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**Sahoo Sailabala**  
M.Sc.Tutor, Dept. of  
Paediatric Nursing, Kalinga  
Institute of Nursing Sciences,  
KIIT Deemed to be  
University, Bhubaneswar,  
Odisha, India.

## Effectiveness of STP on knowledge of mothers regarding home management of common illnesses of under-five children in selected urban slum area, Berhampur, Odisha.

**Sahoo Sailabala**

### Abstract

Under-five children's constitute about 40% of the total population also more vulnerable & special risk groups with high death rate. Always common illnesses such as Fever, Diarrhoea and Vomiting, Acute Respiratory Infection, and Common cold etc are affecting them. Mothers must need necessary information regarding illnesses and their home remedies during sickness.

**Materials and methods:** Pre-experimental one group pre and post-test design was undertaken among 50 mothers of under-five children in Urban slum area Kumbharpalli, Ankuli, Berhampur, Odisha. Purposive sampling technique was used to collect the data by using structured interview schedule.

**Result:** Findings revealed that overall knowledge score difference was (37.35%) with ( $P < 0.05$ ) value which indicates highly significant and effectiveness of STP and shows no association with demographic variable. Finding from lowest (28.6%-93.81%) and highest (40.72%-91.2%) increasing score in pre and post test in area "Prevention" and "Management" of common illness also shows effectiveness of STP.

**Conclusion:** The study highlights that the STP is effective for increasing the knowledge of mothers of under-five children regarding the home management of selected common illnesses.

**Keywords:** Mothers, under-five children, common illnesses, home management, STP.

### Introduction

A child is a unique individual; he or she is not a miniature adult, not a little man or woman. Children are the major consumers of health care. The children below 5 years of age constitute about 40 percent of the total population also they are more vulnerable & special risk groups with high death rate.[1] Illness and wellness is act of continuum process, illness starts from signs, to end at death, if not treated in early stage. Wellness can be achieved through the good education, nutrition & self-actualization.[2] World Health Organization (WHO) has estimated that more than 10 million children under five of age die each year in developing countries and seven in ten of these deaths are due to acute respiratory infection, mostly Pneumonia, diarrhoea, measles, malaria, or malnutrition, or combination of all these.

### Objectives

- To assess the level of knowledge of mothers of under-five children regarding home management of common illness
- Determine effectiveness of STP and
- Find the association of post-test knowledge scores of mothers with their selected demographic variables.

### Materials and Methods

Pre-experimental one group pre and post-test design was undertaken among 50 mothers of under-five children in Urban slum area Kumbharpalli, Ankuli, Berhampur, Odisha. Purposive sampling technique was used to collect the data by using structured interview

### Correspondence:

**Sahoo Sailabala**  
M.Sc.Tutor, Dept. of  
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KIIT Deemed to be  
University, Bhubaneswar,  
Odisha, India.

schedule. It consists of two sections. Section A: Socio Demographic data of mothers (9 Items) i.e. age, religion, type of family, no. of under-five children, occupation, educational status, type of house, per-capita income per month and any previous source of information. Section B: It consists of total 40 questions, which were prepared to assess the mothers knowledge regarding home management of common illnesses of underfive children. Same interview shedule was used in both pre and post test among 50 mothers in a difference of 15 days. The content of the structured teaching plan were covered different areas to assess the knowledge such as: concept and causes (9 items), sign, symptoms & complication(6 items), Regarding risk factors & mode of transmission (4 items), prevention (11 items) management (10 items) which was selected through review of literature and in consultation with experts. Before pretest Written consent was obtained from participants for participation in the study. The collected data was analyzed

by using. Descriptive statistics: frequency means, mean percentage and standard deviation describing their demographic variables. Inferential statistics: paired t-test to compare pre and post test knowledge score. Chi-square was used to find out the association between the post-test KS of the mothers with their demographic variables.

**Results:**

Findings revealed that overall mean knowledge score in pre-test and post test was (22.06±5.90) which was (55.15%) and (36.98±1.50) which was (92.5%) of maximum score with (P < 0.05) value showing a difference of (37.35%) which indicates highly significant difference between pre and post-tests knowledge scores and effectiveness of STP but no significant association of post-test knowledge scores with demographic variable.

Area wise mean score values between pre & post-test vary from 28.6% to 40.72%. Hence, it shows STP was effective.

**Table 1:** Area wise comparison of mean, SD & mean percentage of pre and post-test knowledge score of mothers of under-five children regarding home management of selected common illnesses.

Area	Max. Score	Pre-test			Post-test			Difference in Mean %
		Mean	SD	Mean = 50 %	Mean	SD	Mean %	
Concept & causes	9	4.9	1.631	54.4	8.26	0.52	91.77	37.37
Sign, symptom & complication	6	3.94	0.977	65.6	5.64	0.48	94	28.6
Risk factor & mode of transmission	4	2.04	0.879	51	3.66	0.47	91.5	40.5
Prevention	11	5.84	1.419	53.09	10.32	0.58	93.81	40.72
Management	10	5.34	1.271	53.4	9.12	0.55	91.2	37.8
Overall Total	40	22.06	5.907	55.15	36.98	1.50	92.5	37.35

Paired “t” test used to assess the significant difference between pre and post-test KS in five areas such as Concept & causes, Sign, symptom & complication, Risk factor &

mode of transmission, Prevention, & management that shows highly significant.

**Table 2:** Paired “t” value of pre and post-test KS of mothers of under-five children regarding home management of selected common illnesses among mothers of under-five children.

Sl. No.	Area	“t” value	Remarks
1.	Concept & causes	17.06	Highly Significant
2.	Sign, symptom & complication	12.08	Highly Significant
3.	Risk factor & mode of transmission	7.84	Highly significant
4.	Prevention	25.69	Highly Significant
5.	Management	18.12	Highly Significant

Chi-square was used to find out the association between the post-test KS of mothers with their demographic variables such as age, type of family, no. of under-five children, educational status, type of house, per-capita income per

month and previous source of information that shows no significant association with all when compared to except with occupation.

**Table- 3** Association between post-test KS of the mothers of under-five children with their demographic variables.

Sl. No.	Demographic Variable	χ <sup>2</sup> value	Df	Table value	Level of significance
1.	Age (in yrs)	2.538	1	3.84	Not significant
2.	Type of family	1.439	1	3.84	Not significant
3.	No. of under-five children	0.738	1	3.84	Not significant
4.	Educational status	1.116	1	3.84	Not significant
5.	Occupation	4.0204	1	3.84	Significant
6.	Type of house	1.8098	1	3.84	Not significant
7.	Per-capita income per month	1.012	1	3.84	Not significant
8.	Source of information	3.687	1	3.84	Not significant

## Discussion

Prior to the implementation STP module the mothers had average knowledge 55.15% on home management of selected common illnesses whereas after implementation mother had very good knowledge score of 92.5% and the difference in mean percentage was 37.35% Thus STP is effective. Diarrhoea, malaria, pneumonia about 20%, 1%, 19% deaths of under-five respectively due to lacuna in home based care or management of these illnesses. IMNCI programme and STP works not only improving providers' skills in managing childhood illness but also aims to improve families' care seeking behaviour. One of the limitations was convenient sampling used in selection of Urban slum area.

Due to diversity of population in india their living conditions and also some other demographic condition, it is difficult to generalize these findings. Since this study was performed in a short duration, effect of practice of mothers of under-five children could not be studied.

## Conclusion

The study highlights that the STP is effective in improving knowledge of mothers on common illnesses but no significant association was found with selected demographic variables.

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