# A STUDY TO EVALUATE THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMMME ON DIARRHOEA & ITS MANAGEMENT AMONG MOTHERS OF UNDER FIVE CHILDERN IN A SELECTED RURAL AREA AT AGARTALA,TRIPURA

**Ms. Punam Debbarma* | Dr. Martha****

**Research Scholar in Himalayan University, Itanagar in Arunachal Pradesh, India.*

***Research Supervisor in Himalayan University, Itanagar in Arunachal Pradesh, India.*

DOI: http://doi.org/10.47211/idcij.2022.v09i03.009

***ABSTRACT***

*Diarrheal disease is the second leading cause of death in children under five years old, and is responsible for killing 1.5 million children every year. Diarrhea can last several days, and can leave the body without the water and salts that are necessary for survival. Most people who die from diarrhoea actually die from severe dehydration and fluid loss. Children who are malnourished or have impaired immunity are most at risk of life-threatening diarrhoea.*

***AIM***

*To evaluate the effectiveness of planned teaching programmme on diarrhoea & its management among mothers of under-five children.*

***SETTINGS AND DESIGN***

*A Quantitative research approach was used. The research design selected for the study was a pre- experimental one-group pre-test post-test design. In the present study, the setting is the. In the present study, the target population was mothers of under-five children from selected rural areas of Agartala, Tripura Tripura. The sample size for this study comprised of 100 mothers of Under-Five Children non-probability convenient sampling technique was used in present study*

***RESULTS***

*The study revealed that in pre-test the majority participants 96% has average knowledge about diarrhea & its management. In post-test (after Planned Teaching Program implementation) the majority participants 95% has adequate knowledge. The pre-test means and standard deviation was 34.90±3.70 and in post-test it was 46.73±4.60 and the mean difference of pre-test post-test is 11.83.The mean difference is suggesting that knowledge level of participants has increased and that reflect that the implemented intervention, the Planned Teaching Program (PTP) was effective to improve knowledge score of participants. With this the research hypothesis **H1** level of 0.05 significance was accepted.*

***KEYWORDS:*** *Diarrheal, life-threatening, impaired immunity.*

**INTRODUCTION**

When we talk about children especially below five years then there careful grown up is a very challenging task and whole family is contributing in that but mothers of children are playing vital role to keep their children healthy. Children are legacy from the God. Each child has option to experience childhood in the solid home, school and network. The future improvement of our children and of their reality relies upon their happiness regarding the well-being. (Karen J. Marcdante 2016)

As mentioned, due to below five-year children have immature physiological parameter and more prone for risk of infection again due to immature immune system of body, so it become very important that their health will be minutely observed by family members and especially by mothers. So, it become an essential part that mothers should have adequate knowledge about healthy habits of their child. (Ghai O 2009)

Acute gastro enteritis is most commonly occurring due to bacterial, viral, Protozoal and fungal infection. The incidence of acute gastro enteritis may be high as 6-12 episodes per child per year in most developing countries and total diarrhoea morbidity for a given child may be high in first two years of age. (Constable PD 2017)

There are several types of diarrhoea, such as, acute diarrhoea, persistent diarrhoea and dysentery. The acute diarrhoea is an episode of diarrhoea that lasts less than 14 days. Acute watery diarrhoea causes dehydration and contributes to malnutrition. The death of a child with acute diarrhoea is usually due to dehydration. (Paul P 2020)

Prevention is the key, but early intervention can improve the outcomes. The global strategy health for all more towards primary health care which can be possible only by encouraging the community participation and mobilizing the community resource sand using appropriate technology for reducing the morbidity and mortality among children. Following strategies can be adopted to perform preventive skills:

- ✓ Detection and early treatment of cases.
- ✓ Provision of sanitary latrines.
- ✓ Provision of good water supply.
- ✓ Proper washing of fruits and vegetables before use and cooking.
- ✓ Proper washing of hand before and after defecation.
- ✓ Hygienic eating habits.
- ✓ Cutting of nails short. (Marlow DR 2017)

