

Effectiveness of structured teaching programme on child safety among mothers having under-five children

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Abstract- A child's world centered around the home, school and the community. Providing a safe environment to children is a prime role of all parents, especially mothers. A pre-experimental design and evaluative approach was used in the study. The data was collected from 40 subjects in Gollahali and Gopalapura rural PHCs, through convenient sampling technique. Data was collected using structured questionnaire. Majority (70%) had moderate knowledge and 30% had inadequate knowledge in pretest, whereas in posttest, 75% had moderate knowledge and only 25% had adequate knowledge regarding Child safety. Findings of the study show that there was a significant difference in pretest and posttest level of knowledge of mothers having under-five children. From this it is concluded that the structured teaching program is effective in improving the level of knowledge of mothers having under-five children. And there was a significant association between level of knowledge of mothers having under-five children and selected demographic variables such as age, occupation and source of information.

Keywords: Knowledge, mothers having under-five children, child safety.

INTRODUCTION

Today's Children are the citizens of tomorrow. They deserve to inherit a safer, fairer and healthier world. There is no task more important than safe guarding their environment.

Most people think of their home as a fortress that will keep their children safe and sound. Unfortunately, there are many emergencies that are beyond our control. Just because a child is at home doesn't necessarily mean they are safe. That's why any safety plan has to begin in the home and be discussed with children, so you can keep them safe whether you are there or not.

Children safety one of the most vital issues to consider during child rearing. Since children don't come with childcare how-to manuals, this guide is a compilation of first-hand experience, lessons learned, and information gathered while raising our own children to help answer those child safety questions all parents have. (1)

The quality or state of being safe assurance safeness, security. The idea of the number of potential risks children face may seem overwhelming to parents. There are a variety of measures parents can take to reduce those risks in motor vehicle occupants' injury. The children are our nation's most precious resource, but as children, they often lack the skills to protect themselves. It is our responsibility as parents and teachers to safe guard children and to teach them the skills to be safe. (2)

When a child experiences a serious illness, accident or disability, the event presents a crisis for the entire family. Even a less severe or temporary disruption in a child's health with, because of the nature of the family system, causes a change in probably the greatest influence on the child's health, it seems reasonable that the proper approach should be a family centered one. parents need adequate support in order to provide support to their children, including the healthy siblings. (3)

A study was conducted on parents' perceptions, attitudes and behaviours towards child safety. As parents are the primary care givers of children. It is necessary to learn more about parents' perceptions, attitudes and behaviours towards child safety. It was found that lack of awareness or knowledge about the causes of accidents and the parents want to be better informed about the causes of child accidents and about actions, they and society can take to reduce injury-related risk to children.

"Prevention is better than cure" lack of knowledge and awareness about prevention of accidents in under-five which are influenced by illiteracy low social class, psychological stress and unsafe environmental disorders, decreased knowledge of mothers regarding the increased mobility and case locomotion of under-five with developed gross motor and fine motor skills. (4)

Every home and school should teach about safety and protection measures. As a parent, should take an active interest in your children and listen to them. Teach your children that they can be assertive in order to protect themselves against abduction and exploitation. And most importantly, make your home a place of trust and support that fulfills your child's needs. Together we can protect our nation's children by teaching them to be smart, strong and safe. (5)

MATERIAL AND METHODS

Research Approach

An evaluative research approach was adopted for this study.

Research Design

Pre-Experimental Design (One group pre-test post-test design)

Setting

The current research was done in rural community at Bangalore.

Population

In the present study, the population consists of all the mothers having under-five children residing in selected community at Bangalore.

Samples

The sample of present study consist of all mothers having under-five children residing in selected community at Bangalore who comply with the requirements.

Sampling Technique

In the present study, all the samples who fulfill the inclusion criteria are recruited using the purposive sampling technique.

Sample Size

The calculated sample size was 40 mothers having under-five children in the study.

Development and description of Tool

Section A: Socio-demographical profile of mothers

Section B: Knowledge questionnaires

The knowledge questionnaires consisted of 26 items on four knowledge aspect such as General information on hazards in children, Causes of hazards in children, First aid for hazards in children and Child safety measures.

