

Knowledge Regarding Various Government Child Health Schemes Among Mothers in Kerala: A Descriptive Study

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Abstract

The study was conducted to check the knowledge regarding child health schemes among mothers of children who were attending pediatric outpatient department of Institute of Maternal and Child Health. The primary aim of the research was to evaluate mothers' understanding of child health programs, explore the relationship between their knowledge and various sociodemographic factors, and develop an informational booklet on child health schemes. The study involved 250 mothers, who were chosen through consecutive sampling. A questionnaire measured their knowledge of child health schemes. Data were gathered from January 10, 2019, to February 2, 2019. Both descriptive and inferential statistics methods were employed to process the data. The study's results showed that 56.6% of the mothers possessed moderate knowledge of child health schemes. Out of 250 mothers, 47% knew about the Rashtriya Swasthya Bima Yojana (RSBY) scheme, while 23.6% had awareness of the Hridhyam scheme. Additionally, 32.7% of the mothers had average understanding of the Thalolam scheme, and 17.1% demonstrated good knowledge of the RSBY scheme. The association between knowledge of mothers regarding child health schemes and number of children, age of mother, income, occupation, and primary source of source of health information are found significant at the 0.001 level.

Keywords: Knowledge, child health schemes, Rashtriya Bal Swasthya Karyakram (RBSK), Rashtriya Swasthya Bima Yojana (RSBY), Thalolam, Hridhyam, Arogyairanam, Janani Shishu Suraksha Karyakram (JSSK)

INTRODUCTION

As we all know, health is wealth. Physical, mental, and physiological fitness will make a person more productive, and it will also be helpful for their individual empowerment and total societies improvement. The world's 19% of children belong to our country.

In our world, the pediatric category is one of the vulnerable groups. Healthy children are fundamental to a prosperous country, necessitating attentive care during their times of illness. Proper healthcare guarantees both safe treatment and holistic wellness for every child [1, 2].

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Background of the Problem

Currently, about 70% of India's population resides in urban areas, with 95% of the workforce employed in the informal sector. Despite these numbers, a significant portion of this group lives below the poverty line and lacks access to adequate healthcare facilities and benefits from existing health schemes. Therefore, there is a critical need to enhance awareness of health insurance plans and social security measures for this segment of the population.

As per the World Bank, limited availability of high-quality healthcare services for a significant portion of the populace suggests a gradual progression in health outcomes. However, the health status is a major cause of concern in India when it is compared to the poorer neighboring countries like Bangladesh, China, or Pakistan, which have never put us in a good light.

The study was focused to check the knowledge of mothers about selected child health schemes and to provide them with an information booklet, which will enable them to utilize the health schemes effectively [3–6].

OBJECTIVES

- To evaluate mothers' awareness of child health programs.
- To investigate the relationship between mothers' knowledge of child health schemes and various sociodemographic factors.

METHODOLOGY

Assumptions

- Mothers of children have some knowledge regarding child health schemes.
- Information booklet on selected child health schemes can improve the knowledge. Improved knowledge regarding child health schemes ensures better utilization.

Hypothesis

H_1 : There is significant association between knowledge regarding child health schemes among mothers of children and selected sociodemographic variables.

Conceptual Framework

The study's conceptual framework draws upon Nola J. Pender's Health Promotion Model from 2004, which illustrates the multifaceted aspects of individuals as they engage with their surroundings to achieve optimal health. The model emphasizes the significance of cognitive processes in modifying behavior. Pender described health promoting behaviors as continuing activities that must become an integral part of an individual's lifestyle.

This study focuses on evaluating mothers' awareness of child health programs. The article outlines the research methodology, design, variables, setting, target population, sample and sampling criteria, instruments and methods used, a preliminary pilot study, the process of data collection, and the techniques for data analysis [7–9].

Research Approach

The researchers adopted a nonexperimental approach for the study. This approach was used because the aim of the investigators was to assess the knowledge regarding child health schemes among mothers who attending the outpatient department of the Institute of Maternal and Child Health (ICMH), Kozhikode.

Research Design

For the present study, as there is no intervention indicated, descriptive cross-sectional survey design is adopted.

Research Variables

This study examines various sociodemographic variables, including the mother's age, number of children, religious affiliation, educational attainment of both parents, family structure, parental occupations, monthly income, primary health information source, and mothers' awareness of child health programs.

