International Journal of Research In Paediatric Nursing

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A descriptive study to assess the knowledge regarding behavioral problems and its management among mothers of preschool children in selected areas of Hisar with a view to develop information booklet

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Abstract
Abstract: Normal children are healthy, happy and well adjusted. This adjustment is developed by providing basic needs along with physical and physiological needs for their mental well-being. The children are dependent on their parents, so parents are responsible for fulfillment of their needs.
Objectives: to assess the knowledge regarding behavioral problems and its management among mothers of preschool children.
Method: Design non-experimental, descriptive in approach. The tool used for this study consist of demographic data and structured knowledge questionnaire.
Sample and Sampling Technique: The population for this study were 100 mothers of preschool children selected through convenient sampling technique. Conceptual framework based on revised Pender's (2002) and otava charter (1986) health promotion model.
Results: The finding of present study revealed that the tabled χ^2 value for 2, 3 & 4 degree of freedom were 5.99, 7.82 & 9.49 at $p < 0.05$ level of significance.
Conclusion: The Mean Knowledge Score was (10.56) and SD is (3.8). Therefore it is concluded that there was requirement to develop information booklet for mothers regarding behavioral problems of school children.

Keywords: Knowledge, mothers, children, behavioral problems, information booklet

Introduction

Children are mirror of a nation. They are our future and our most precious resources. The quality of tomorrow's world and perhaps even its survival will be determined by the well-being, safety and the physical and intellectual development of children today. To predict the future of a nation, it has been remarked, one need not consult the stars; it can more easily and plainly be read in the faces of its children [1].

Normal children are healthy, happy and well adjusted. This adjustment is developed by providing basic needs along with physical and physiological needs for their mental well-being. The children are dependent on their parents, so parents are responsible for fulfillment of their needs. Every child should have tender loving care and sense of security about protection from parents and family members. They should have opportunity for development of independence, trust, confidence and self-respect. There should be adequate social and emotional interaction with discipline. The child should get scope for self-expression and recreation. Parent should be aware of about achievements of their children and express acceptance of positive attitude within the social norms [2].

The preschool years extending from approximately 3 to 5 years of age.2 Common behavioral problems of childhood are temper tantrum, breath holding spell, thumb sucking, nail biting, enuresis, encopresis, pica, tics, and stuttering or stammering, delayed speech and attention deficit hyperactive disorder [2].

The causes for all behavioral problems in preschool children are due to parents negligence poor supervision or poor attention, family conflict and maladjustment e.g., too strict parents, rejection, sibling rivalry, unconscious anger and defiance in the child, insecurity, conflict or hostility, aggression, neurotic attitudes of the mothers [1].

Material and Methods

Research design: non-experimental research design was used to assess knowledge regarding behavioral problems and its management among mothers of preschool children in selected areas of Hisar with a view to develop information booklet.

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Research setting: The study was conducted in the rural area of Barwala Hisar Haryana.

Target population: 100 mothers of rural area of Barwala, Dist. Hisar, Haryana

Sampling and sampling technique: The population for this study were 100 mothers of preschool children selected through convenient sampling technique

Inclusion criteria
1. The parents who are willing to participate in the study.
2. The parents from selected rural area of Barwala, Hisar.
3. The parents who have the preschool children only

Exclusion criteria
1. The parents who don't know Hindi, English.
2. The parents who are not willing to participate
3. The parents who have not the preschool children.

Selection of Tool: The tool was based on research problem and objective of the study, after discussion with experts and guide.
1. Demographic variables.
2. Self-structured knowledge questionnaire was prepared to assess the knowledge of mothers regarding behavioral problems and its management.
3. Information booklet was prepared to improve the knowledge of mothers regarding behavioral problems and its management.

Validity
The prepared tool along with the objective, operational definition, scoring key and criteria checklist for validation were submitted to experts for validation. The permission for tool validation was obtained by sending requisition latter and acceptance form. The experts were requested to give their opinion and suggestion regarding each item in the tool in terms of 3 main columns and a remark column. The validation is done in terms of appropriateness, relevance and accuracy. According to the recommendations and suggestions of the expert, items of tool were modified.

Reliability
In order to establish the reliability of the tool, split-half method was used. The tool was administered to 10 subject and estimated by Spearman's brown prophecy formula. The reliability of tool was 0.967. So the tool was found to be highly reliable for the data collection.