Each question had 4 responses with which one correct response and 3 distracters. Score '1' was given for correct response in a single question and score '0' was given for wrong response. The total numbers of items were 26 giving rise to maximum score of 26.

The resulting score were ranged as follows

- Adequate knowledge: more than 75 % (21-26 marks)
- Moderately adequate: 50 – 75 % (14-20 marks)
- Inadequate adequate: less than 50 % (less than 13 marks)

RESULT

Majority of mothers (50%) belongs to 26-30 years of age, majority (30%) had Illiterate, majority (40%) were self-employed, majority (45%) belongs to Hindu religion, majority (77.5%) belong to nuclear family, majority 50% of subjects had income between Rs. 10001-15000, majority (35%) received information from family members. Majority (70%) had moderate knowledge and 30% had inadequate knowledge in pre-test, where as in post-test, 75% had moderate knowledge and only 25% had adequate knowledge. the obtained "t" value 8.278 is greater than the table value both at 0.05 level of significance. Therefore, "t" value is found to be significant. Variables such as age, occupation and source of information were significant at 0.05 level. Thus, it can be inferred that there is significant association between knowledge level of the mothers and selected variables.

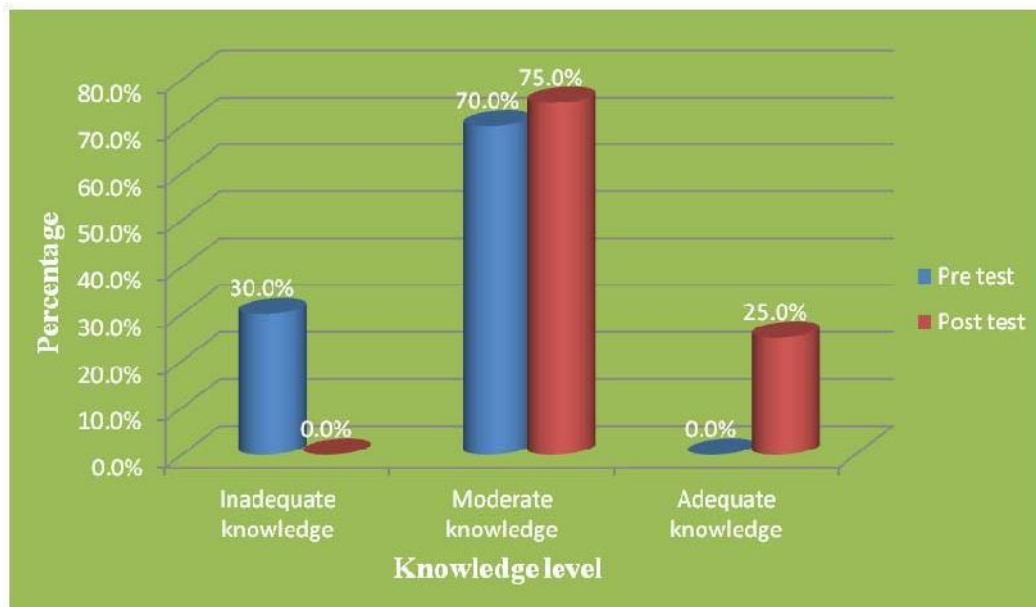


Figure 1: Pre-test and post-test knowledge level of Mothers

DISCUSSION

The obtained "t" value 8.278 is greater than the table value both at 0.05 level of significance. Therefore, "t" value is found to be significant. Hence it is inferred that there is significant difference between the knowledge mothers residing in selected rural areas of Bangalore regarding the Child safety.

Letha Santhi, (2012) The study's objective was to assess how well a structured education program on child safety precautions worked with moms of children under five. One group pretest-posttest was the research design chosen for the investigation. After a structured instruction program was administered, the mean knowledge score increased to 19.3 from 10.97. There is an 8.33 mean difference. 26.87 is the "t" value. Mothers of children under five showed a notable improvement in their level of knowledge following the implementation of an organized teaching program. Mothers' knowledge level did not significantly correlate with any of their demographic characteristics.

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