

## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE AND ATTITUDE REGARDING SELECTED BEHAVIORAL PROBLEMS IN CHILDREN AMONG MOTHERS IN SELECTED URBAN AREAS AT SHIMLA, HIMACHAL PRADESH, INDIA.

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### ABSTRACT

*Infancy and childhood are of paramount importance in determining and patterning the future behavior and character of the children. Childhood is the period of dependency. Gradually, the children learn to adjust in the environment. But when, there is any complexity around them they cannot adjust with those circumstances. Then they become unable to behave in the socially acceptable way and behavioral problems develop with them. Normal children are healthy, happy and well adjusted. This adjustment is developed by providing basic emotional needs along with physical and psychological needs for their mental well being. The emotional needs are considered as emotional food for healthy behavior. The children are dependent on their parents, so parents are responsible for fulfillment of the emotional needs. **Aim:** The study was conducted to assess the effectiveness of structured teaching program on knowledge and attitude regarding selected behavioral problems in children among mothers. **Materials and methods:** Quantitative evaluative research approach was employed with pre-experimental one group pre- and post-test research design. The sample consisted of 200 mothers and by using a convenient sampling technique.*

**KEY WORDS:** Knowledge, Attitude, Effectiveness, Structured Teaching Program, Behavioral problems.

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## INTRODUCTION

Every child should have tender loving care and sense of security about protection from parent 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. Parents should be aware about achievements of their children and express acceptance of positive attitude within the social norms. Behavioral disorders are caused by multiple factors. No single event is responsible for this condition. The important contributing factors are: faulty parental attitude, inadequate family environment, mentally and physically sick or handicapped conditions, influence of social relationship, influence of mass media and influence of social change.<sup>1</sup> The World Health Organization estimates that neurological, mental and behavioral disorders and self-harm contribute 12 % of the global burden of disease. The mothers who are young, relatively inexperienced, unsatisfied in themselves may make a school children more vulnerable to psychological maldevelopment (Bhatia, M S, & Singhal, 2001). Many behaviors which are probably undesirable but a normal occurrence at an early stage of development can be considered pathologically when they present later stage. In the young child many behavior which are probably the result of anger and frustration. In contrast to the abundance of studies exploring the impact of maternal employment on children's behavior, hardly any attention has been paid to the possible impact of children's behavior problems.<sup>2</sup>

## MATERIAL AND METHOD

**Research approach:** Quantitative Evaluative approach is considered to be the most appropriate.

**Research design:** Pre-experimental one group pre-test and post-test research design of pre- and post-test with control group.

**Setting of the study:** Selected urban areas.

**Target Population** – Mothers residing selected urban areas.

**Sample Technique** – Convenient sampling technique

**Sample Population-** Mothers having children between 6-12 years

**Sample Size-** The sample for the present study comprises 200 mothers having children between 6-12 years

**Development of tool for data collection:** The tool will construct after extensive review of literature and discussion with the experts and with the investigator's personal and professional experience.

**Description of the tool:** The tool consists of 3 sections.

**Section A:** It consists of personal profile of subject which includes age, type of family, educational qualification, occupation, residential area, religion and previous information.

**Scoring Key:** Demographic data of the instrument not scored but used for descriptive analysis.

**Section B:** This section consists of structured self administered knowledge questionnaire which includes 30 multiple choice questions to assess the knowledge regarding selected behavioral problems in children among mothers.

**Scoring Key:** Knowledge Questionnaire consists of 30 multiple choice questions. Each correct answer carries one mark and wrong answer carries zero mark .The total score of knowledge will be 30 marks.

**Section C:** A five point likert rating scale will be prepared by the researcher to assess the attitude regarding selected behavioral problems in children among mothers. It consists of 10 statements. Each statement will score in following manner:

**Scoring key:** Each item has 5 options such as strongly agree, agree, uncertain, disagree, strongly disagree. The scores for the positive item will 5 points for those who strongly agree, 4 points for those who agree, 3 points for uncertain, 2 points for those who disagree and 1 point for those who strongly disagree.

**Ethical Consideration:** Permission obtained from the concerned authorities of Municipal Corporation of urban areas. Before conducting the study a written consent obtained from the participants (mothers) for their willingness to participate in the study.

**Procedure for data collection:**

A formal permission obtained from the Institutional Ethical Committee, Councilor of selected urban areas and consent from the study participants. Then the investigator will explain the purpose of the study to the study participants and the data will collect with the help of assessment structured self administered questionnaire on knowledge and attitude after structured teaching program.

**Reliability of the tool:** Reliability of tool will be checked by Split Half Method and formula will be used to calculate Karl Pearson's correlation coefficient. The tool will reliable as the score was  $r=.70$  which indicates an acceptable level of reliability of a tool.

**REFERENCES**

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