Setting of the Study

The setting denotes the location where the study takes place. The setting selected for the study was the Pediatric Outpatient Department at the Institute of Maternal and Child Health. Government Medical College, Kozhikode is a tertiary referral center located in the northeast part of the city of Kozhikode. Serving 40% of Kerala's population, this institution was founded in 1957 as Kerala's second medical college. Today, it stands as India's largest hospital with 3025 beds. The medical college campus includes the New Medical College Hospital (NMCH), the Institute of Maternal and Child Health (IMCH), the Super Specialty Block (SSB), and the Institute of Chest Diseases (ICD).

Sample

The sample consisted of mothers of children in the age group of 1 to 18 years who were attending the Pediatric Outpatient Department at the Institute of Maternal and Child Health and who fulfilled the inclusion criteria.

Sampling Technique

Consecutive sampling and the sample size: 250

Inclusion Criteria

Mothers whose children are seen in the Pediatric Outpatient Department at the Institute of Maternal and Child Health in Kozhikode.

- Who are willing to participate in the study,
- Who can read and write Malayalam.

Exclusion Criteria

- Mothers accompanying their children to the Pediatric Outpatient Department at the Institute of Maternal and Child Health in Kozhikode.
- Mothers whose children are critically ill.

Tool and Techniques

Tool: Questionnaire to assess knowledge of mothers regarding child health schemes and the tool is divided into two sections.

1. *Section A:* Sociodemographic data of mother
2. *Section B:* Knowledge of mothers regarding child health schemes

Development of the Tool

The instrument was developed based on the research issue, and the following procedures were followed during its creation [10–13].

- Review of literature to provide adequate content area and information.
- Consultation with National Health Mission co-coordinators
- Consultation and discussion with experts of concerned areas.
- Reviewing of website of National Health Mission.
- The final tool was prepared with guidance and suggestion of the guide and co-guide.

Description of the Tool

Tool: Questionnaire to assess knowledge of mothers regarding child health schemes.

Section A: Sociodemographic data sheet for mother

The data sheet comprises sociodemographic factors like the mother's age, number of children, religious beliefs, educational attainment of both parents, family structure, parental occupations, monthly income, and main source of health information.

Section B: Assessment of knowledge of mothers regarding child health schemes

It consists of 35 items related to different health schemes. The maximum score was 35 and the minimum score was 0.

RESULTS

Section I: Knowledge regarding child health schemes among mothers of children attending the Pediatric Outpatient Department.

This section deals with assessment of level of knowledge regarding child health schemes among mother’s children attending the Pediatric Outpatient Department. Based on the level of knowledge is graded as (Table 1):

- Good knowledge (25–35)
- Average knowledge (13–24)
- Poor knowledge (1–12)

Distribution of participants based on level of knowledge score: 3.20% mothers have good knowledge, 56.6% have average knowledge, and 40.80% have poor knowledge (Figure 1).

Table 1. Area-wise knowledge score of mothers regarding various child health schemes.

Knowledge on Areas of Different Child Health Schemes	Score Range	Obtained Score		Mean	SD	%
		Min	Max			
Rashtriya Bal Swasthya Karyakram (RBSK)	0–9	0	9	3.60	2.02	40%
Hridhyam	0–6	0	4	1.42	1.43	23.6%
Thalolam	0–5	0	3	1.65	0.73	33%
Rashtriya Swasthya Bima Yojana (RSBY)	0–7	0	7	3.29	1.977	47%
Arogyakiranam	0–3	0	3	0.96	0.933	32%
Janani Shishu Suraksha Karyakram (JSSK)	0–5	0	5	1.76	1.528	35.2%

☐ Poor knowledge: (scores 0-10)

▨ Average knowledge: (scores 11-20)

■ Good knowledge : (scores 21–30)

