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## Original Research Article

# The effectiveness of planned teaching programme on knowledge regarding ORS preparation among mothers of under five children

Shristi Pawar<sup>1,\*</sup>, Prabhanshu Vyas<sup>2</sup><sup>1</sup>Dept. of Paediatrics and Nursing Science, Malwanchal University, Indore, Madhya Pradesh, India<sup>2</sup>Dept. of Nursing, Index Nursing College, Indore, Madhya Pradesh, India

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## ABSTRACT

**Introduction:** Health education regarding hygienic water, breastfeeding, basic sanitation and hygienic practice helps to attain the highest level of knowledge. There fore the nursing practice should be patient centered rather than task centered to prevent complications.

**Materials and Methods:** Research approach: a quazi experimental research design refers to a design. Research Design: one group pretest posttest experimental study design will be adopted for this study. Research Design: pre experimental research. Setting: the study was conducted in bawaliya khurd. Sample Size: the sample size of the study was 100 mothers of under five children. Sampling technique: the participants of present study was selected by simple random sampling technique.

**Results:** That the improvement mean and standard deviation in the knowledge aspect the mean was 9.74 with standard deviation of 5.34. The effectiveness of structured. Teaching programme regarding knowledge was done by paired 't' test comparing the calculated value and table value at  $P < 0.05$ . It was highly significant.

**Conclusion:** In pretest, level of knowledge on mothers of under five children showed that 57% mothers had in adequate knowledge, 43% mothers had moderately adequate knowledge and none of mother had adequate knowledge. In post test evaluation showed that 47% of mother had moderately adequate knowledge, 53% of mother had adequate knowledge and none of the mothers had inadequate knowledge. There was statistically  $P < 0.05$  significant improvement in knowledge could be found in relation to effectiveness of teaching programme.

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## 1. Background

A Nation's wealth depends upon its healthy citizens of all age group children. A healthy adult emerges from healthy infant. The health of children has vital importance to all societies because children are base resources for the future of mankind. In a vast biological stretch, in fancy is them ostercritical and thus high incidence of mortality and morbidity occur. Complications are uncommon but consult the doctor if your child has the following

symptoms of passing little urine, dry mouth and tongue, unresponsiveness, drowsiness, blood in the stool. If the child's symptom is severe (or) complication developed, some time an intravenous fluid preparation might be need ed if dehydration occur.<sup>1-6</sup>

Health education regarding hygienic water, breastfeeding, basic sanitation and hygienic practice helps to attain highest level of knowledge. There fore the nursing practice should be patient centered rather than task centered to prevent complications.

\* Corresponding author.

E-mail address: [shristipawar141@gmail.com](mailto:shristipawar141@gmail.com) (S. Pawar).

## 2. Need for the Study

Stated that zinc supplementation is effective in reducing diarrhoeal morbidity when given either daily or in a weekly schedule, 50% reduction in diarrhoeal morbidity in children. Most of the mothers do not have adequate and practice towards preparation of diarrhoea. Though many teaching programme were conducted by the government related to diarrhea but mothers still have lack of knowledge in home preparation, hence it is essential to assess the knowledge on preparation of ORS preparation. So the investigator feels the necessity for a study in this aspect.<sup>7,8</sup>

### 2.1. Statement of the problem

A study to assess the effectiveness of planned teaching programme on knowledge regarding ors preparation among mothers of under five children in selected rural area of Indore M.P.<sup>9–11</sup>

## 3. Objectives

1. To assess the pre test knowledge score regarding ORS preparation among the mothers of under five children.
2. To assess the post test knowledge score regarding ORS preparation among the mothers of under five children
3. To evaluate the effectiveness of teaching programme on ORS preparation among the mothers of under five children.
4. To associate between the level of knowledge on ORS preparation among the mothers of under five children with selected demographic variables.

### 3.1. Assumption

1. Mother will have inadequate knowledge.
2. Teaching program will enrich mothers knowledge in ORS preparation.
3. Knowledge regarding ORS preparation will help to prevent the incidence of diarrhea.

## 4. Limitations

1. The study can not be participated in this study.
2. The study is limited to 100 samples.
3. The sample limited to the mothers of under five children.
4. The study is limited at rural area of Indore.

## 5. Materials and Methods

### 5.1. Research approach

Quasi experimental research design refers to a design

### 5.2. Research design

1. One group pretest post test experimental study design will be adopted for this study.
2. Pre experimental research.

### 5.3. Setting

The study was conducted in Bawaliya Khurd.

### 5.4. Sample size

The sample size of the study was 100 mothers of under five children.

