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ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING THE PREVENTION OF ACCIDENTS AMONG MOTHERS OF TODDLERS IN A SELECTED HOSPITAL AT KOLLAM DISTRICT.

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ABSTRACT

The aim of the study is to evaluate the effectiveness of structured teaching programme on knowledge regarding prevention of accidents among mothers of toddlers in a selected hospital at Kollam district. The objectives of the study were to assess the knowledge regarding the prevention of accidents among mothers of toddlers, to evaluate the effectiveness of structured teaching programme on knowledge regarding prevention of accidents among mothers of toddlers, to find out the association between pretest knowledge scores with the socio demographic variables. The study was undertaken with 20 samples. Convenience sampling was used. The research design was one group pre-test post-test design. Structured knowledge questionnaire was used for collecting the data. Pretest was administered followed by structured teaching programme and posttest was done. The data was analyzed using descriptive and inferential statistics. The study findings shows that in the pretest 10% of mothers are having poor level of knowledge, 75% of mothers are having average level of knowledge and 15% are having good level of knowledge and 0% has excellent knowledge regarding prevention of accidents in toddlers. After the structured teaching programme, in the posttest 0% of mothers have poor level of knowledge, 0% having average level of knowledge, 30 % having good level of knowledge and 70% having excellent level knowledge regarding prevention of accidents in toddlers. The calculated t value (12.34) is higher than tabulated t value (2.86)at 0.01 level of significance. So the hypothesis (H1) was accepted. Hence it can be concluded that there is statistically significant difference in the knowledge level of mothers regarding prevention of accidents in toddlers. It is inferred that structured teaching programme was effective in increasing the knowledge score of mothers regarding the prevention of accidents in toddlers. It was concluded that there was a significant improvement in posttest score when compare to the pretest score, so the structured teaching was effective. There was no significant association found between the pretest knowledge scores with the selected socio demographic variables.

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INTRODUCTION

The child is the most precious possession of mankind, most loved and perfect in its innocence. Children to be cared and protected from environmental hazards.Traditionally,an accident is an event independent of human will, caused by an outside force acting rapidly

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and resulting in bodily or mental injury the occurrence of injury is unlimited. In toddlers accidents are unavoidable and major accidents are preventable.

Unintentionally injury was a huge problem for toddlers. It is a leading cause of death and disability among children. Accidents were the fifth leading cause of death in children under the age group of five. The unintentionally injuries are falling, drowning, accidents, burns, swallowing cleaning products or medication. Childhood injuries are closely linked with social deprivation. Children from poorer backgrounds are five times more likely to die as a result of an accident than children from better off families and the gap is widening. Toddlers have wandered off and drowned in ponds. Children continue to explore their world by putting everything in their mouths, even if it doesn't taste good.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding the prevention of accidents among mothers of toddlers.
2. To evaluate the effectiveness of a structured teaching programme on knowledge regarding the prevention of accidents among mothers of toddlers.
3. To find out the association between the pretest knowledge scores with selected socio demographic variables.

HYPOTHESIS

➤ There will be statistically significant difference in the pretest and posttest knowledge scores regarding prevention of accidents.
➤ There will be statistically significant association between the Pretest knowledge scores regarding the prevention of accidents with selected socio demographic variables.

METHODOLOGY

Research Approach: Quantitative approach
Research Design: One group pretest posttest design
Research Setting: The present study was conducted in a pediatric outpatient department of selected hospital.
Population: mothers of toddler children.
Sample: mothers of toddler children in the pediatric outpatient department.
Sample size: 20
Sampling technique: Convenience sampling
Tools: Baseline proforma and self-administering questionnaire

Part 1: Baseline Performa of the mothers of age, educational status, monthly income, occupational status, type of family, number of children
Part 2: It is named "structured knowledge questionnaire on prevention of accidents in toddlers." It consists of 20 multiple choice questions.

Method of data collection

1. Selected the mothers as per the sampling criteria. Investigator self-introduction given. The tool was given to the mothers and thus pretest was conducted.
2. Immediately after the pretest structured teaching programme was administered.
3. After 5 days post test was conducted.
4. The data thus collected was set to statistical analysis.

Data analysis

1. Descriptive: frequency, percentage, mean and standard deviation
2. Inferential: Paired t test and chi square.

RESULTS

Data collected were tabulated, analyzed and interpreted. Paired t test was used to test the effect of structured teaching programme, and the t value 12.34 was found to be significant at 0.01 levels (19 degree of freedom). The mean percentage of posttest knowledge scores (16.25%) was significantly higher than the mean percentage of pretest knowledge scores (8.35%). In the pretest children had average level knowledge, which was changed to very good level in the post test. Hence the structured teaching programme was effective. There was significant increase in the knowledge among mothers of toddlers.