Pilot Study
Pilot study of the present study was conducted on 10 subjects in Barwala from 03-12-17 to 09-12-17 after obtaining permission from the authority. Subjects were chosen by convenient sampling technique. The purpose of the study was explained and informed consent was taken from those who were willing to participate in the study. Confidentiality of their responses was assured. The tool was administered. Time to taken for test was 20 minutes and Analysis was done by using descriptive and inferential statistics.
After the pilot study the tool was found to be feasible, practicable and acceptable. The pilot study confirmed that the final study would be feasible.

Data collection procedure
The data collection procedure was carried out after taking prior permission from the concerned authority. The investigator established good rapport with samples. The data was collected from 12-02-2018 to10-03-2018, between 10 am to 4 pm with the help of the structured knowledge questionnaire. Consent from each participant was obtained. After collecting background data, pre-test was conducted on knowledge regarding behavioral problems and it management. The subjects were eager to know and took active participation in asking questions seeking clarification.

Ethical consideration
Prior to data collection permission was obtained from the concerned authorities to conduct the study. Written consent was obtained from the mothers of preschool children regarding willingness to participate in the study and only those who are willing were included in the study. Study subject were assured that information collected from them was confidential.
Plan for data collection;

Section A
Demographic characteristics

Table 1: Frequency and Percentage Distribution of Sample Characteristics

N=100 S

S. No	Demographic variables		Frequency	Percentage
1	Age	a) Below 20 years	00	00
		b) 21-25 years	33	33
		c) 26-30 years	55	55
		d) Above 30 years	12	12
2	Education of the mother	a) Illiterate	00	00
		b) Primary school	15	15
		c) Secondary school	22	22
		d) High school	18	18
		e) Collegiate education	45	45
3	Occupation of mother	a) Govt. employ	55	55
		b) Housewife	30	30
		c) Business	15	15
		d) any other	00	00
4	Religion	a) Hindu	60	60
		b) Sikh	32	32
		c) Muslim	2	2

		d)	Christian	6	6
5	Family income	a)	Below Rs.5000/month	0	0
		b)	Rs.50001-10000/month	12	12
		c)	Rs.10000-15000/month	44	44
		d)	Rs 150001/month	44	44
6	No. of Children	a)	One	38	38
		b)	Two	52	52
		c)	Three	10	10
		d)	Four or above	00	00
7	Type of Family	a)	Nuclear	52	52
		b)	Joint	32	32
		c)	Extended	0	0
		d)	Single Parents	16	16
8	Source of information	a)	Radio	70	70
		b)	Television	14	14
		c)	Newspaper	16	16

According to age, majority of Mothers of preschool children were in the age 26-30 Years (55%) followed by the age 21-25 years (33%), (12%) were in the above 30 Years and (0%) were in the below 20 years. According to educational qualification, 45% were completed their collegiate education, 22% were completed their secondary school, 18% were completed their high school, 15% were completed their primary school and 0% were completed their illiterates. According to Occupation of the mother, 55% were Govt. employee, 30% were House wife, and 15% were doing business.

- According to religion of Mothers of preschool children, 60% were Hindu whereas 32% were Sikh followed by 6% were Christen & 2% were Muslim. According to Monthly family income, 44% were earning Rs.10001-15000/-per month & Rs.15001 and above per month followed by (12%) Rs.5001-10000/-per month.

- Distribution according to Number of children, 52% was having two children whereas 38% were having one child, followed by 10% was having three children. Distribution according to Family Type, 52% was living in nuclear family whereas 32% was living in joint family, followed by 16% was living with their single parent. According to source of information, Mothers of preschool children got 70% from television whereas 16% from newspaper, 14% from radio.

Section B

Table 2: Level of knowledge regarding behavioral problems and its management among the Mothers of preschool children

N=100

Level of Knowledge	Range of percentage of score	Knowledge test	
		K	%age
Inadequate	<50%	83	83
Moderate	50-75%	15	15
Adequate	>75%	02	02

Maximum Score: 25
Minimum Score: 0

Table 2 states that, Level of knowledge of mothers in the test showed that 83% of the mothers were having inadequate knowledge regarding behavioral problems of school age children and 17% of the mothers were having moderate knowledge. 2% of mothers were having adequate knowledge regarding behavioral problems of school age children.