### 5.5. Sampling technique

The Participants of present study was selected by simple random sampling technique.

### 5.6. Criteria for sample size

#### 5.6.1. Inclusive criteria

Mothers who are having under five children. Mother who are living in Community rural area of Indore Mothers who are able to understand Hindi and English. Mothers who are willing to participate in the study.

#### 5.6.2. Exclusive criteria

1. Mothers of under five children who were selected for conducting pilot study.
2. Mothers who were selected for conducting pilot study.
3. Mothers who were unable to understand Hindi and English.
4. Mothers having children more than five years.

### 5.7. Description of tool

The tool consists of two section.

1. Part a– Demographic Proforma
2. Part-b- Structured multiple choice questionnaire regarding ORS preparation among mothers under five children.

### 5.8. The pilot study

It was conducted in MORDHAT Ten mothers of under five children who met the inclusion criteria were selected by simple random sampling technique.

### 5.9. Reliability

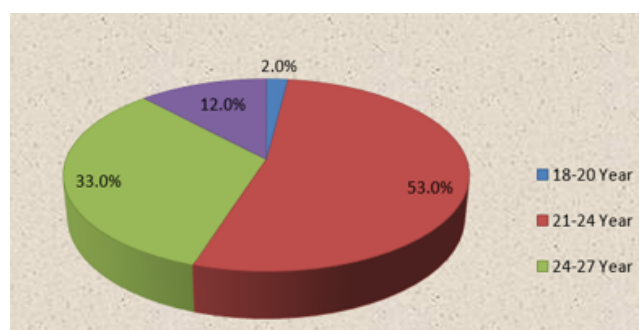
Reliability was checked by split half method reliability was  $r = 0.82$ . Reliability and practicability of the tool was tested through pilot study and used for main study.

**Table 1:** Fequency and percentage distribution of demographic characteristics of mothers of Under five children

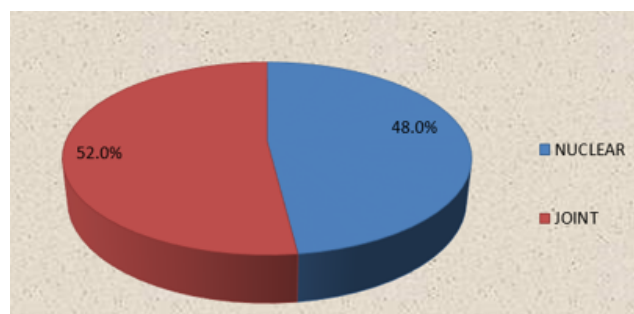
Sl.No	Variables	No	%	
1	Age	18-20years	2	2
		21-24years	53	53
		24-27years	33	33
		above27 years	12	12
2	Family type	Nuclear family	48	48
		Joint family	52	52
		Homemaker	53	53
3	Occupation	Business	35	35
		Government employee	12	12
		Private employee	0	0
		Llliterate	8	8
4	Education	Primary	18	18
		Secondary	11	11
		Degree	63	63
5	Income	BelowRs.3000	29	29
		Rs.3001 Rs-4000	46	46
		Rs.4000-Rs.5000	21	21
		Above Rs.5000	4	4
6	No.of children	One	19	19
		Two	62	62
		Three	19	19
		Above three	0	0

**Table 2:** Comparison between pretest and post test level of knowledge regarding ORS preparation among the mothers of under five children. N= 100

Sl. No.	Description	In Adequate Knowledge		Level of Knowledge Moderately Adequate knowledge		Adequate Knowledge	
		No	%	No	%	No	%
1.	PreTest	57	57	43	43	0	0
	PostTest	0	0	47	47	53	53



**Fig. 1:** Frequency distribution according to age



**Fig. 2:** Frequency distribution according to family type

**6. Result**

That in the pretest 57% mothers had inadequate knowledge, 43% of the mothers had moderately adequate knowledge. Inthe post test, only 47% have moderately adequate knowledge. 53% had acquired adequate knowledge and no one had inadequate knowledge inposttest.

