

A Study To Assess The Effectiveness Of Structure Teaching Programme On Ill Effect Of Watching Television And Its Preventive Measures Among Mother Of Under Five Children In Sree Balaji Medical College And Hospital Chennai- 44

Prof.V. Hemavathy, V.J Bini Paul, Baleisha .S. Diengdoh

Principal, dept of Mental Health Nursing Sree Balaji College Of Nursing, Bharath university Tamil Nadu, India

Associate professor, dept of paediatric Sree Balaji College Of Nursing, Bharath university Tamil Nadu, India

M.Sc. Nursing Sree Balaji College Of Nursing, Bharath university Tamil Nadu, India

Abstract: *Great television can teach kids the important value and lessons of life. TV programmes can help the kid to explore controversial or sensitive issues which can make it easier for parents to discuss. It is very important for parents to know what their kids are watching. These days television has become a major source of information about sex. Time spent on the television takes away the important form activities like reading, school work, playing and family and social interaction. Evaluative research approach and a pre experimental (one group pre text and post text) were used. Non randomized purposive sampling technique was used to select the sample of the study. The total study sample consists of 30 mothers of under five childrens. The result of the study concluded that the mothers of under five childrens have inadequate knowledge regarding the ill effect of watching's televisions and its preventive measures. The structured teachings programmes were found to be very effective in terms of knowledge gain after post test after administration of structure teaching programmes the knowledge was improved. So the structure teaching programme is effective in improving the knowledge of mothers of under five childrens.*

I. Introduction

Television is a landmark of scientific invention and an amazing device that has become the most important part of our lives. Television is the most powerful influence in the life of the children. These days television viewing among children in India is growing so much. It is a part of the modern world culture. Great television can teach kids the important value and lessons of life. TV programmes can help the kid to explore controversial or sensitive issues which can make it easier for parents to discuss. It is very important for parents to know what their kids are watching. These days television has become a major source of information about sex. Most children these days imitate the western style and dress and makes them hero worshipper. Time spent on the television takes away the important form activities like reading, school work, playing and family and social interaction.

II. Objective Of The Study:

- ❖ To assess the level of knowledge on ill effect of watching television and its preventive measure among mothers of under five children before structure teaching programme
- ❖ To assess the knowledge among mothers of under five children regarding the ill effect of watching television and its preventive measure after administration of structure teaching programme
- ❖ To evaluate the effectiveness of structure teaching programme regarding ill effect of watching television and its preventive measures among mother of under five children

III. Hypothesis:

H1: There is a significant difference between pre test and post test knowledge among mothers of under five children regarding the ill effect of watching television among mothers of under five children's

IV. Methodology

Evaluative research approach and one group pre test post test design was used. Non randomized purposive sampling techniques were used to select the sample for the study. The total study sample consisted of 30 mothers of under five children's.

V. Results:

5.1 Pre-test level

Majority of mothers 27(90%) had inadequate knowledge ,and only 4(10%) had moderate knowledge. It denotes that most of the mother had inadequate knowledge and minimum mother had moderate adequate knowledge regarding the ill effect of watching television and its preventive measures among mothers of under five children.

