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"A study to assess the effectiveness of planned teaching program on the knowledge of mother regarding the prevention of acute respiratory infections in under 5 year children in selected rural area Dehradun"

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Abstract: *Acute respiratory infection is a serious infection that prevents normal breathing function it usually affects the nose, trachea or lungs. It is characterized by running nose and cough, fever and headache. It mostly affects the children under 5 year. It affects the lower and upper respiratory tract. In this study non-probability purposive sampling technique used for 40 samples. Data was collected with the help of structured questionnaires which consist of 30 questions. The demographic variable age depicts that mother of 20-25 year score 25% , mother of 26-30 year score 55%, mother of 31-35 year score 15%, mother of 36-40 year score 5%. The next variable education depicts that mother having primary and secondary education score 75% mothers having graduation score 15%, mothers who are post graduate score 17.5%, mothers who are illiterate score 7.5%. The knowledge of mother is having adequate (12.5%), moderate (65%), inadequate (22.5%) about the acute respiratory infection.*

Key Words: *Knowledge, Acute respiratory infection, Effectiveness, Mother of under five children.*

1. INTRODUCTION:

The children of today will be adults of tomorrow. Today's leader and activists their quality and personality will determine the kind of destiny that become the nation. The health during childhood sets the stage for adults health not only reinforces this perspective, but also creates an important –ethical, social and economic imperative to ensure that all children are as healthy as they can be. Healthy children are more likely to become healthy adults. Acute respiratory infection is a serious Infection that Prevent normal breathing function, it may cause the inflammation of respiratory tract anywhere from nose to alveoli with a wide range of combination of symptom and sign. Acute respiratory infection is often classified by clinical syndrome depending on the site of infection and is refers to as acute respiratory infection of upper (AURI) or lower (ALRI) respiratory tract infection. The upper respiratory tract infection includes common cold, pharyngitis and otitis media. The lower respiratory tract infection includes epiglottis, laryngitis, laryngotracheotitis, bronchitis, bronchiolitis and pneumonia.

2. OBJECTIVE:

- To assess the level of knowledge regarding acute respiratory infection among the mothers of under 5 year children.
- To evaluate the planned teaching program on acute respiratory infection among mothers of under 5 year children.
- To find out the association of pre test knowledge score with their demographic variables.

3. ASSUMPTIONS:

- Mother of under 5year children may not have adequate knowledge regarding prevention of acute respiratory infection.
- Mother of under five year children may have improvement in their knowledge regarding prevention of acute respiratory infections by attending structured program.
- Multi mothers of under five year children have more knowledge rather than prime mothers of under five year children.

4. HYPOTHESES:

- There is a significant difference in the knowledge score between pre test and post-test among under 5 year children.
- There is a significant association of pre test knowledge score with their demographic variables.

5. RESEARCH APPROACH:

In this study, the Pre Experimental Research Design (one group pre-test and post-test design) is used.

- **Research design**
  one group pre-test and post-test design
- **Setting**
  The study was conducted in Mothrowala, Dehrdun. This area was selected because of easy access to the mother of under five year children .
- **Population**
  Age group under five year children
- **Sample**
  In this study the sample is mother of under five year children Mothrowala.
- **Sample size**
  40 Samples
- **Sampling technique**
  non-probability purposive sampling technique used to select the 40 samples
- **Data collection instrument**
  structure questionnaires to assess the effectiveness plan teaching programmer in acute respiratory infection of knowledge regarding mother under 5 year children and Scoring procedure.

Level of knowledge	Score
Inadequate	0-13
Moderate	14-27
Adequate	28-40

SECTION-A

Frequency and percentage distribution of mother of under 5 year children with their selected demographic variables.

