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“A quasi experimental study to evaluate the effectiveness of the structured teaching programme on the familial concerns among the mothers of the mentally challenged children in the selected special schools”

Author name – 1. Mrs.Mangaiyarkarasi 2. Mrs. Rajalakshmi .D 3. Mrs. Eshpa Pandey

1.Principal cum professor , We Care Nursing College Ambikapur C.g.

2.Associate professor, We Care Nursing College Ambikapur C.g.

3.Associate professor, We Care Nursing College Ambikapur C.g.

Abstract

“Family” is the first institution; which is encountered by a mother. The mother by nature has a very special role to play in all fields of life of the family i.e. in the society, health, education etc. In all these, the roles are complicated, difficult and tedious to perform. In order to achieve these tasks a sound mind and stress free life is of utmost concern. A mentally retarded child is a source of greater effort that demands extra attention and nurturing. For a mentally retarded person one should be cautious not to ignore the facts that they are born so not because of their own choice but by the design of nature. Maternal knowledge and behaviors are linked to culturally embedded beliefs, educational backgrounds and uniqueness of her family settings; which directly or indirectly affects the child rearing practices. Lack of knowledge relating to these various aspects of how to deal with the pitfalls that could be avoided and positive steps that could be taken up dealing with inevitable situations can be brought about with this study. Hence the investigator had undertaken this study “A quasi experimental study to evaluate the effectiveness of structured teaching programme on the familial concerns among the mothers of the mentally challenged children in the selected special schools in Bangalore.

Knowledge, Mother, Mentally Challenged Children, Familial Concern, Effectiveness, Structured Teaching Programme.

INTRODUCTION

Mentally challenged or mental retardation or intellectual disability is a descriptive term used for sub average intelligence and impaired adaptive functioning arising in the developmental period that is less than eighteen years. Most individuals with significant intellectual impairment have no discernible structural abnormalities of the brain. The terms Mental retardation or intellectual disability has been challenging as the term carry significant social and emotional stigma. The American Association for Intellectual and Developmental Disability has changed the term and now refer to mental retardation as intellectual disability.

In the present era, mental disability is a major public health problem in the society. The disabled constitute a small part of the population of any society, their upbringing, welfare and rehabilitation is obligatory for individuals closely related or committed to them .The households, which have disabled persons, need to be helped by the communityhealth program me for rehabilitation and health care. Community health workers, social workers are the better personnel's to deal with these issues as they engage comprehensively in the care of the given community.

Many of the mental disabilities are correctable if detected and managed early. There are 600 million persons with disabilities in the world today. 80% of them live in developing countries. A staggering 90 million people in India are disabled. That's almost one in every ten. It is significant to note that Karnataka with 1.8%, is one of the states with low disabled populations:

REVIEW OF LITERATURE

- Literature reviews related to various issues with mentally retarded children.
- Literature reviews related to maternal stress in relation to the mentally challenged children.
- Literature reviews related to maternal adaptation to the mentally challenged children.
- Literatures related to structured teaching programme.

OBJECTIVES OF THE STUDY

1. To assess the existing knowledge on the familial concerns among the mothers of the mentally challenged children before administering structured teaching programme.
2. To develop planned structured teaching programme regarding the familial concerns among the mothers of the mentally challenged children.
3. To assess the effectiveness of structured teaching programme by conducting post-test among the mothers of the mentally challenged children.
4. To find out the association between the pre-test knowledge scores of the mothers with the selected demographic variables.

METHODOLOGY

An extensive review of literature was undertaken. The conceptual frame work adopted this studies based on Kings goal attainment model theory .A qualitative quasi experimental research approach was adopted for the study as the present study aim to assess knowledge on the familial concerns among the mothers of the mentally challenged children .The research approach used will be qualitative experimental (quasi research approach) is considered appropriate for the study . In the present study, **Qualitative experimental quasi research design** was used since it aided in attaining first hand information and enhanced obtaining accurate and meaningful data. The study will be conducted in the out patient and in patient mental ward in District hospital of Ambikapur c.g. having 1200 beds. The sample of the present study comprised of 60 mothers of mental retardation of children's in District hospital of Chhattisgarh, Ambikapur C.g. **non-probability purposive sampling** technique was used. The study to assess the quality of life among the mothers of the mentally challenged children. The tool include socio demographic data , modified health related quality of life assessment scale. The researcher used modified health related quality of life assessment scale, which consists of 35 questions to assess quality of life of the mothers of the mentally challenged children.