**OBJECTIVE**

1. To develop and administer a planned teaching program regarding diarrhea & its management among mothers in a selected rural area.
2. To find out the effectiveness of teaching program regarding diarrhea & its management by using the same structured interview schedule

**REVIEW OF LITERATURE**

Nigatu Merga and Tadesse Alemayehu (2015) placed their work in line with Knowledge, Perception, and Management Skills of Mothers with Under-five Children about Diarrheal Disease in Indigenous and Resettlement Communities in Assosa District, Western Ethiopia. It was a community-based comparative cross-sectional study. Quantitative data were obtained by a structured questionnaire from 232 randomly-selected mothers having children aged less than five years regarding their knowledge, perception, and management. Further it was revealed that the prevalence of diarrheal diseases among under-five children was 33.2%, and the knowledge of mothers about the causes, transmission, and prevention of diarrhea in the study area was 37.5%. The prevalence of diarrheal disease was higher in the settlement area whereas mothers 'knowledge was better in the indigenous community; 62.9% of mothers were categorized as having good attitude on causes, transmission, and prevention of diarrheal disease. Community water source, water storage container, and knowledge of mothers remained a strong predictor of diarrheal morbidity after conducting logistic regression analysis. Diarrheal morbidity was high in the study areas. On the contrary, knowledge and attitude of mothers, recognizing the danger sign of dehydration due to diarrhea, and the prevention and management of childhood diarrheal diseases were not adequate.

Telanesh Zemene and Melashu Balew Shiferaw (2018) has distributed their examination paper in title of Predominance of intestinal parasitic contaminations in youngsters younger than 5 years going to the Debre Birhan reference medical clinic, North Shoa, Ethiopia. Current examination intended to evaluate intestinal parasitic contaminations among under-five children going to in Debre Birhan reference clinic, which could assist with diminishing dreariness and mortality in children. A cross- sectional examination was led in February, 2014. Stool examples were gathered and analyzed utilizing fixation technique. Study discoveries are proposing that out of the 247 under-five youngsters partook, 17.4% (95% CI 12.7–22.1%) of the children were tainted with

in any event at least one protozoa parasites (14.2% [95% CI 9.9–18.5%]) and helminthes (3.2% [95% CI – 5.4%]). Giardia lamblia (8.5%), Entamoeba His tolytica/dispar (5.7%), Trichuris trichiura (1.6%) and Ascaris lumbricoides (1.2%) were the most recognized parasites. Parasitic contamination was higher in children who had wellspring of drinking water from the stream (36.8%), among youngsters from mothers with helpless hand washing practice (31.7%), and among children conceived from unskilled mothers (27.5%). This uncovered that intestinal parasites influence the strength of under-five youngsters in the setting.

PK Mishra et al (2014) has distributed their audit paper in title of Foundational effect of intestinal helminth contaminations. Creators inspected the proof that intestinal helminths can control unsafe fiery reactions and advance homeostasis by setting off foundational insusceptible reactions. Enlistment of distinguishable parts of insusceptibility by helminths, which incorporates type 2 and invulnerable administrative reactions, can both contribute toward the decrease in destructive sort 1 safe reactions that drive certain provocative ailments. Regardless of inciting type 2 reactions, intestinal helminths may likewise down direct hurtful sort 2 resistant reactions including unfavorably susceptible reactions. Analyst thought about how conceivable it is that intestinal helminth contamination may in a roundabout way influence aggravation by impacting the arrangement of the intestinal microbiome. Taken together, the investigations checked on thus recommend that intestinal helminth-prompted reactions have powerful fundamental impacts on the invulnerable framework, raising the likelihood that entire parasites or explicit particles created by these metazoans might be a significant asset for the advancement of future immunotherapies to control provocative illnesses.

Suganya V et al (2018) has imparted their examination work in named as Information with respect to counteraction of worm invasions among mothers of under-five youngsters. Creators intended to survey the information with respect to anticipation of worm pervasions among mothers of under- five youngsters. The Non-exploratory graphic plan with non-likelihood Comfort testing procedure was adjusted to choose 60 mothers of under-five youngsters in Venkatachalam at Nellore Locale. The outcome has indicated that among 60 examples 60(98.4%) of mothers have insufficient information and 1(1.6%)of mothers have. Study closed by expressing that lion's share of the mothers of under-five youngsters have deficient information with respect to counteraction of wormpervasion.