N=40

1	**AGE**		
	a. 20-25year	10	25%
	b. 26-30 year	22	55%
	c. 31-35 year	06	15%
	d. 36-40 year	02	05%
2	**EDUCATION**		
	a. Primary and secondary	30	75%
	b. Graduation	06	15%
	c. Post graduation	01	2.5%
	d. illiterate	03	7.5%
3	**FAMILY INCOME**		
	a. 10,000-15,000/-	19	47.5%
	b. 15,000-20,000/-	13	32.5%
	c. Above 20,000/-	08	20%
4	**RELIGION**		
	a. Hindu	36	90%
	b. Muslim	03	7.5%
	c. Sikh	01	2.5%
	d. Christian	00	00%
5	**OCCUPATION**		
	a. Housewife	33	82.5%
	b. Working	07	17.5%
6	**No. OF CHILDREN**		
	a. One	08	20%
	b. Two	22	55%
	c. Three	09	22.5%
	d. More than three	01	2.5%

7	**No. OF EPISODE OF COLD**		
	a. Less than 3	24	60%
	b. More than 3	16	40%
8	**SOURCE OF INFORMATION**		
	a. Television	34	85%
	b. Newspaper	01	2.5%
	c. Through person	05	12.5%

SECTION-B

Frequency and precentage wise distribution of overall pre test and post test knowledge score among mothers of under 5year children.

N=40

		PRE-TEST		POST TEST	
S.NO	**Overall level of knowledge**	**Frequency (f)**	**Percentage (%)**	**Frequency (f)**	**Percentage (%)**
1.	Adequate (27-40)	05	12.5%	36	90%
2.	Moderate (14-26)	26	87.5%	04	10%
3.	Inadequate (0-13)	09	22.5%	00	00%

SECTION – C

Association between the pre test knowledge score with their demographic variables. N= 40

S. No	**Demographic variables**	**Adequate knowledge**	**Moderate knowledge**	**Inadequate knowledge**	**DF**	**Chi square**	**Tabular Values**	**Level of association**
1	**AGE**							
	a) 20-25 year	01	07	02	6	9.66	12.59	#
	b) 26-30 year	02	17	03				
	c) 31-35 year	00	03	03				
	d) 36-40 year	01	00	01				
2.	**EDUCATION**							
	a) Primary & secondary education	05	19	06	6	16.03	12.59	*
	b) Graduation	00	05	01				
	c) Post graduation	00	00	01				
	d) illiterate	00	02	01				
3.	**INCOME**							
	a)10,000-15,000/-	01	15	03	4	3.23	9.49	#
	b) 15,000-20,000/-	03	07	03				
	c) above 20,000/-	01	05	02				
4.	**RELIGION**							
	a)Hindu	01	23	08	6	13.53	12.59	*
	b) Muslim	03	02	01				
	c) Sikh	01	01	00				
	d) Christian	00	00	00				
5.	**OCCUPATION**							
	a)housewife	05	23	05	2	6.24	5.99	*
	b)working	00	03	04				
6	**NO. OF CHILDREN**				6	11.57	12.59	#
	a) one	00	06	02				
	b) two	03	15	04				
	c) three	02	05	02				
	d) more than three	00	00	01				

7.	**NO. OF EPISODE OF COLD** a) more than three b) less than three	 01 04	 19 07	 04 05	2	7.43	5.99	*
8.	**SOURCE OF INFORMATION** a)television b)newspaper c)through person	 05 00 00	 23 00 03	 06 01 02	4	32.77	9.49	*

***significant at p>0.05** **#not significant at p<0.05 level**

6. RECOMMENDATION:

On the basis of present study the following recommendations are formed for future study:

- A study can be conducted to find out prevention of acute respiratory infections among rural are.
- A future study can be conducted in urban settings.
- A similar study can be undertaken on a large scale

7. CONCLUSION:

A conclusion was derived from the findings of the study. It can be concluded before the structured teaching program 22.5% mother having inadequate knowledge, 65% mother having moderate knowledge and, 12.5% mother having adequate knowledge after the structured planned teaching program, 0% mother having inadequate knowledge, 10% mother having moderate knowledge, 90% mother having adequate knowledge regarding knowledge of mothers. Under 5 year children related to acute respiratory infections.

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