**Table 3:** Mean and standard deviation of pretestand posttest scores regarding ors preparation among the mothers of under five children. N= 100

Sl. No.	Level of Knowledge	Mean	Standard Deviation
1.	PreTest	16.34	3.74
2.	PostTest	26.08	3.72

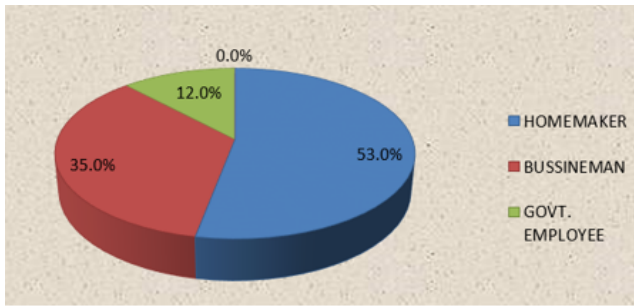


Fig. 3: Frequency distribution according to occupation

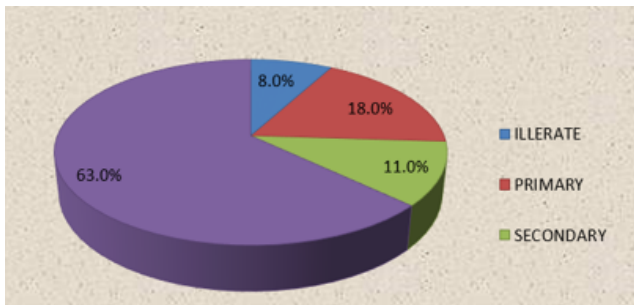


Fig. 4: Frequency distribution according to education

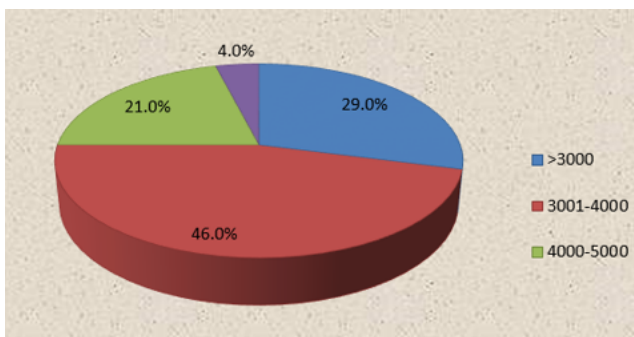


Fig. 5: Frequency distribution according to income

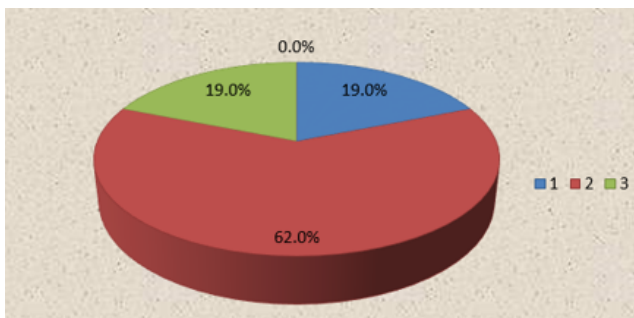


Fig. 6: Frequency distribution according to no of children

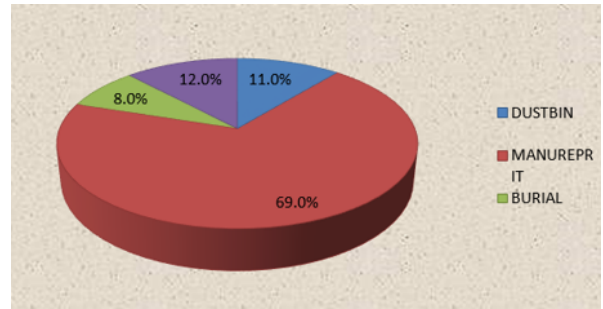


Fig. 7: Frequency distribution according to solid disposable

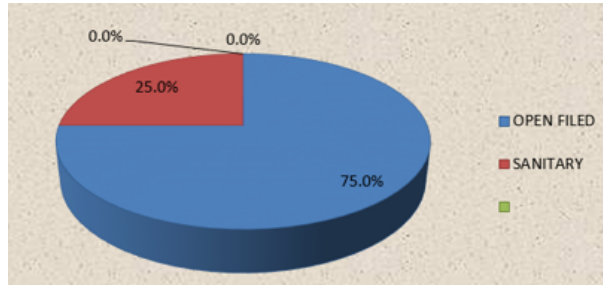


Fig. 8: Frequency distribution according to method of disposable

That in the pretest overall mean of the knowledge was 16.34 with standard deviation of 3.74. In the post test overall mean of knowledge was 26.08 with standard deviation of 3.72

Table 4: Improvement score of mean and standard deviation of knowledge regarding preparation of diarrhoea.

