) 4 & above	15 30 13 2	25 % 50 % 22 % 3 %

The above table depicts the distribution of demographic variables of 60 respondents, on the basis of age group 12 (20%) were up to 0-2 years, 48 (80.8%) Were 3-5 years, Regarding Parents, Single Parent 2(3%), and Both Parent 58 (97 %)

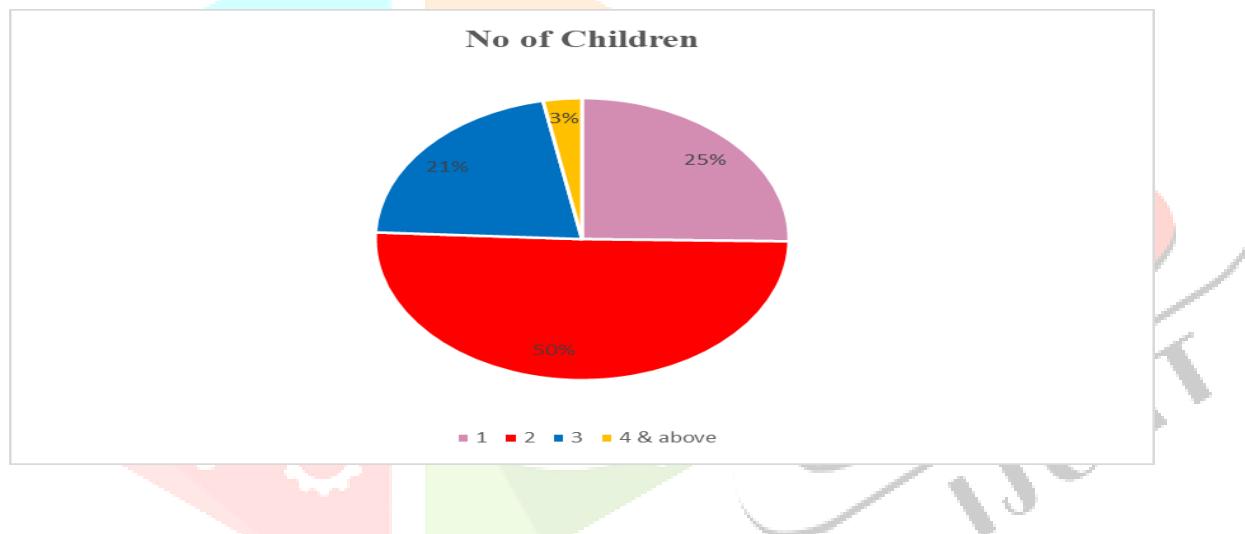
On the Basis of Education 10(16 %) were Illiterate, 28 (46 %) Primary education, 19 (32%) were Secondary education, 3(5%), Higher secondary education. Based on Occupation 3(5 %) coolie worker, 10(17%) were Daily wages, Home Maker were 42 (70%), Professional worker 5 (8%).

On the basis of Monthly Income > Rs.10000 15 (25 %), Rs.10001-15000 were 28(47%), Rs.15001-20000&were 17(34%), Rs.20000 & above 1(2 %)

On the basis of Type of family,43 (72%) were Nuclear family, Joint family 17(28%).Regarding No. of Children were 1 Children 15(25%),2 children 30(50%),3 children were 13(22%),4 & above 2(3 %).

**Fig 1. Frequency and percentage of Level of knowledge on Behavioral Problems among mothers of under five children**

N=60



The figure 1 shows that level of Knowledge on Behavioral Problems among under five Mothers Among 60 respondents Regarding No. of Children were 1 Children 15(25%),2 children 30(50%),3 children were 13(22%),4 & above 2(3 %).