PRE TEST SCORE		
KNOWLEDGE LEVEL	NUMBER	PERCENTAGE
ADEQUATE	-	-
MODERATE ADEQUATE	4	10%
INADEQUATE	27	90
Total	30	100

Table I

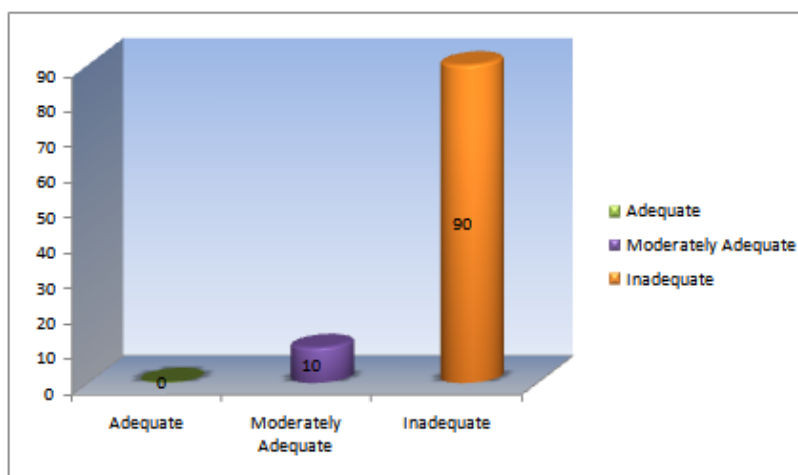


Figure I

5.2 Post Test level

The post test score after the structure teaching programs the majority of the sample 24 out of 30 experience adequate level of knowledge (80%) and 4 out of 30 sample experience moderate adequate.

POST TEST SCORE		
KNOWLEDGE LEVEL	NUMBER	PERCENTAGE
ADEQUATE	24	80%
MODERATE ADEQUATE	6	20%
INADEQUATE	0	0
TOTAL	30	100

Table 2

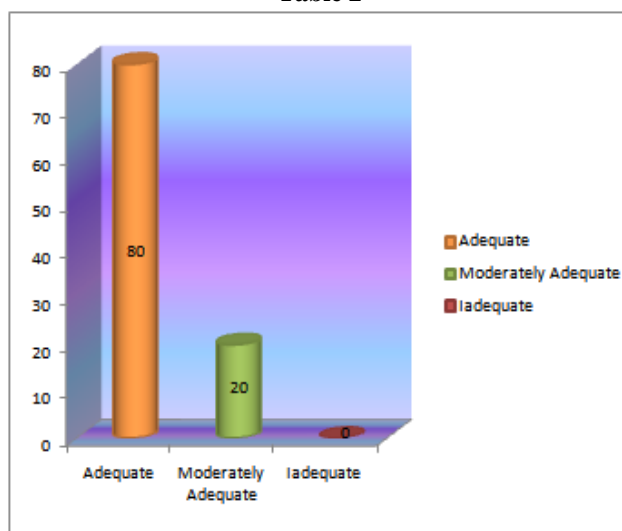


Figure 2

5.3. Effectiveness

The pre test and post test level of knowledge among the mother of under five children regarding the ill effect of watching television and its preventive measures. In the pre test 3(10%) have moderate adequate knowledge and 27(90%) have inadequate knowledge and none of the mothers are found to have adequate knowledge. In the post test none of the mothers were found to have inadequate knowledge and 6(20%) have moderate adequate knowledge and 24(80%) have adequate knowledge.

OVER ALL KNOWLEDGE	PRE TEST		POST TEST	
	F	%	F	%
ADEQUATE (>75%)			24	80%
MODERATE ADEQUATE (50-75%)	3	10%	6	20%
INADEQUATE (<50%)	27	90%	-	-
TOTAL	30	100	30	100

