

A Study to Evaluate Mothers' Perceptions and the Effectiveness of an Awareness Program Aimed at Enhancing Knowledge About Behavioral Issues in Primary School Children Within a Specific Community in Haldwani, Uttarakhand

Gunajn Singh Bhakuni^{1,*}, Shashi Triphati², Rekha Koranga³

Abstract

Background: Behavior is perceived in society as how an individual presents themselves in various situations. As a child grows, their development encompasses biological, psychological, and emotional changes that occur from birth. The parent-child relationship also evolves through daily, reciprocal interactions in different relational domains, such as attachment and authority, which lay the foundation for future interactions. These exchanges can significantly influence a child's development across various areas, including emotional, physical, and intellectual growth. The importance of the parent-child relationship for optimal child outcomes and mental well-being throughout life has been well documented across different cultures and socio-economic backgrounds. **Objectives:** The study aimed to evaluate the effectiveness of an awareness program on mothers' knowledge concerning behavioral issues in primary school children. **Materials and methods:** This mixed study was conducted on the mothers. The sample consisted of 50 mothers selected through the purposive sampling technique. Data gathering tools included a structured knowledge questionnaire. The awareness program was given to the mothers and after that post-test was carried out for them statistical tests such as paired t-test, and chi-square were used to interpret and analyze the data. **Result:** The mean post-test knowledge score was notably higher than the pre-test score, with a calculated 't' value of 13.39, significantly exceeding the tabulated value of 49 (2.02) at $p < 0.001$. The means and standard deviations of the pre-test and post-test knowledge scores were determined to be 23.04 ± 4.9 and 28.8 ± 2.79 , respectively, resulting in a mean difference of 5.76. **Conclusion:** The study concluded that the awareness program was an extremely effective approach for enhancing mothers' knowledge about behavioral problems in children.

*Author for Correspondence

Gunajn Singh Bhakuni
E-mail: gunjanbhakuni2412@gmail.com

¹Student, Department of Mental Health Nursing, Pal College of Nursing and Medical Sciences, Haldwani, Uttarakhand, India

²Associate Professor, Department of Medical Surgical Nursing, Pal College of Nursing and Medical Sciences, Haldwani, Uttarakhand, India

³Assistant Professor, Department of Medical Surgical Nursing, Pal College of Nursing and Medical Sciences, Haldwani, Uttarakhand, India

Received Date: August 20, 2024

Accepted Date: October 24, 2024

Published Date: November 03, 2024

Citation: Gunajn Singh Bhakuni, Shashi Triphati, Rekha Koranga. A Study to Evaluate Mothers' Perceptions and the Effectiveness of an Awareness Program Aimed at Enhancing Knowledge About Behavioral Issues in Primary School Children Within a Specific Community in Haldwani, Uttarakhand. International Journal of Community Health Nursing and Practices. 2024; 2(2): 9–13p.

Keywords: Effectiveness, awareness program, behavioral problems, knowledge, mothers.

INTRODUCTION

Health is a basic yet important component of one's life, and for children, it is vital to the nation's present and future. Parents and family members typically strive to provide their children with every possible advantage, ensuring their physical, mental, social, and spiritual health, while offering opportunities to reach their potential. However, communities differ significantly in their dedication to the overall health of their children and the

resources they provide to meet their needs. This variation is evident in how communities prioritize collective responsibility for their children's health [1].

Mental health disorders are a significant source of impairment among youths aged 9–17 years, with one in five young individuals experiencing a mental disorder. During the COVID-19 pandemic in Turkey, 55.5% of children aged 6–12 years reported sleep disturbances. The most prevalent issues include resistance to bedtime, delays in falling asleep, and insufficient sleep duration. Factors such as children's age, family dynamics, and eating habits are associated with these sleep disturbances. Moreover, our results indicated that sleep disturbances were more common in the children of parents who felt helpless, apprehensive, and frightened during the COVID-19 pandemic [2–4].

METHOD

The research approach employed in this study was a mixed-methods design with an embedded experimental framework. A purposive sampling technique was used to select 50 participants. The tools utilized in the study included socio-demographic variables, mothers' perceptions, and a structured knowledge questionnaire focused on behavioral problems in children. Initially, a pre-test was conducted to evaluate mothers' knowledge of these behavioral issues. Second, the perception of mothers regarding behavioral problems in children was assessed. Then, the awareness program was given to the mothers regarding behavioral problems in children and, after a week, a post-test was taken of the mothers regarding behavioral problems in children.

RESULT

The data presented in Table 1 show that the majority of mothers 28 (56%) were in the age group of (30–37) years. In total, 35 (70%) of the mothers were graduates. A total of 42 (84%) mothers did not work. The majority of the mothers, 34 (68%) lived in a nuclear family. A maximum of 35 (70%) mothers preferred a mixed diet and 27 (54%) mothers had two children.

Table 1. Frequency and percentage distribution of socio-demographic variables of mothers (n=50).