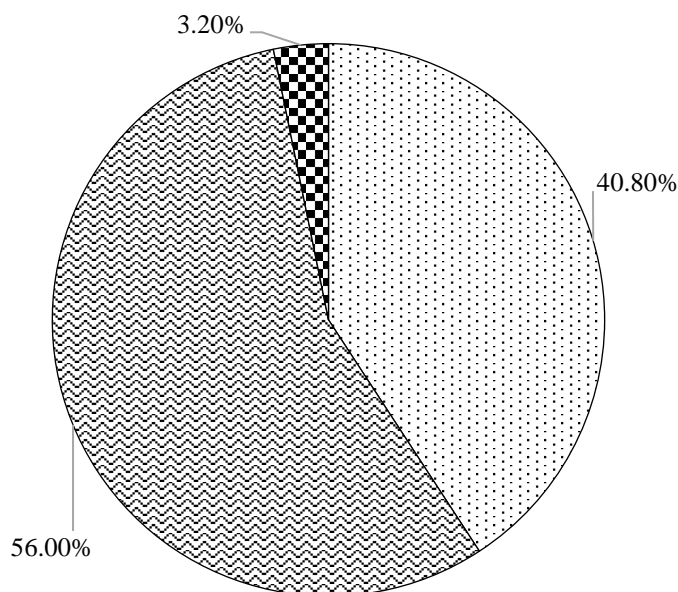


Figure 1. Distribution of participants based on level of knowledge score.

Sociodemographic Variables of Participants

A total of 113 mothers belonged to the age group of 26 to 30 years. More than half (54.2%) of the mothers had one child, 32.7% of mothers had two children, 11.6% of the mothers had 3 children, and 1.2% mothers had more than 3 children. Half (50.40%) of the mothers belong to Hindu religion.

Regarding the educational status, 6.4% of mothers had primary education, and 8.0% mothers were professionally educated, 17.9% fathers had primary education, and 6.0% fathers were professionally educated. More than half (54%) of the participants were below poverty line and 40.6% of the women belong to nuclear family.

Most (45.5%) of the mothers get knowledge regarding child health schemes from health workers. Least (6.4%) number of mothers get knowledge from friends. Mothers get knowledge through newspapers, television and information technology, and by using all of the facilities. In all, 11.6% of mothers get knowledge regarding child health schemes [14].

Section II: Knowledge regarding child health schemes among mothers of children attending Pediatric Outpatient Department: Among 250 mothers, 8% of the mothers had good knowledge, 56.6% had average knowledge, and 36.0% had poor knowledge regarding child health schemes.

The mean knowledge score of mothers was 12.82, with standard deviation of 7.080. In terms of the Rashtriya Bal Swasthya Karyakram (RBSK) Scheme, 6.4% of the mothers exhibited satisfactory knowledge, 47% of the mothers had average knowledge, and 46.2% of the mothers had poor knowledge.

The knowledge regarding Hridhyam scheme was good among 0.4% of the mothers, average among 36.8% of the mothers, and poor among 66.5% of the mothers. Regarding the Rashtriya Swasthya Bima Yojana (RSBY) scheme, 17.1% of the mothers demonstrated strong knowledge, 37.8% showed moderate knowledge, and approximately half (44.6%) exhibited limited knowledge.

Regarding Thalolam scheme, 0.4% of the mothers had good knowledge, 32.7% of the mothers had average knowledge, and 66.5% of the mothers had poor knowledge. Over half (65.8%) of the mothers displayed limited understanding of the Arogyakiranam scheme. 28.3% possessed moderate knowledge, while 65.8% had poor comprehension of the program.

Section III: Exploring the relationship between mothers' knowledge scores about child health schemes and chosen sociodemographic variables.

A notable correlation exists between the knowledge of mothers and certain sociodemographic factors, including the number of children, the mothers' age, religion, the educational levels of both parents, their occupations, and their primary sources of health information. The calculated *p* value was less than 0.001.

There is a significant association between knowledge of mothers and selected sociodemographic variable like, type of family. The calculated *p* value was less than 0.05 level for family type. There is no significant association between knowledge regarding child health schemes among mothers of children attending Pediatric Outpatient Department with their monthly income [15].

CONCLUSION

The study titled “knowledge of mothers regarding child health schemes” was conducted to assess the knowledge regarding child health schemes among mothers of children attending pediatric outpatient department at the Institute of Maternal and Child Health, Kozhikode. The current research indicates that 56.6% of mothers possess moderate knowledge, while 36.0% exhibit poor understanding, and only 8% demonstrate good knowledge concerning child health programs. Furthermore, there is a meaningful link between the mothers' knowledge and various sociodemographic factors such as the number of children, mothers' age, religion, educational qualifications of both parents, their professions, and their main sources of health information.

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