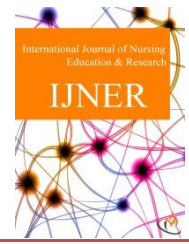




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### EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON VIT-A PROPHYLAXIS AMONG UNDER FIVE MOTHERS AT IRUNGATTUKOTTAI

Anitha Rajendra Babu<sup>1\*</sup> and S. Abirami<sup>2</sup>, R. Sindhuja<sup>3</sup>

<sup>1</sup>Principal, <sup>2</sup>Assistant Professor, Rajalakshmi College of Nursing, Chennai, Tamilnadu, India.

<sup>3</sup>Lecturer, Rajalakshmi College of Nursing, Chennai, Tamilnadu, India.

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#### ABSTRACT

The study was conducted among 30 samples. The objectives were to find out the effectiveness of planned teaching programme on knowledge regarding vit-A prophylaxis among under five mothers in village at Irungattukottai. A pre experimental one group pre test post test design was adopted. The findings revealed that there was a significant improvement of knowledge among under five mothers in the post test after the teaching programme.

#### INTRODUCTION

Vitamins are substance essential for the maintenance of normal metabolic function they are required for the metabolism of carbohydrates, fats and proteins. WHO report that more than half a million children become blind every year due to Vit-A deficiency. In India about 40,000 children are visually handicapped due to keratomalacia on an average one child is going blind every 14 minutes due to Vit-A deficiency. International community had made multiple commitments to its elimination of vitamin A deficiency. Just two annual doses of high potency supplements. Vitamin A is to attaining milleneium developmental goal for reduce by two thirds the mortality rate among children under five mothers.

#### Background:

World Wide under five children are affected by underlying deficiency in vitamin A putting them at greater

Corresponding Author

**Anitha Rajendra Babu**

**E-mail:** [sabishankar4@gmail.com](mailto:sabishankar4@gmail.com)

risk of illness and death. Mortality and morbidity are higher in underfive children, due to vitamin A deficiency disorders.

**World Health Organization (2010)** – Report more than half-a-million children become blind every year due to vitamin A. In India about 40,000 children are visually handicapped due to keratomalacia on an average one child is going blind 14 minutes.

**Times of India** (Oct.11, 2014) – India is home to the world's largest number of blind people due to vitamin A deficiency.

#### Statement of the problem:

A study to assess the effectiveness of planned teaching programme on Vitamin A prophylaxis among under five mothers at Irungattukottai.

#### Objectives:

To assess the level of knowledge regarding Vitamin A prophylaxis among under five mothers.

To determine the effectiveness of planned teaching



programme on Vitamin A prophylaxis among under five mothers.

To associate the level of knowledge among under five mothers with selected demographic variables [1,2].

## MATERIALS AND METHODS

Research design used in this study was one group pretest and post test pre experimental design. In the pretest, mother knowledge regarding vitamin A prophylaxis were assessed before providing educators programme. In education definition and classification of vitamin A prophylaxis, deficiency and causes of vitamin A deficiency, fruit and vegetables, complication and effects of vitamin A deficiency. Prevention of vitamin A prophylaxis was delivered through lecture cum discussion method with planned teaching programme. After seven days of planned teaching programme. After seven days of planned teaching programme the knowledge of the mother Vit-A prophylaxis was reassured. The population selected for this study was under five mothers in Irungattukottai village. Convenient sampling technique was used to select the samples. It was carried out with 30 mothers who fulfilled the inclusion criteria.

The tool used for this study is planned teaching programmed questionnaire schedule assessing the knowledge of mothers of under five children. The tool consists of two parts [2,3].

### Part A:

This section consists of demographic data of mothers of under-five children's at Irungattukottai village.

### Part B:

This section consists of planned teaching questionnaire to determine the level of knowledge about vitamin A prophylaxis.

The data collection was done within the given period of one week. The permission was obtained from the village president of Irungattukottai to conduct the study.

The samples who met inclusion criteria were selected based on convenient sampling technique. The investigator met the sample and explained the purpose of the study. Researchers assured the confidentiality and anonymity and oral consent was obtained from the samples.

The investigator met the samples and collected the data by using structured teaching interview schedule. The

researcher selected the sample and the pretest was conducted. After that planned teaching programme on Vit-A prophylaxis was done after one week post-test was conducted to the same mothers.

## RESULTS AND DISCUSSION

The first objective was to assess the level of knowledge regarding Vit-A prophylaxis among under five mother.

Regarding level of awareness on Vit-A prophylaxis among under five mother was about 24(80%) had an adequate knowledge 6(20) had moderate, 0(0%) inadequate knowledge. The second objective was to assess the effectiveness of planned teaching programme on Vit-A prophylaxis among under five mother.

### Wilson et. al., (2012)

Vit-A prophylaxis has been little more than a decade, since the initial observation of the dose dependent relation between the severity of the Vit-A deficiency and childhood mortality quickly followed by the publication of a control trail in which children of preschool age randomized dose of Vit-A every six month diet at only two third are less than rate of control subject.

The third objective study was to associate the level of knowledge on Vit-A prophylaxis among mothers under five children.

### Scherbaumb et al., (2014)

Evaluate the Vit-A capsule controlled Vit-A deficiency in Indonesia effect of supplementation in preschool children. Aim of the study was to evaluate the effectiveness of widespread Vit-A supplementation programme and to describe the indicators of compliance with the programmed in Indonesia.

The fourth objective of the study was to associate the selected socio demographic variable with post level of knowledge.

### SoeKario et al., (2013)

Described the effectiveness of weekly Vit-A (10,000IU) and iron (60mg) supplementation of adolescent boys and girls through schools in rural and urban east Judo Indonesia high prevalence of vitamin A deficiency and anaemia among adolescent [4,5].

**Table 1. Comparison of mean and standard deviation between pre test and post test level of knowledge among under five mothers.**

Knowledge	Pre Test		Post Test		t value
	Mean	Standard Deviation	Mean	Standard Deviation	
Level of knowledge on vit A prophylaxis among under five mothers.	11.43	5.38	25	3.26	<b>20.36</b> <b>P(0.05) S</b>

This table represents the comparison of mean and

standard deviation between pre and post test level of



knowledge. In pre test mean value was 11.43 and standard deviation was 5.38. post test mean value was 25 and standard deviation was 3.26. The t value was 20.36 at  $p < (0.05)$ . Therefore under five mothers having adequate

knowledge in post test when compared to pre test. Planned teaching programme was effective for under five mothers [6].

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