Table 3

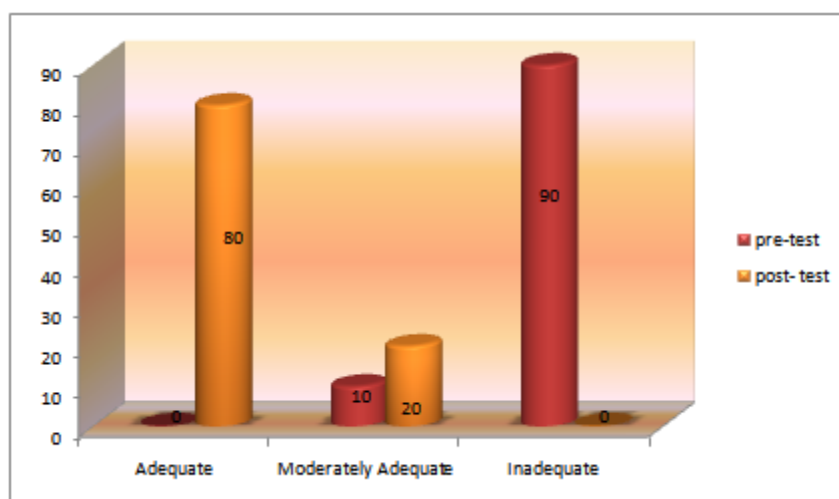


Figure 3

Overall knowledge	Mean	Mean difference	SD	't' value	'p' value
Pre test	17.5	8.3	0.17	41.5	<0.001
Post test	25.7		0.9		

Table 4

Table 4 represent the comparison of mean, standard deviation of pre-test and post test knowledge and paired “t” test value regarding the knowledge of ill effect of watching television and its preventive measure among mothers of under five children. The pre-test knowledge score is 17.5 and the post test knowledge is 25.7 the obtained “t” value 41.5 statistical significance is at < 0.001*** the mean difference of 8.3. it reveals that there was significance different existing between the pre test and post test knowledge score. It is evidence that the structure teaching programme is significantly effective in improving the knowledge among mother of under five children.

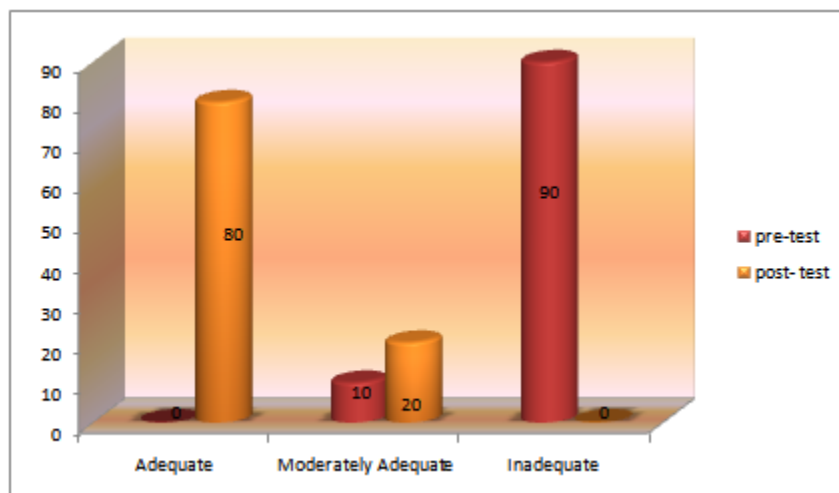


Figure 4

VI. Conclusion

Based on the findings most of the mothers have inadequate knowledge regarding the ill effect of watching television and its preventive measures. The structure teaching programme is found to be effective in terms of gaining knowledge. So structure teaching programme is effective in improving the knowledge of mothers of under five children regarding the ill effect of watching television and its preventive measures.

Reference:

- [1]. BARBARA D. CHILD, ADOLESCENT AND FAMILY PSYCHIATRIC NURSING. PHILADELPHIA: LIPPINCOTT WILLIAMS & WILKINS; 2005.
- [2]. BARKAUSKILNE R. BEHAVIORAL AND EMOTIONAL PROBLEMS OF CHILDREN WITH LEARNING DISABILITIES. 3RD EDITION. NEW YORK: ORIENT LONGMANN; 2009.
- [3]. BEHRMAN D. TEXT BOOK OF PEDIATRICS. 16TH EDITION. WASHINGTON: HARCOURT ASIA PRIVATE LTD; 2005.
- [4]. PARUL DUTTA, PAEDIATRIC NURSING, JAYPEE PUBLICATION NEW DELHI, FIRST EDITION.
- [5]. [http:// www.medline plus.com](http://www.medline plus.com)
- [6]. [http:// www.pubmed.com](http://www.pubmed.com)
- [7]. [http:// www.medscape.com](http://www.medscape.com)