Section C

Table 3: Mean, Range, SD, t-test of knowledge (K) scores regarding behavioral problems and its management of preschool children

Component	Max Score	Range	Mean	SD
Knowledge score	25	20-4=20	10.56	3.8

Table 3 Shows that The Mean Knowledge Score was (10.56) and SD is (3.8). Therefore it is concluded that there was requirement to develop information booklet for mothers regarding behavioral problems of school children

Section D

Table 4: Mean and Chi Square of the knowledge score of mothers regarding behavioral problems of preschool children in association with selected demographic variables

Category		Frequency	Knowledge score	Mean	df	X^2	P Value
Age (in Years)							
a)	Below 20 years	00		0	3	1.17[NS]	0.09
b)	21-25 years	33	388	11.8			
c)	26-30 years	55	567	10.3			
d)	Above 30 years	12	101	8.4			

Educational qualification						
a) Illiterate	00	00	0	4	18.03	0.011
b) Primary school	15	56	4			
c) Secondary school	22	159	7.2			
d) High school	18	154	8.6			
e) Graduate education	45	687	15.3			
Occupation of the mother						
a) Govt. Employee	55	613	11.1	3	3.51	1.18
b) House wife	30	300	10			
c) Business	15	143	9.5			
d) Any other	00	00	00			
Religion						
a) Hindu	60	655	10.9	3	4.15	1.38
b) Sikh	32	320	10			
c) Muslim	2	21	10.5			
d) Christian	6	60	10			
Family income						
a) BelowRs.5000/month	00			3	2.77^{NS}	1.02
b) Rs.5001-10000/month	12	100	8.3			
c) Rs.10000-15000/month	44	460	10.5			
d) Rs.15001&above/month	44	486	11			
Number of children						
a) One	38	260	6.8	3	7.42	0.11
b) Two	52	663	12.8			
c) Three	10	133	13.3			
d) Four or above	00	00	00			
Family type						
a) Nuclear	52	560	10.8	3	1.07^{NS}	1.12
b) Joint	32	326	10.2			
c) Extended	00	00	00			
d) Single parents	16	170	10.6			
Source of information						
a) Television	70	713	10.2	2	21.1	1.19
b) Radio	14	83	5.9			
c) Newspaper	16	260	16.3			

Table 4 depicts that the tabled x^2 value for 2, 3 & 4 degree of freedom were 5.99, 7.82 & 9.49 at $p < 0.05$ level of significance and the calculated 'x^2' value is less than the tabled value among all selected demographic variables except in four variable i.e. education qualification, number of children & source of information and knowledge of mothers of preschool children regarding behavioral problems and its management

Discussion
Major findings of data analysed in accordance with the objectives have been organized and discussed under following section

- **Section A:** Description of Demographic Variables
- **Section B:** Evaluate the level of knowledge regarding behavioral problems and its management among mothers of preschool children.
- **Section C:** Findings related to knowledge score regarding behavioral problems and its management among mothers of preschool children.
- **Section D:** Knowledge score of mothers of preschool children on behavioral problems and its management in association with selected demographic variables.

Section A: description of demographic variables
Investigator found that the subject that is 55% of the mothers fall in the age group of 26-30 years. 45% of mothers were completed their college and no one mother was illiterate. According to occupation, 55%, 30% were

government employee and housewife respectively and only 15% were having their own business. According to religion of 60% of Parents of preschool students belong to Hindu religion, 32% was Sikh and very low was i.e. 2% was found as Muslim. According to Monthly family income, 44% were earning Rs.10001-15000/-per month & Rs.15001 and above per month followed by (12%) Rs.5001-10000/-per month. Most of parents that is 52% were having two children, 38% parents were having one child. 52% parents were living as a nuclear family Majority of parents (70%) receive information from television, only 16% were getting information through newspaper.

Section B: Evaluate the level of knowledge regarding behavioral problems and its management among mothers of preschool children.
Level of knowledge of mothers in the test showed that 83% of the mothers were having inadequate knowledge regarding behavioral problems of school age children and 17% of the mothers were having moderate knowledge. 2% of mothers were having adequate knowledge regarding behavioral problems of school age children.

Section C: Findings related to knowledge score regarding behavioral problems and its management among mothers of preschool children.
The Mean Knowledge Score was (10.56) and SD is (3.8). Therefore it is concluded that there was requirement to develop information booklet for mothers regarding behavioral problems of preschool children.

Section D: Knowledge score of mothers of preschool children on behavioral problems and its management in association with selected demographic variables.

The finding shows that the tabled χ^2 value for 2, 3 & 4 degree of freedom were 5.99, 7.82 & 9.49 at $p < 0.05$ level of significance and the calculated 'χ^2' value is less than the tabled value among all selected demographic variables except in four variable i.e. education qualification, number of children & source of information and knowledge of mothers of preschool children regarding behavioral problems and its management. The difference was found to be statistically significant in three cases.

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