



EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON CONDUCT PROBLEMS OF PRE SCHOOLERS AMONG MOTHERS IN A SELECTED HOSPITAL IN UDAIPUR

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ABSTRACT

Background of the study: The term conduct alludes to the manner in which an individual reacts to ascertain circumstance or experience. In early kid hood life conduct issues are normal. Conduct issues are created from the home environment, school environment, and by social gathering environment by which children has a place or sits back .These disarranges are more dependable than alteration responses. Objectives: This study is proposed to evaluate the knowledge of mothers of preschoolers on social issues of preschoolers by pre-test Knowledge scores, to survey the effectiveness of STP on conduct issues of preschoolers among mothers of preschoolers by comparing pre-test and post – test knowledge scores and to find out the relationship between post test knowledge scores of mothers of preschoolers with their selected demographic variables. Conclusion: Findings of the Study indicate STP was fundamentally successful in improving the knowledge score of patients regarding Conduct issues of preschoolers. Watchwords Conduct issues, preschoolers, mothers of preschoolers; Structured Teaching Program.

Key words: Home Environment, School Environment, Knowledge Score.

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INTRODUCTION

The term conduct alludes to the manner in which an individual reacts to ascertain circumstance or experience. In early children hood life conduct issues are normal. Conduct issues are created from the home environment, school environment, and by social gathering environment by which children has a place or breathes easy .These scatters are more dependable than change reactions.[1]

Most children figure out how to manage their responses and feelings after some time in the early years through enthusiastic associations with noteworthy others and educated self-understanding. They utilize the face, voice and body to impart their responses to others

On the off chance that the kid gets fitting reactions, then an enthusiastic association is built up this will guarantee that the children will learn and development will be improved. This association requires the parent or

guardians to enable the kid to adjust feelings, feel esteemed and gain a feeling of belonging. Guardians or parental figures should have the option to peruse the enthusiastic reactions that infants and little children are expressing and to show coping aptitudes for the children.

Social development in kids is unequivocally influenced by the idea of the - parental figure relationship. Guardians, especially mothers, who are genuinely accessible, delicate, keen and successful at meeting the necessities of their children, are probably going to have safely connected who are bound to meet significant social achievements as they get more established.

In Preschool-matured children (four - five years) phases of development in behavior as a result of past encounters with others are recalled and can turn out to be a piece of the self idea, developing understanding of social principles, developing more noteworthy sympathy, systematic increase in professional social conduct, normal



diminishing in forceful conduct, preference for explicit friends, so plausibility of being disliked.[2]

The regular conduct issues are fits, control battle, whining, swearing and so on.

These practices are generally a sign of profound insecurity.

Our children have the right to take in significant exercises from us and to gain significant propensities with our assistance. They need assistance in learning what makes a difference to us. We need our kids to grow up to be dependable adults. We need them to figure out how to feel, think, and act with deference for themselves and for other individuals. We need them to seek after their very own prosperity, while likewise being thoughtful of the necessities and feelings of others.

Today, there is wide acknowledgment that a considerable lot of our kids are not learning to act dependably while they are youthful. Studies show that numerous kids see nothing amiss with

Cheating on tests. Some observe nothing amiss with taking things that don't have a place with them.

On the off chance that legitimate frames of mind and conduct are not adapted early, issues can mushroom with much more terrible results when children are more seasoned. As wrongdoing has increased, high school offenders have indicated less and less feeling for their unfortunate casualties. Be that as it may, in any event, for the adolescents who will never carry out a wrongdoing, it is smarter to learn duty when they are youthful, rather than when they are more seasoned and they need to change unfortunate propensities. We can give our children the best in us, by helping them gain propensities and character qualities that they can depend individually lives. On the off chance that we assist them with learning to enjoy thinking and behaving admirably, they will have the most obvious opportunity to have great existences as individuals and as residents in the Hospital. This will be genuine regardless of what upsetting circumstances or awful influences they come across. [3]