DISCUSSION

In the present study the first hypothesis (H1) was accepted, because the t value was 12.34, and that was significant at $p<0.01$. Also the mean percentage of posttest knowledge scores (16.25%) was significantly higher than the mean percentage of pretest knowledge scores (8.35%) of the mothers of toddlers. Thus it was interpreted that the intervention was effective in improving the knowledge level of the mothers of toddlers.

Table 1. Shows the effectiveness of structured teaching programme

Aspects	Mean	SD	t value	P value
Pretest	8.35	2.32		
posttest	16.25	1.72	12.34	**0.00**[*]

t19= *Significant at 0.01 level

Figure 1: shows the pretest and posttest level of knowledge score
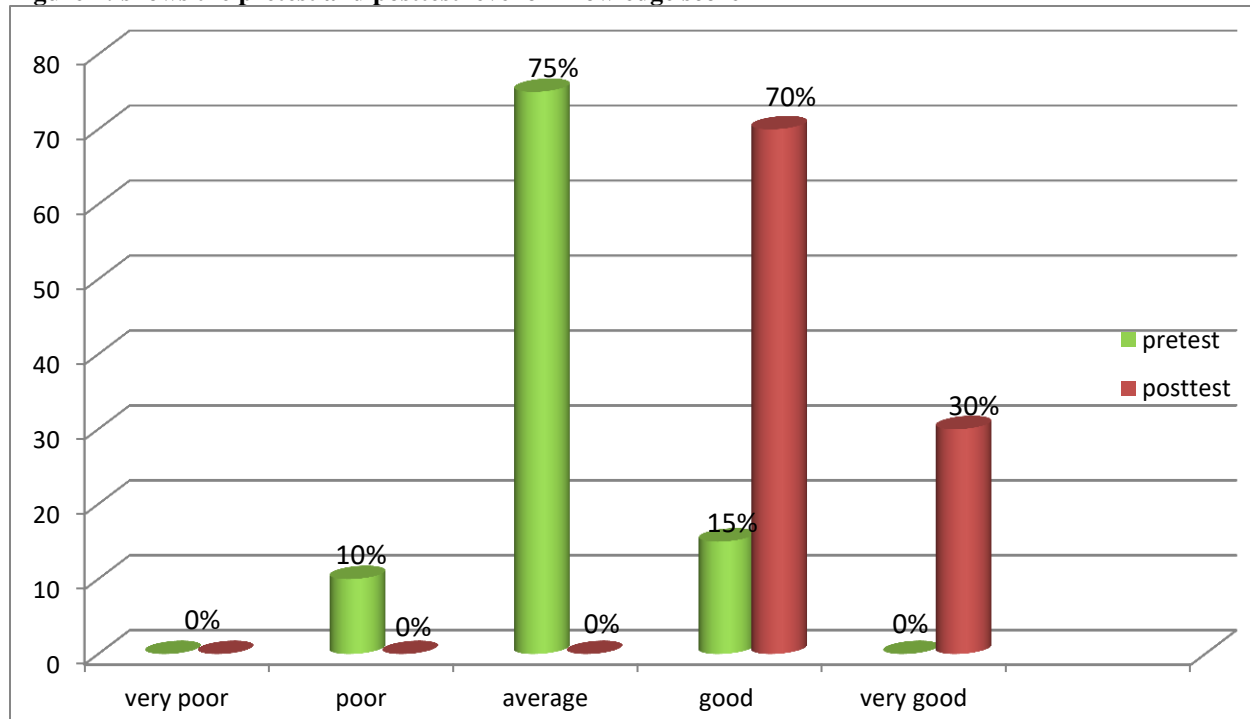
NURSING IMPLICATIONS
Nursing service
Nurse can take classes to the mothers, Public health nurse can conduct the awareness programme regarding the prevention of accidents in toddlers in the community settings.

Nursing Education
Nurse educators can prepare the nursing students to educate the mothers regarding prevention of accidents in toddlers. Nursing students can be motivated to conduct the awareness programme on improving knowledge and attitude towards prevention of accidents in toddlers.

Nursing administration
Nurse administrators have added opportunities in providing continuing education programme for pediatric nurses regarding prevention of accidents in toddlers. Workshops should be planned for pediatric nurses, parents, and student nurses.

Nursing Research
Further research on assessing the knowledge and practice of mothers. Further research on comparison of mothers between the urban and rural areas.

LIMITATIONS
1. The study was limited to one hospital.
2. Generalization of the findings was difficult because of small sample size.
3. The tool used was not a standardized one. The investigator prepared the tool.

RECOMMENDATIONS
A similar study can be conducted using different sampling technique with a larger sample size and different age groups. Study can be conducted in the community settings with the parents of children.

CONCLUSION
The present study aimed to assess knowledge regarding prevention of accidents in toddlers, Provide structured teaching programme regarding the prevention of accidents in toddlers. So that the mothers can provide protection of their children from accidents.In order to test the effect of structured teaching programme, paired t test was used and the value was statistically significant at 0.01 levels. The mean post test score was much higher than the mean pretest score, and so the structured teaching programme regarding prevention of accidents in toddlers was effective.

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