**METHODOLOGY**

In this study, Quantitative research approach was used. The research design selected for the study was pre-experimental one group pre-test posttest design. In the present study the setting is the. In the present study the target population was mothers of under-five children from selected rural area of Agartala ,Tripura. The sample size for this study comprised of 100 mothers of Under- Five Children. non-probability convenient sampling technique was used in the present study

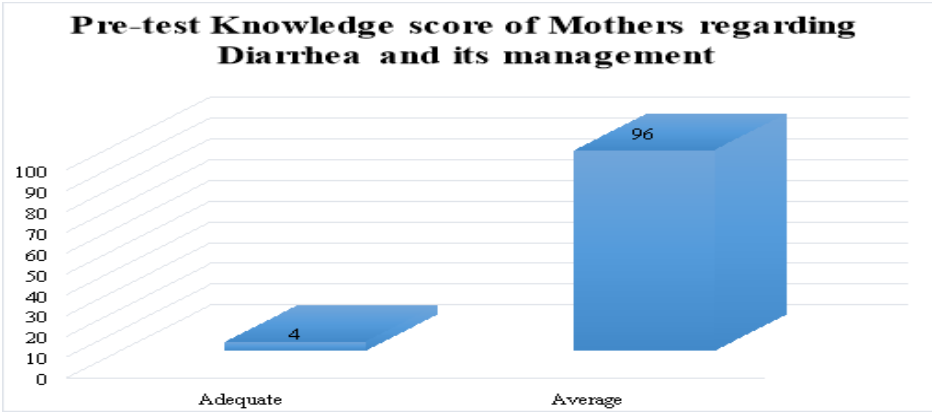
**RESULTS**

**SECTION-I: FINDING RELATED TO PRE AND POST-INTERVENTIONAL DATA ANALYSIS AMONG MOTHERS OF UNDER-FIVE CHILDREN.**

**Table 1: Frequency and Percentage distribution of mothers of under-five childrenaccording to knowledge score in pre-interventional stage: N-100**

| Knowledge Score | Frequency(f) | Percentage(%) |
|---|---|---|
| Adequate | 4 | 4 |
| Average | 96 | 96 |

Table 1 indicated that in pre-test the majority participants 96% (96) has average knowledgeabout diarrhea & its management and only 4% (4) has adequate knowledge about it.

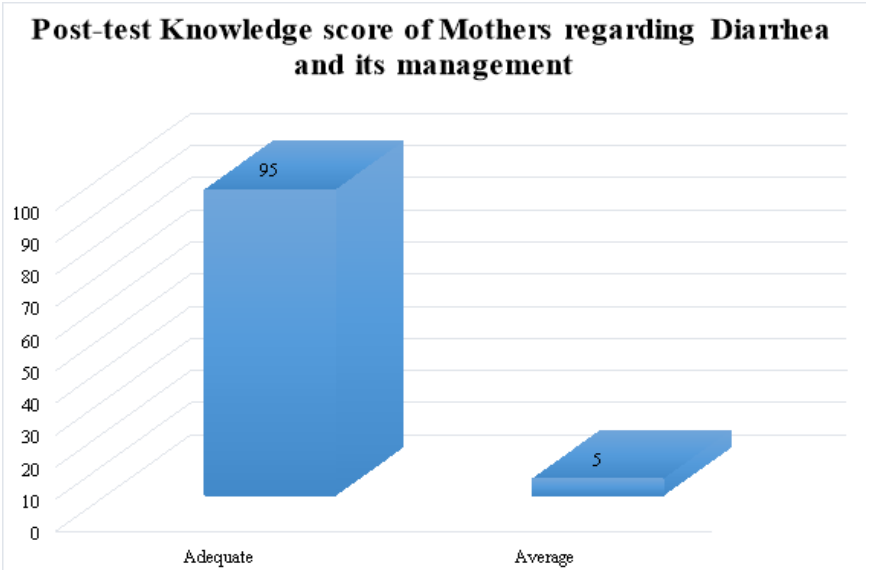



**Graph 1: Frequency distribution of pre-test knowledge score of Mothers regarding Diarrhea and its management**

**Table 2: Frequency and Percentage distribution of mothers of under-five children according to knowledge score in post-interventional stage: N-100**

| Knowledge Score | Frequency (f) | Percentage (%) |
|---|---|---|
| Adequate | 95 | 95 |
| Average | 5 | 5 |

