

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING IRON DEFICIENCY ANEMIA AMONG THE MOTHERS OF PRESCHOOL CHILDREN OF SELECTED HOSPITAL IN DISTRICT

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ABSTRACT

Background: Anemia is condition in which the number of red blood cells or the amount of hemoglobin is low. Hemoglobin carries O₂ from lungs to the whole body so the low count of RBC's leads to lack of oxygen supply to body and cause anemia. Iron is one of the most important element of the hemoglobin. If person have iron deficiency then it leads to Iron deficiency anemia. Objectives: To assess the pre test and post test level of knowledge regarding Iron deficiency anemia among the mothers of pre school children. To evaluate the effectiveness of the structured teaching program on knowledge regarding Iron deficiency anemia among the mothers of pre school children. To find out association between the pre test level of knowledge regarding Iron deficiency anemia among the mothers of pre school children's with their selected demographic variables. Methodology: In this study, quantitative research approach was adopted with purposive sampling technique on 30 mothers of preschool children. Results: The mean difference was 8.5. The obtained paired t test value was 11.47 which is significant at p<0.05 level. Hence the stated H₁ hypothesis was accepted. It was inferred that structured teaching programme is highly effective to increase the level of knowledge regarding iron deficiency among mothers of preschool children. Conclusion: The present study assessed the effectiveness of structured teaching programme on knowledge regarding iron deficiency anemia among the mothers of preschool children of selected hospital in district .

Keywords: Assess, Effectiveness, Knowledge, Structured teaching program, Mothers, Iron deficiency anemia

INTRODUCTION

Background of the Study

Traditionally, the Indian housewife eats last, after all male members and children have eaten. Even though the food prepared for the family is the same, women are more prone to develop Iron deficiency anemia than other members of the family because of less intake. In recent decades, important changes in lifestyle habits and dietary patterns occurred among the Inuit population, contributing to the decreased consumption of country foods that are good sources of iron.

Need for the Study

Anemia continues to be a major public health problem in developing countries including India. It is the most common cause of malnutrition in the world and is the eighth leading cause of diseases in girls and women in developing countries **WHO**. In India, two third of women of childbearing age were estimated to suffer from iron deficiency anemia. Report from National Nutrition Monitoring Bureau 2002 indicated that 15% of all maternal deaths were attributed to anemia. The highest prevalence of anemia among women in India was a burden to their families, and for the economic development and productivity of the country.

Statement of the Problem

"A study to assess the effectiveness of structured teaching programme on knowledge regarding iron deficiency anemia among mothers of the preschool children of selected hospital in district.

Objectives of the Study

- To assess the pre test and post test level of knowledge regarding Iron deficiency anemia among the mothers of pre school children.
- To evaluate the effectiveness of the structured teaching program on knowledge regarding Iron deficiency anemia among the mothers of pre school children.
- To find out association between the pre test level of knowledge regarding Iron deficiency anemia among the mothers of pre school childrens with their selected demographic variables.

PRIMARY RESEARCH QUESTION

What are the existing knowledge regarding iron deficiency anemia among mothers of the preschool children

RESEARCH METHODOLOGY:

Research approach: The researcher has adopted the quantitative research approach.

Research design: The researcher has an adopted quasi experimental design

Setting of study: the setting for the study was selected Nursing colleges in Nashik

Identification or target & accessible population: in this study the population comprised of 3rd semester B.Sc. Nursing students.

Sample technique: the non-probability purposive sampling technique was used to selecting 60 3rd semester B.Sc. Nursing students.

Sample size: the sample size selected for study was 60.

Tool and techniques

The tool include:

Section A: Demographic Variables

Section B: Pretest and posttest on questionnaire

Validity and reliability of the tool: The validity of the tool was established in consultation with expertise. The reliability of the tool was established by using test retest method (Karl- pearson formula). Reliability of the tool was $r = 0.86$, so the tool was found to be reliable.

Data collection method: 30 samples, mothers of primary school children. Knowledge questionnaire used to assess the pretest knowledge of mothers of pre school children regarding iron deficiency anemia. Followed by the pre test structured teaching programme was given for 45 minutes and 20 minutes was given for clarification of doubts. After 7 days post test was conducted. The same questionnaire was used to assess the post test knowledge of mothers of preschool children.