NEED FOR THE STUDY

In the course of recent years, various investigations have demonstrated an ascent in conduct issues among preschoolers. These findings are alarming, particularly considering the way that challenging practices are probably the most grounded predictor of increasingly major issues as children become more established, including delinquency, animosity, against social conduct, and substance misuse. It shows that attending a kid care focus gives most preschoolers a lift in pre-reading and math aptitudes. [4]

Research on the prevalence, course, and corresponds of conduct issues in preschool kids was examined; inconsistent parental conduct and elevated levels of family misfortune are related with the development of issues in early youth. Studies are examined from a developmental point of view and

integrated with research on ideal parent–kid connections. The seriousness of initial issues and family setting are identified with various developmental results. [5]

From a sample of high hazard children, gatherings of acting out, withdrawn, and ordinary preschool kids were recognized results indicated that discontinuity of development was represented by level and change in maternal depressive symptomatology, life conditions, upsetting life occasions experienced by the family, and nature of the home environment. Level of maternal depression appeared to legitimately influence the nature of care she gave her kid, and indirectly influenced the quality and association of the home environment. [6]

Early kid development can be genuinely undermined by social, administrative and passionate hindrances. Indeed, little children are prepared to do profound and lasting bitterness, sadness, and confusion in light of injury, misfortune, and early close to home dismissal. The preschool years are fundamental in laying the establishment for enthusiastic development and for future social and intellectual learning. Paying thoughtfulness regarding emotional well-being needs in these developmental and dynamic years is fundamentally significant, and new research reveals insight to how to do this well.

"Kids influence their environment while their environments are affecting them." Environmental elements are the elements individuals have the most command over, and therefore more information is accessible about how to tip environmental factors a positive way for healthy passionate development. [7]

Presently likewise most mothers are ignorant of these conduct issues it's recognizable proof, the executives and inconvenience. This acknowledgment happened when investigator had seen that there are more instances of preschool children with social issues and mothers are using incorrectly techniques for treating them. This may make a terrible frame of mind towards family and the community which requires that mothers ought to understand that at the privilege allowed time in request to prevent further issues of the preschoolers as they develop. Resistance to guardians and forceful conduct towards other kids is typical during early developmental stages. This conduct is typically diminishes between the ages of 3 and as children figure out how to talk and begin to understand satisfactory social aptitudes. This capacity encourages the children's requirement for expression of necessities and wants, just as the goals of struggle. Inability to build up these abilities may prompt increasingly dangerous conduct, for example, clashes with power, truancy, running endlessly from home, or progressively genuine acts, for example, vandalism, negligible theft or viciousness. This disappointment may show itself in delinquent conduct which is actually a sob for help. Poor scholarly execution is a decent indicator that delinquency issues might be starting to grab hold. The inability to finish assignments and getting terrible



evaluations may make confidence issues, feelings of estrangement or uselessness. Your children may begin to feel that there are no other alternatives accessible for progress. Joining other delinquents or posses offers your kid a chance of "fitting in" some place, despite the fact that it is an unhealthy environment .and increasing violations in the public arena. [8]

Today is essential to understand that is children are holding the eventual fate of our country so there is a significant need to lead a study and make the mothers mindful of conduct issues and its prevention.

OBJECTIVES OF THE STUDY

1. To evaluate the pre-existing knowledge of mothers of preschoolers on conduct problems of preschoolers by pre-test Knowledge scores.
2. To evaluate the effectiveness of structured teaching programme on conduct problems of preschoolers among mothers of preschoolers by comparing pre-test and post – test knowledge scores.
3. To find out the association between post test knowledge level of mothers of preschoolers with their selected demographic variables.

HYPOTHESIS

H1:- There will be a statistically huge contrast between pre test and post test knowledge scores of mothers of pre schoolers on conduct issues of preschoolers.

H2:- There will be a statistically critical relationship between mother's post knowledge scores with their selected demographic variables.

