A Study To Assess The Effectiveness of Knowledge Regarding Milestone of Infant Among Post Natal Mothers Admitted In Post Natal Ward In Selected hospital, Tiruvannamalai

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Abstract- *The research design used in this study was one group pre test and post test design. The study was conducted in Government Medical College and Hospital, Tiruvannamalai. Convenient sampling technique was used to select the postnatal mothers. 30 postnatal mothers between 18-35 years of age, who fulfill the inclusive criteria. Consist of Structured Teaching Programme to the postnatal mothers regarding milestone of infant. The level of knowledge was assessed using structured questionnaire method. The comparison of the pre test and the post test level of knowledge among postnatal mothers regarding milestone development, revealed that the calculated paired 't'value t=43.24 was found to be statistically significant at p<0.05 level. This clearly shows that the structured teaching programme module had shown a significant improvement in the post test level of knowledge among postnatal mothers. The study findings concluded that there was a statistically significant different in the level of knowledge after structured teaching programme module and this proved to be significant effective teaching method to improve the knowledge regarding milestone development of infant among postnatal mothers.*

I. STATEMENT OF THE PROBLEM

A study to assess the effectiveness of knowledge regarding milestone of infant among post natal mothers admitted in post natal ward in selected hospital, tiruvannamalai **.**

OBJECTIVES

1. To assess and compare the effectiveness of pre and post test knowledge regarding milestone of infant among the post natal mothers.
2. To determine association in the pre and post test mean difference level of knowledge with the selected demographic variables among post natal mothers.

RESEARCH APPROACH :

The research approach used in this study was Quantitative research approach.

RESEARCH DESIGN :.

The research design adopted for this study is one group pre –test and post test design, which comes under the quantitative research design. As the study fulfills the criteria such manipulation convenient sampling technique were rightly choose this design.

RESEARCH VARIABLES :

Independent variable

Structured teaching programme.

Dependent variable

Knowledge regarding milestone development.

Extraneous variable

The extraneous variable identified by the researcher are age of mother, educational status of mother, occupational status of mother, type of family, sex of baby, number of children, type of marriage, area of residency, pre natal checkup, diet of mother.

SETTING OF THE STUDY

The was conducted in post natal ward at government medical college and hospital at Tiruvannamalai, Tamil Nadu. 30 subject selected by using convenient sampling technique, in that 30 subject were allotted to one group pre and post test.

POPULATION

Target population

The target populations for the study include all mothers of babies admitted in the post natal ward.

Accessible population

The accessible population for the study include all post natal mothers admitted in post natal ward in government medical college and hospital, Tiruvannamalai.

SAMPLE

Study sample comprised of post natal mothers who were admitted in post natal ward at government medical college and hospital who fulfilled the sample selection criteria.

SAMPLE SIZE

30 post natal mothers. (one pre and post test group)

SAMPLING TECHNIQUE

Convenient sampling technique.

CRITERIA FOR SAMPLE SELECTION

Inclusive criteria

1. Mothers between the age group of 18 -35 years
2. Mothers understand and respond in tamil
3. Mothers of child who are willing to participate in the study
4. Mothers who are available during the period of data collection

Exclusive criteria

1. Mothers who are not willing to participate in the study
2. Mothers who have already attended an education on milestone

DEVELIOPMENT AND DESCRIPTION OF THE TOOLS :

PART A :

Tools for data collection

Section A

The demographic variables comprised of age of mother, educational status of mother, occupational status of mother, type of family, sex of baby, number of children, type of marriage, area of residency, pre natal checkup, diet of mother.

Section B

The section consisted of structured questionarie to assess the effectiveness of knowledge regarding on milestone development.

Structured questionarie consisted of 30 multiple choice questions in 12 components that include 1 to 12 months of development. Participants were asked to select the answer from options.

PART B :

Intervention tool

1. Health education
2. Pamplet

SCORING PROCEDURE :

The correct answer was given ‘1’ mark and wrong answer was given ‘o’mark.

The raw score was converted into percentage to interpret the level of knowledge.

ACCESSIBLE POPULATION :

The right to freedom from harm and discomfort participants were not subject to unnecessary risks for harm or discomfort during the study period.

PROCEDURE FOR DATA COLLECTION :

A formal permission was obtained from the principal, Vignesh Nursing College. The investigator selected 30 mothers who fulfilled the sample selection criteria using convenient sampling technique. The data collection for the study was conducted within the period of one week. The investigator gave brief introduction about self and the purpose

of the study to the mothers. After obtaining their verbal consent for willingness to participate in the study. The mothers were made to sit comfortably in a well ventilated room and confidentiality regarding the data was assured.

Among 30 mothers were allotted for only one group.

After the selection of mothers, pre test were conducted one group for 15- 30 minutes using structured questionarie prepared by the investigator.

In this group, milestone development administered to mothers comprising of health education on meaning, Health education on milestone development and pamphlet on milestone development were distributed. The doubts of the mothers were clarified after 3 days, post test was conducted to assess the post test knowledge using the same structured questionarie for 15-30 minutes in only one group.

Table 4.1.2 : Shows the frequency and percentage distribution in respected to Number of children, Type of marriage, Area of residency, Pre natal checkup, Dietary pattern.

In this group, with regard to the number of children, 11 (36.67%) were 1 and 2 children, 8 (26.67%) were 3-4 children.

In this group, with regard to type of marriage, majority of the subjects 13 (43.33%) were consanguinous marriage and 17 (56.67%) were non-consanguinous marriage.

