



A pre experimental study to assess the effect of educational package on knowledge regarding preventive measures of mentally challenged child birth among eligible couples in selected community area of Bhopal. M.P

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Abstract

A pre experimental study was done to assess the effect of educational package on knowledge regarding preventive measures of mentally challenged child birth among eligible couples in selected community area of Bhopal. M.P. pre experimental research design was used for the study. Purposive sampling was used as sampling techniques and 50 eligible couples in selected community area of Bhopal were selected for the study, with the permission of the child development project officer we approached the eligible couples. The researcher designed a tool consisting of sample, demographic variables and structured questionnaire. The pre- interventional knowledge level was assessed by structured knowledge questionnaire. After pre-test educational package was provided. Then after 7 days post-intervention was conducted by same structured knowledge questionnaire. The data was collected and analyzed by using descriptive and inferential statistics. The research finding shows that there is a significant difference in pre and post interventional knowledge level of eligible couples. The findings of the study conclude that educational package on preventive measures of mentally challenged child birth was effective in enhancing knowledge level of eligible couples.

Keywords: educational package, mentally challenged, preventive measures

Introduction

Birth of a new child in a family is a time for rejoicing and celebration in a family. Parents have so many dreams and aspirations for their newly born child that birth of a child with mentally challenged can be a traumatic and shattering event for a family. There is much evidence that family members experience a range of emotions in response to a diagnosis of mentally challenged including denial, shock, anger, grief, guilt, embarrassment, depression, withdrawal, ambivalence and fear of stigma. The aim of preconception care is to ensure that the women and her partner are in optimal state of physical and emotional health at the onset of pregnancy. Normal children are healthy, happy, and well-adjusted but mentally challenged children are depended on their parents, so parents are responsible for fulfillment of the child needs that is physical, psychological, spiritual and emotional needs.

Background

Mentally challenged refers to significantly sub average general, intellectual functions existing concurrently with deficits in adaptive behavior manifested during the developmental period. About 15 percent of the world's population -- some 785 million people -- has a significant physical or mental disability, including about 5 percent of children, according to a new report prepared jointly by the World Health Organization and the World Bank. One in four people in the world will be affected by mental or neurological disorders at some point in their lives. Around 450 million people currently suffer from such conditions, placing mental disorders among the leading causes of ill-health and disability worldwide.

Objectives of the Study

1. Asses the pre interventional level of knowledge regarding

preventive measures of mentally challenged child birth among eligible couples.

2. Asses the post interventional level of knowledge regarding preventive measures of mentally challenged child birth among eligible couples.
3. Find out significant difference between pre interventional and post interventional level of knowledge regarding preventive measures of mentally challenged child birth among eligible couples.
4. Associate the pre interventional level of knowledge regarding preventive measures of mentally challenged child birth among eligible couples with their selected demographic variables.

Hypotheses

- **H₁:** There is a significant mean difference between pre-test and post-test knowledge score of among eligible couples regarding preventive measures of mentally challenged child birth at ≤ 0.05 level of significance.
- **H₂:** There is a significant association of pre-test knowledge score regarding preventive measure of mentally challenged child birth among eligible couple with their demographic variables at ≤ 0.05 level of significance.

Methodology

In this study evaluative approach was used. The study is conducted in selected area of community Bhopal, M.P. The sample consisted of 50 eligible couples selected through purposive sampling method. The researcher designed a tool consisting of sample demographic variables and structured questionnaire data was collected by administering structured knowledge questionnaire and educational package was provided regarding preventives measures on mentally

challenged child birth among eligible couples. Then post test was taken after 7 days.

Results

Section-1 description of study participants

- In this study husband age most (46%) belonged to the age group 25-28, wife age most (48%) belonged to the age group 23-26 years, Regarding religion (48%) were Hindu, Education of husband (36%) have completed higher secondary, Education of wife (38%) have completed higher secondary and (38%) have completed high school. (34%) belonged to 5001-8000 family income. (48%) belonged to low socio economic status. In relation to duration of marriage (40%) have completed one year. occupation of husband (50%) belonged to private job, (50%) belonged to daily wages. occupation of wife (72%) belonged to unemployed group. (88%) couples not having family history of mentally challenged in family. (82%) couples had not attended any counseling programme. (88%) couples not having information regarding prevention of birth of a mentally challenged infant.

Section-Ii: Testing Of Hypotheses

Most 62% of the eligible couples had adequate level of knowledge, 38% of the eligible couples had moderate level of knowledge. The pre- interventional mean value was 11.24 with standard deviation of 3.86 the post. Interventional mean value was 20.22 the t value was 11.51 which is statistically significant at $p < 0.05$ level shows that there is a significant difference between pre – interventional knowledge score and post interventional knowledge score. Thus the research hypothesis is selected and null hypothesis is rejected. This indicates that selected educational package is effective to increase the knowledge level of eligible couples.

Discussion

The results of this study indicated that knowledge after the educational package had significant positive effect. The findings of the study is supported by This findings is supported by Dr. Gopal Krishna Thakur, (2014) the result reveals that there was significant co- relation with the knowledge level and the age of husband and wife, education of husband and wife, family income, duration of marriage, occupation, and history of mentally challenged in family.

Nursing implications

The finding of present study has implications for nursing practice, nursing education, nursing administration and nursing research.

Nursing Education

Nursing curriculum helps the students with essential knowledge, skills to fulfill their duties and responsibilities. The nursing curriculum is concerned with the personalized education for the efficiency of the students. The study gives adequate knowledge regarding definition, causes, types, diagnostic evaluation, and preventive measures during prenatal period, antenatal or postnatal of mentally challenged child birth.

Nursing Practice

As a member of health care team, the nurse has the responsibility to promote health. Prevent illness and to improve quality of life. The findings of study revealed that knowledge and practice which they receive will help to prevent various misunderstanding about Mentally Challenged child. All the health care team members can give more emphasis on those preventive measures.

Nursing Administrator

Nurse administrators are the important in providing effective nursing care. Continuous training programmes need to be planned and up gradation of knowledge will help in providing expert care to the clients. Nurse administrator should make the society aware about the problems faced by mentally challenged child and parents so through the continuing education, programmes they can educate the society.

Nursing Research

Nurses play a key role in providing health care to patients. The present study also gives various recommendations, and the findings can be used to identify the health problems. Nursing research will help to upgrade the knowledge of the people. The findings of this study can be used by the future researcher and it can be disseminated as to enhance the knowledge level of eligible couples those who are going to plan for the baby.

Recommendations

On the basis of findings of the study, the following recommendations are being made:

1. A similar study can be replicated on a large sample which might yield more reliable result.
2. The study can be conducted on parent's attitude regarding mentally challenged child birth.
3. A quasi experimental study can also be conducted to assess the knowledge regarding preventive measures of mentally challenged child birth.

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