Plan for data analysis: The data collected will be analyzed by means of descriptive statistics and inferential statistics.

RESULT

- Demographic variables among mothers of preschool children.

S. No	Demographic Variables	f	%
1.	Age a) 21-25 years b) 26-30 years c) 31-35 years d) 36-40 years	6 5 17 2	20 16.67 56.66 6.67
2.	Religion a) Hindu b) Christian c) Muslim d) Others	22 6 2 0	73.33 20 6.67 0
3.	Educational qualification a) Illiterate b) School education c) Diploma/under graduate d) Post graduate	1 16 9 4	3.33 53.33 30 13.34
4.	Occupation a) House wife b) Government employee c) Private employee d) coolie	9 6 13 2	30 20 43.33 6.67
5.	Residence a) rural b) urban	1 29	3.33 96.67
6.	Type of family a) nuclear b) joint	13 17	43.33 56.67
7.	Family income a) < Rs5000 b) Rs 5001-Rs 10000 c) Rs10001-Rs 15000 d) >Rs 15001	4 7 13 6	13.34 23.33 43.33 20
8.	Previous knowledge on anemia a) Yes b) No	6 24	20 80
9.	Source of information a) Friends b) Family members c) Mass media d) Nil	2 1 3 24	6.67 3.33 10 80

- The pre test and post test level knowledge regarding iron deficiency anemia among mothers of pre school children

S.NO	Level of Knowledge	Pre test		Post test	
		f	%	f	%
1	Inadequate knowledge	21	70	0	0.00
2	Moderate knowledge	9	30	6	20
3	Adequate knowledge	0	0.00	24	80

- Effectiveness of structured teaching programme on knowledge regarding iron deficiency anemia among mothers of pre school children.

S.no	Test	Mean	SD	Mean Difference	Paired t-test	Significance at 0.05 level
1	Pretest	8.3	3.71	8.5	11.47*	29 df
	Post test	16.8	1.7			2.042

**significant at p<0.05 level*

- Association between pre test level knowledge regarding iron deficiency anemia among mothers of pre school children with their selected demographic variables.

Sl.No	Demographic variable	Level of knowledge		X ²	Table Value
		Inadequate	Moderate		
1.	Age			0.99 #	3df 7.89
	a)21-25 years	4	2		
	b)26-30 years	3	2		
	c)31-35 years	13	4		
	d)36-40 years	1	1		
2.	Religion			0.92 #	3df 7.89
	a)Hindu	15	7		
	b)Christian	4	2		
	c)Muslim	2	0		
	d)Others	0	0		
3.	Educational qualification			5.82 #	3df 7.89
	a)Illiterate	1	0		
	b)School education	11	5		
	c)Diploma/under graduate	8	1		
	d)Post graduate	1	3		
4.	Occupation			5.24 #	3 df 7.89
	a)House wife	7	2		
	b)Government employee	2	4		
	c)Private employee	10	3		
	d)coolie	2	0		
5.	Residence			0.44 #	1 df 3.84
	a)rural	1	0		
	b)urban	20	9		
6.	Type of family			10.15 *	1 df 3.84
	a)nuclear	1	5		
	b)joint	20	4		
7.	Family income			3.01 #	3df 7.89
	a)< Rs5000	1	1		
	b)Rs 5001-Rs 10000	0	1		
	c)Rs10001-Rs 15000	2	1		
	d)>Rs 15001	18	6		
8.	Previous knowledge on anemia			0.006 #	1 df 3.84
	a)Yes	9	4		
	b)No	12	5		

9.	Source of information				
	a)Friends	2	2		
	b)Family members	6	1	3.02	3 df
	c)Mass media	10	3	#	7.89
	d)Nil	3	3		

#NS-Non significant

* S- Significant

CONCLUSION

The present study assessed the effectiveness of structured teaching programme on knowledge regarding iron deficiency anemia among the mothers of pre school children of selected hospital in district .

Implications: The implication of the parents study has been discussed under the heading as

- Nursing Practice
- Nursing Education
- Nursing Administration
- Nursing Research

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