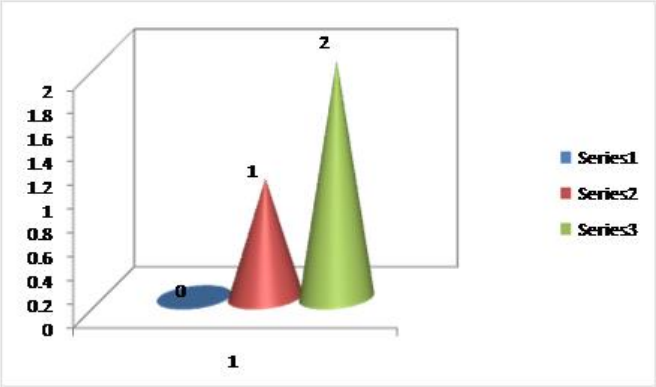
In this group, with regard to area of residency, majority of the subjects 25 (76.67%) were belong rural area and 7 (23.33%) were belong urban area.

In this group, with regard to pre natal checkup, majority of the subjects 30 (100%) were done the pre natal checkup.

In this group, with regard to the type of diet, 28 (93.33%) subjects had non-vegetarian pattern and the remaining of the subjects 2 (6.67%) were vegetarian.

ASSESSMENT OF PRE AND POST TEST LEVEL OF KNOWLEDGE REGARDING PREVENTION OF MILESTONE OF INFANT AMONG POST NATAL MOTHERS

n=30



Percentage distribution of pre and post test level of knowledge regarding milestone of infant among post natal mothers.

Figure 3 shows that, in this group, majority 21 (70%) had a inadequate knowledge and the 9 (30%) had a moderate knowledge in the pre test. Where as in the post test, after the implementation of structured teaching program 21 (70%) had a adequate knowledge and 9 (30%) had a moderate knowledge.

COMPARISON OF PRE AND POST TEST LEVEL OF KNOWLEDGE REGARDING MILESTONE OF INFANT AMONG POST NATAL MOTHERS

Table 3 : Comparison of pre and post test level of knowledge regarding milestone of infant among post natal mothers

n=30S

S.No	Group	Pre - test		Post - test		Paired 't' test
		Mean	SD	Mean	SD	
1	One group	12.93	2.79	23.26	1.29	t=22.6 p<0.05 **S

***p<0.05, **p<0.01, ***p<0.001, S-Significant, NS-Non significant**

The table 3 shows that, in this group, the pre test mean score level of knowledge was 12.93 with SD 2.79 and post test mean score of level of knowledge was 23.26 with SD 1.29. The calculated paired value 't'=22.6 was found to be statistically significant at p<0.05 level. This clearly shows that the implementation of structured teaching

programme had shown a significant improvement in the post test level of knowledge among post natal mothers.

ASSOCIATION OF PRE AND POST TEST MEAN DIFFERENCE LEVEL OF KNOWLEDGE REGARDING MILESTONE OF INFANT AMONG POST NATAL MOTHERS WITH THE SELECTED DEMOGRAPHIC VARIABLES

Association of pre and post test mean difference level of knowledge regarding milestone of infant among post natal mothers with the selected demographic variables.

shows the association of pre and post test mean difference level of knowledge regarding milestone of infant among post natal mothers with their selected demographic variables.

It shows evident from the above table that there was a statistical significant association of pre and post test mean difference level of knowledge with Educational status of mothers, Sex of child at $p< 0.05$ level and there is no statistical significant with other demographic variables.

The first objective was to assesss and compare pre and post test level of knowledge regarding milestone of infant among post natal mothers.

The analysis on pre test level of knowledge in this group revealed that 21 (70%) of subjects had inadequate knowledge and 9 (30%) of subjects had moderate knowledge.

The analysis on post level of knowledge in this group revealed that 21 (70%) of subjects had adequate knowledge and 9 (30%) of subjects had moderate knowledge.

In this group pre test mean score was 12.93 with standard deviation 2.79 and post test mean score was 23.26 with standard deviation 1.29. The calculated paired 't' value 22.6 which was significant at $p<0.05$ level. This clearly shows that implementation of structured teaching programme module had enhanced the knowledge level among post natal mothers.

The second objective there is no significant association in the mean difference level of knowledge with their selected demographic variables among post natal mothers.

There is a statistically significant association in the pre and post test level of knowledge regarding milestone of infant with Educational status of mothers, Sex of child at $p<0.05$ level and there is no statistically significant difference in this group with Occupational status of mothers at $p<0.05$ level.

Hence, the Null hypothesis NH2 which was started earlier that **"There is no significant association in the mean difference level of knowledge with their selected demographic variable among post natal mothers"** was rejected with regarded to the selected Occupational status at $p<0.05$ level, and accepted with regard to other demographic variable in this group.

II. SUMMARY

This study was undertaken to determine the effectiveness of structure teaching programmme module on regarding the knowledge about milestone development of infant among postnatal mothers admmitted in postnatal ward in selected hospital at Tiruvannamalai.

A developmental milestone is an ability that is achieved by most children by an certain age. Developmental milestone can involve physical, emotional, social, cognitive and communication skills such as walking, sharing with others expressing emotional recognising familiar sound and talking.

III. CONCLUSION

The present study assessed the effectiveness of structured teaching programme module on knowledge regarding milestone of infant among postnatal mothers admitted in postnatal ward in selected hospital at Tiruvannamalai. This study finding concluded that their was statistically significant difference in the level of knowledge after implementing structured teaching programme and this provide to be an effective teaching method to improve the knowledge among postnatal mothers.

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