Table 2 is reflecting that in post-test (after Planned Teaching Program implementation) the majority participants 95% has adequate knowledge and 5% has shown average knowledge about diarrhea & its management.




**Graph 2: Frequency distribution of post-test knowledge score of Mothersregarding Diarrhea and its management**

**SECTION-II: FINDING RELATED TO EFFECTIVENESS PLANNED TEACHING PROGRAM ON KNOWLEDGE SCORE OF MOTHERS OF UNDER-FIVE CHILDREN REGARDINGDIARRHEA AND ITS MANAGEMENT.**

**Table-3** Mean, standard deviation in before and after intervention in regard to effectiveness of Planned Teaching Program on knowledge score of mothers of under-five children regarding diarrhea & its management N-100

| Group | Mean | Mean difference | Std. Deviation |
|---|---|---|---|
| Pre-test | 34.90 | 11.83 | 3.70 |
| Post-test | 46.73 | | 4.60 |

Presented table 3 has shown that the mean score of knowledge level increased. The pre-test means and standard deviation was 34.90±3.70 and in post-test it was 46.73±4.60 and the mean differenceof pre-test post-test is 11.83.

The mean difference is suggesting that knowledge level of participants has increased and that reflectthat the implemented intervention, the Planned Teaching Program (PTP) was effective to improve knowledge score of participants. With this we accept the research hypothesis **H1** level of 0.05 significance which stated that the mean post-test will be higher than the mean pre-test knowledge score.

**REFERENCES**


1. Karen J. Marcdante. Nelson Essentials of Pediatrics. first. Kliegman KJM and RM, editor. Manesar: Elsevier Inc.; 2016. 406–407 p.
2. Ghai O, Paul VK, Bagga A. Ghai Essential pediatrics. Seventh. Ghai O, Paul VK, BaggaA, editors. New Delhi, India: CBS Publishers & distribution Pvt. Ltd; 2009.10–160 p.
3. Constable PD, Hinchcliff KW, Done SH, Grünberg W, editors. Diseases of the Alimentary Tract: Nonruminant. Vet Med [Internet]. 2017/02/10. 2017;175–435. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7167529/
4. Paul P. Socio-demographic and environmental factors associated with diarrhoeal disease among children under five in India. BMC Public Health [Internet]. 2020 Dec 7;20(1):1886. Available from: https://pubmed.ncbi.nlm.nih.gov/33287769
5. Marlow DR, Redding BA. Textbook of Pediatric nursing. Sixth. Marlow DR, Redding BA and, Raman Kalia, editors. Kundli: Elsevier Inc.; 2017. 255–296 p.
6. Merga N, Alemayehu T. Knowledge, perception, and management skills of mothers with under-five children about diarrhoeal disease in indigenous and resettlement communities in Assosa district, western Ethiopia. J Heal Popul Nutr. 2015;33(1):20–30.
7. Mishra PK, Palma M, Bleich D, Loke P, Gause WC. Systemic impact of intestinal helminth infections. Mucosal Immunol. 2014;7(4):753–62.
8. Zemene T, Shiferaw MB. Prevalence of intestinal parasitic infections in children under the age of 5 years attending the Debre Birhan referral hospital, North Shoa, Ethiopia. BMC Res Notes. 2018;11(1):1–6.
9. Suganya V, Scaria J, Indira S, Kavitha B, Ramya K, Revathi D, et al. Knowledge regarding prevention of worm infestations among mothers of under five children.2018;1075–8.