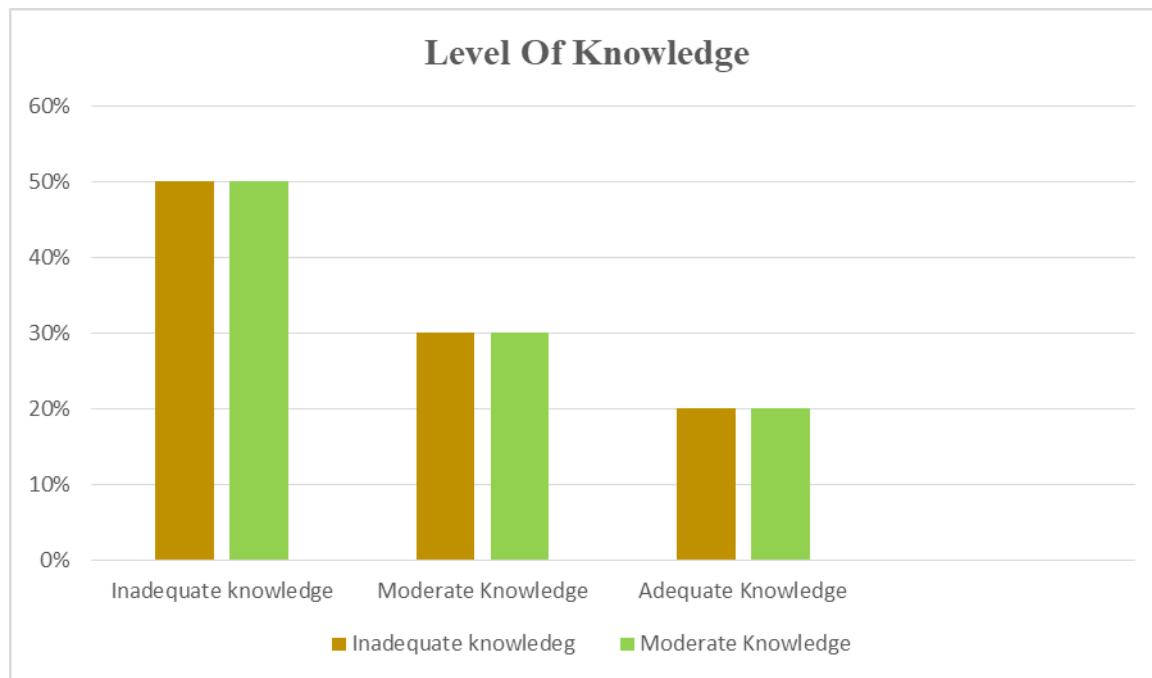
## SECTION -II

**Table 2: Distribution of respondents according to the knowledge on behavioural problems among Mothers of under five children**

Sl.no.	Knowledge Score	No. of respondents	Percentage (%)
1.	Adequate knowledge	12	20%
2.	Moderate knowledge	18	30 %
3.	Inadequate knowledge	30	50%

The above table shows that distribution of respondents according to their mean Knowledge score in Behavioural Problems among Mothers of Under five Children. Among 60 respondents 12(20%) were adequate knowledge 18(30%) were moderate knowledge, 30(50%) were inadequate knowledge.

**Figure 2 Frequency and percentage distribution of Level of Knowledge on Behavioral Problems among Mothers of Under five Children**



The figure 2 shows that level of Knowledge on Behavioral Problems among Mothers of Under five children among 60 respondents on 30(50%) Inadequate Knowledge, 18(30%) were moderate knowledge, 12(20%) were adequate knowledge

## OBJECTIVES

### 1. The First Objective was to assess the knowledge on Behavioral Problems among Mothers of Under five children

The present study shows that level of Knowledge on Behavioral Problems among Mothers of under five children among 60 respondents on 30(50%) Inadequate Knowledge, 18(30%) were moderate knowledge, 12(20%) were adequate knowledge

Simi Ancy xavier et al was conducted to compare the level of knowledge of mothers regarding behavioural problems among children of 153 mothers was selected in Mangaluru. The result showed that 11.1 % had good knowledge, 62.7% had average knowledge and 26.1% had poor knowledge on behavioural problem among mothers.

### 2. The Second Objective was to associate the knowledge on Behavioural Problems among Mothers of Under five children

In the present study, shows the p-values of the association of knowledge on behavioral problem with selected demographic variables. There is significant association between the Monthly Income and there is no significant association between Age of Child, Parents, educational qualification, Occupation, Type of Family, and No.of Children among Under five Mothers

Sukhwinder was conducted study to assess he knowledge regarding selected behavioural problems among under five children mothers in selected urban area of Amritsar among 100 mothers were selected ,Structured Knowledge questionnaire was used to assess the knowledge of Under five mothers, the finding of the study

was Average knowledge (20.43%), high Knowledge (19.24%) the study concluded that counselling is needed for parent and an informational booklet was developing based on learning need of Mothers.

## DISCUSSION

- Among 60 respondents on 30(50%) Inadequate Knowledge
- Among 60 respondents 118(30%) were moderate knowledge
- Among 60 respondents 12(20%) were adequate knowledge

In this studies showing that most of the respondent's child age 3-5 years 80%. Most of the child living with both parents. Monthly income More than Rs.1001-15000, and educational qualification of Mothers were Primary Education 47%, regarding Occupation of Mothers Home makers 70%, Most of the mothers living in Nuclear Family 72%, Most of Mothers having 2 children's 50%. Their knowledge on behavioural problems got information through Mass media.

## NURSING IMPLICATIONS

The findings of the study have several implications in nursing practice, nursing education, nursing research and nursing administration.

### Nursing practice

- The findings of the study can be used to identify Behavioural Problem of mothers of Under five children
- Nurse can educate about its risk factors causes of Behavioural problems

### Nursing education

- This study enables the nursing students to acquire knowledge regarding the Behavioural Problems of Under five children.
- This study also helps the students to know the Behavioural Problems of Under five children

### Nursing research

- The finding of the study helps the nursing personnel to know the Behavioural Problem of Under five Children
- Nursing research provides evidence based clinical practice.

### Nursing administration

- The finding can only generalized to Mothers of Under five Children
- The tool can be used to assess the knowledge of Behavioural Problems.

## LIMITATIONS

- A limited time available for data collection.
- Sample was selected only from selected community
- The study is limited to Mothers of Under five children who are willing to participate in the study.
- The sample size was small and so study findings cannot be generalized.

## RECOMMENDATIONS

- A comparative study can be conducted in different Setting
- A similar study can be conducted in large sample.
- A longitudinal study can be done to see the other Behavioral problem
- Similar study can be conducted with different population and setting
- A Comparative study can be conducted with Employed and Unemployed Mothers with Under five children

## CONCLUSION

The findings of study revealed that, 12 people (20 percent) had adequate knowledge about behavioral issues, 18 people (30 percent) had moderate knowledge, and 30 people (50 percent) had inadequate knowledge. Develop a program to raise awareness of behavioral issues that can aid in the early detection of issues.

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