METHODOLOGY

Research Approach

An evaluative research using pre-test (O₁) and post test (O₂) was adopted for this study in order to accomplish the objectives

Research Design

The research design selected for present study was pre-experimental in nature i.e., one group pre-test, post-test design.

SAMPLE

The sample of present study comprised of 60 mothers of preschoolers of selected Hospitals in Udaipur

Sampling Technique

Sampling technique adopted for selection of sample is non-probability convenience sampling.

CRITERIA FOR SELECTION OF SAMPLE

Inclusion Criteria

1. Mothers who are residing at selected Hospitals in Udaipur
2. Mothers who are between the age group of 21-36 years.
3. Mothers who are accessible at the hour of study.

4. Mothers who know to peruse and compose Hindi or English.
5. Mothers who have children between the age group of 4-5 years

Exclusion Criteria

1. Mothers who are selected for pilot study.
2. Mothers who are not willing to partake in the study.
3. Mothers who are not rationally solid.

RESULTS

The findings indicated that the general mean post test knowledge score of the subjects which was 84.57% was higher than the mean pre-test score of 40.28 %. It was seen as noteworthy with a determined 't' estimation of 34.58, P<0.05 which was higher than the basic worth, showing that the improvement in knowledge score was critical. The chi-square test at a level of significance of 5% applied to check the relationship of demographic variables with knowledge score. There exists a critical relationship between mothers post test knowledge scores and the demographic variables of age, instructive status, religion, kind of family and wellspring of information and a non-huge relationship between mothers post test knowledge scores and the demographic variables of number of kids and financial status. Findings of the Study indicate STP was altogether viable in improving the knowledge score of patients regarding Conduct issues of preschoolers

IMPLICATIONS OF THE STUDY

The findings of the study have implications in various areas of nursing namely: nursing practice, nursing education, nursing administration and nursing research.

1. Nursing practice

Nursing professionals working in the medical clinics just as in the community,

- Should know about lead issues of preschoolers.
- Should teach the mothers of preschoolers about the regular direct issues of preschoolers.
- Should notice the guardians about the early determination and prevention of direct issues of preschoolers.
- Should support mothers, using coping methodologies which prevents further psychological and social issues of direct issues of preschoolers.

2. Nursing Education

- The nursing educational program is answerable for preparing future nurses with accentuation on identifying and addressing the passionate parts of this direct issue of preschoolers in healthcare settings.
- Nurses ought to have refreshed knowledge regarding more research to distinguish and address the passionate parts of this regular lead issue of preschoolers in healthcare settings



3. Nursing administration

- Special attempts by nurse administrators must be there to create open mindfulness regarding prevention of direct issues of preschoolers.
- Nurse administrators ought to energize the understudy nurses and staff nurses to accomplish sufficient knowledge regarding conduct issues of preschoolers and its prevention.

4. Nursing research

- The semi exploratory study gives baseline to conducting other research considers.
- The study will be an inspiration for budding researchers to lead test study and comparable examinations on a huge scale.

Limitations of the Study

- The study is constrained to select Hospitals Udaipur.
- The study didn't utilize any control group.
- Small number of subjects restricts the generalization of the study.
- Data assortment by using non probability advantageous sampling technique.

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- The sample for the study was restricted to 60 mothers of preschoolers as it were.

Recommendations

- A test study can be embraced with a benchmark group for compelling correlation of the outcome
- A comparable study can be reproduced on an enormous sample to generalize the findings.
- An exploratory study can be led by including extra demographic variables.
- Manuals, information booklets might be created regarding conduct issues of preschoolers and its prevention.
- Awareness can be made to the objective gatherings regarding conduct issues of preschoolers and its prevention.
- A study can be done to assess the proficiency of different teaching techniques like leaflets and PC helped instruction regarding conduct issues of preschoolers and its prevention.

CONFLICT OF INTEREST

- There were no conflicts of interest reported.