Variable	Mean	Standard deviation	Paired 't' test
Level of Knowledge	9.74	5.34	18

That the improvement mean and standard deviation in the knowledge aspect the mean was 9.74 with standard deviation of 5.34. The effectiveness of structured. Teaching programme regarding knowledge was done by paired 't' test comparing the calculated value andtablevalue at  $P < 0.05$ . It was highly significant.

Section-C: Association of demographic characteristics with knowledge on ORS preparation among the mothers of under five children.

### 7. Summary

Nurses as health professional have the dual responsibility of being health care provider as well as health educator. Mothers of under five children have lack of knowledge regarding ORS preparation. By keeping this in view, the researcher in this study aimed at educating the mothers of under five children regarding ORS preparation.

**Table 5:** Analysing the association between demographic variable with knowledge on ors preparation among the mothers of under five children.

S. No.	PRESCORE						POST SCORE						X <sup>2</sup>	
	Adequate		Moderatelyadequate		In Adequate		Inadequate		Moderately adequate		Adequate			
	No	%	No	%	No	%	No	%	No	%	No	%		
1. Age	18-24years	0	0	0	0	2	2	0	0	2	2	0	0	4.463 *
	21-24years	0	0	24	24	29	29	27	27	26	26	0	0	
	24-27years	0	0	13	13	20	20	21	21	12	12	0	0	
2. Family type	Above27Years	0	0	6	6	6	6	5	5	7	7	0	0	.050 *
	NuclearFamily	0	0	23	23	25	25	26	26	22	22	0	0	
	JointFamily	0	0	20	20	32	32	27	27	25	25	0	0	
3. Occupation	Homemaker	0	0	20	20	33	33	24	24	29	29	0	0	8.504
	Business	0	0	19	19	16	16	18	18	17	17	0	0	
	Govt. Employee	0	0	4	4	8	8	11	11	1	1	0	0	
4. Education	Private Employee	0	0	0	0	0	0	0	0	0	0	0	0	20.745
	Primary	0	0	6	6	12	12	2	2	16	16	0	0	
	Degree	0	0	26	26	37	37	35	35	28	28	0	0	
5. Income	Secondary	0	0	7	7	4	4	10	10	1	1	0	0	8.574
	Illiterate	0	0	4	4	4	4	6	6	2	2	0	0	
	BelowRs.3000	0	0	6	6	23	23	10	10	19	19	0	0	
6. Type of House	Rs.3001-4000	0	0	23	23	23	23	25	25	21	21	0	0	4.449
	Rs.4000-Rs5000	0	0	14	14	7	7	16	16	5	5	0	0	
	AboveRs5000	0	0	0	0	4	4	2	2	2	2	0	0	
7. Source of Water	Hut	0	0	12	12	19	19	18	18	13	13	0	0	8.682
	Kutchua	0	0	23	23	27	27	22	22	28	28	0	0	
	Concrete	0	0	8	8	11	11	13	13	6	6	0	0	
8. No of Children	Welfare	0	0	2	2	5	5	7	7	0	0	0	0	1.694 *
	TapWater	0	0	41	41	50	50	46	46	45	45	0	0	
	HandPump Water	0	0	0	0	2	2	0	0	2	2	0	0	
9. Solid Disposal	One	0	0	8	8	11	11	12	13	7	7	0	0	4.960 *
	Two	0	0	26	26	36	36	33	33	29	29	0	0	
	Three	0	0	9	9	10	10	8	8	11	11	0	0	
10. Disposal of Human Excreta	AboveThree	0	0	0	0	0	0	0	0	0	0	0	0	1.619 *
	DustBin	0	0	6	6	5	5	9	9	2	2	0	0	
	ManurePit	0	0	29	29	40	40	34	34	35	35	0	0	
10. Disposal of Human Excreta	Burial	0	0	2	2	6	6	3	3	5	5	0	0	1.619 *
	OpenField	0	0	6	6	6	6	7	7	5	5	0	0	
	OpenField	0	0	37	37	38	38	37	37	38	38	0	0	

\* P < 0.05 level significant

## 8. Conclusion

In pretest, level of knowledge on mothers of under five children showed that 57% mothers had inadequate knowledge, 43% mothers had moderately adequate knowledge and none of mother had adequate knowledge. In post test evaluation showed that 47% of mother had moderately adequate knowledge, 53% of mother had adequate knowledge and none of the mothers had inadequate knowledge. There was statistically  $P < 0.05$  significant improvement in knowledge could be found in relation to effectiveness of teaching programme.

## 9. Source of Funding

None.

## 10. Conflict of Interest

None.

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## Author biography

**Shristi Pawar**, Professor

**Prabhanshu Vyas**, Professor

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