The data tool collection is consist of self structured questionnaire and rating scale is used . the reality of the tool was calculated using karl pearson methods and reliable tool was found $r=0.77$. analysis and interpretation of the data was done using descriptive and inferential statistics

DEVELOPMENT & DESCRIPTION OF THE TOOL

Data collection tools are the procedures or instruments used by the researcher to observe or measure the key variables in the research problem (**Burns.N,Grove. K,2002**).

After wide reading, the researcher developed the tool as per the following:-

SECTION-A: deal with socio demographic variables .

SECTION B: self structured based questionnaire .

CRITERIA MEASURING SCORE

The levels of knowledge had been classified based on the scores obtained:

Inadequate knowledge (Up to 50 percent of scores)

Moderate knowledge (51-74 percent of scores)

Adequate knowledge (above 75 percent of scores)

RELIABILITY

The value of r was found to be mental retardation children (0.77) Reliability lies within the acceptable range of reliability of tools that is 0.77. The score that indicate perfect reliability. This indicate the tool is highly Reliable.

PILOT STUDY

In order to establish the reliability of the tool it was administered to 6 mentally children in out and In patient department of Hospital of Ambikapur Chhattisgarh . **The karls pearson method** was used to test the reliability of the tool.

DATA COLLECTION PROCEDURE

- The investigator will obtain written permission from the hospital authority .
- Formal permission will be obtained from the HOD of the mental department ,the Director of district hospital Of Chhattisgarh, Ambikapur department to collect data.
- After verifying the records, informed consent will be taken and children who fulfills the inclusion criteria will be selected by using non-random (purposive) sampling technique. The researcher had taken permission from patient under study, prior to interview. The investigator first introduces herself to the respondent and explains the purpose of gathering of data.
- Data collection for the study was carried out from 25/07/2023 to 05/08/2023.
- Baseline variables will be collected using self-structured interview schedule and modified health related quality of life assessment questionnaire . At the end of interview 3-5 minute were utilized to give health teaching regarding coping with disease related problem and issues.

PLAN FOR DATA ANALYSIS AND INTERPRETATION

Data will be analyzed by using descriptive and inferential statistics.

- Organization of data in master sheet.
- Calculate the frequency and percentage to show the distribution of subjects according to the baseline variables
- Calculate mean, standard deviation of the domains of quality of life and independent t - test for comparison between the two groups.
- Value to compare at 5% level of significant for corresponding degree of freedom .
- Data will be expressed in table and figure for better clarification

RESULT

The majorities 41(68.33%) of the respondents were in the age group of 39 and above years and majority 29 (48.33%) of them were Muslims. Majority 31 (51.67%) of them had education up to higher secondary. Majority 32 (53.33%) were home makers. Majority 28 (46.67%) had monthly income of Rs 4001 to 6000. Most 44 (73.33%) were from unconsanguineous marriage. Majority 30 (50%) lived in the joint family system. Most of them 21 (35%) had 2 normal children. As much as 50 (83.33%) had only 1 mentally challenged children in their house. Majority 39 (65%) had been caring for their mentally challenged child for more than 10 years. Majority 33 (55%) did not have any previous experience with the care of the mentally challenged child. Most 14 (51.85%) of the mothers received the knowledge through special schools. The mean percentage of pre-test knowledge was 15.34% as compared to post-test knowledge was 68.43% and with an enhancement of knowledge as 53.09% establishing the statistical significance at 5% level ($t=31.14$).

CONCLUSION

The most important role of a health nurse is to identify and provide knowledge among the mothers of the mentally challenged children to the various easeful techniques and strategies that are available in order to prevent stress in life and thus be productive to the family, community and the nation at large. Structured teaching programme was significantly effective in increasing the knowledge among the mothers of the mentally challenged children.

RECOMMENDATIONS

On the basis of the findings the following recommendations have been made:

- A similar study can be replicated on a large sample to generalize the findings.
- An experimental study can be undertaken with a control group for effective comparison of the result.
- A study can be conducted by including other related additional demographic variables like the parents, reaction or attitudes of the siblings, caregiver Vs mothers etc.
- A comparative study can be conducted between rural and urban settings.
- Manuals, information leaflets and self-instructional modules may be developed in all dimensions and aspects of mental retardation, their care and family counseling etc.
- A study can be carried out to evaluate the efficiency of various teaching strategies like STP, pamphlets and leaflets on mental retardation and their concerns for the mothers.
- Similar study can be conducted on different settings like rehabilitation centers, residential institutions and psychiatric centers specially designed for the mentally challenged children.

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