S.N.	Socio-demographic variables	Frequency (f)	Percentage (%)
1.	<i>Age in year</i>		
	30–37	28	56%
	38–45	22	44%
2.	<i>Educational qualification</i>		
	Intermediate	09	18%
	Graduation	35	70%
	Post Graduation	06	12%
3.	<i>Occupation</i>		
	Working	08	16%
	Non-working	42	84%
4.	<i>Type of family</i>		
	Nuclear	34	68%
	Joint	16	32%
5.	<i>Diet</i>		
	Vegetarian	15	30%
	Mixed	35	70%
6.	<i>No. of children</i>		
	One	16	32%
	Two	27	54%
	More than two	7	14%

Table 2. Distribution of pre-test knowledge scores of mothers regarding behavioral problems in primary school children in frequency and percentage (n=50).

S.N.	Knowledge scores of mothers regarding behavioral problems in primary school children	Pre-test			
		Know		Did not know	
		f	%	f	%
1.	Concept of behavioral problems	42	84%	8	16%
2.	Thumb sucking	50	100%	0	0
3.	Nail biting	50	100%	0	0
4.	Pica	39	78%	11	22%
5.	Temper tantrum	39	78%	11	22%
6.	Truancy	16	32%	34	68%
7.	Aggressive behavior	39	78%	11	22%

The data collected on the knowledge of mothers regarding behavioral problems of primary school children are compiled and presented according to the areas of behavioral problems, such as knowledge of behavioral problems, features of behavioral problems, causes and complications of behavioral problems, and management of behavioral problems. As presented in Table 2 the pre-test data shows that out of 50 mothers most of them were knowing the behavioral problems regarding 'thumb sucking' and 'nail biting.' All the mothers 50 (100%) knew about 'thumb sucking' and 'nail biting' as a behavioral problem. Similarly, 42 (84%) out of 50 mothers knew the meaning of behavioral problems, and 39 (78%) knew about Pica, temper tantrums, and aggressive behavior.

The comparison of pre-test and post-test knowledge scores of mothers' categories, as shown in Table 3, indicates the variation between the number of mothers in the low, moderate, and high scores category in the pre-test to low, moderate, and high in the post-test regarding general and behavioral problems. The maximum number of mothers in the pre-test had moderate scores in 27 (54%) and 8 (16%) in the post-test category. The number of mothers regarding the 'Concept of behavioral problems' was in the high score category 23 (46%) in the pre-test and 42 (84%) in the post-test. Similarly, in the area of knowledge of causes of behavioral problems, there were only 4 (8%) mothers in the high score category in the pre-test to 22 (44%) in the high score category in the post-test. In the same area, the number of mothers was 19 (38%) in the low-score category, which decreased to 7 (14%) in the post-test. Regarding knowledge of signs and symptoms of behavioral problems, the number of mothers with high scores on the pre-test was 11 (22%), which increased to 21 (42%) in the post-test. The most interesting point to know is regarding the complications of behavioral problems in the high pre-test scores, whereas in the post-test, the number of mothers with complications increased to 37 (74%). In the area of knowledge of management of behavioral problems, the pre-test scores category included 13 (26%) mothers with moderate scores, and 33 (66%) with high scores from both categories in post-test mothers with high scores rose to 46 (92%).

In Table 4, the total number of questions was 34, and here the data shows that in the pre-test the mean was 23.04 with a mean percentage of 64%, then after the administration of the awareness program when the post-test was taken, there was an increment in the mean of 28.8, and the mean percentage was 80%, which shows that the awareness program, which was conducted for mothers regarding behavioral problems in primary school children, was effective.

The data represented in Table 5 showed that the mean post-test knowledge scores of mothers were higher than the pre-test knowledge scores of mothers and the calculated 't' value was 13.39 which was significantly higher than the tabulated value of 49 (2.02) at $p < 0.001$. The mean and SD of pre-test and post-test knowledge scores of mothers were computed and found 23.04 ± 4.9 and 28.8 ± 2.79 respectively with a mean difference of 5.76. Hence, this proves that the awareness program is a highly effective method to increase the knowledge of mothers.

Table 3. Area-wise pre-test and post-test knowledge scores of mothers of mothers regarding behavioral problems in primary school children (n=50).

S.N.	Area-wise category	Pre-test and post-test category of scoring	Pre-test		Post-test	
			<i>f</i>	%	<i>f</i>	%
1.	Concept of behavioral problems	Low (1–3)	0	0	0	0
		Moderate (4–5)	27	54%	8	16%
		High (6–7)	23	46%	42	84%
2.	Causes of behavioral problems	Low (1–3)	19	38%	7	14%
		Moderate (4–5)	27	54%	21	42%
		High (6–7)	4	8%	22	44%
3.	Signs and symptoms of behavioral problems	Low (1–3)	14	28%	4	8%
		Moderate (4–5)	25	50%	25	50%
		High (6–7)	11	22%	21	42%
4.	Complications of behavioral problems	Low (0–1)	21	42%	2	4%
		Moderate (2–3)	28	56%	11	22%
		High (4 and above)	1	2%	37	74%
5.	Management of behavioral problems	Low (1–3)	4	8%	0	0%
		Moderate (4–6)	13	26%	4	8%
		High (7–9)	33	66%	46	92%

Table 4. Mean, mean %, and SD of pre-test and post-test of mothers regarding behavioral problems in primary school children (n=50).

Knowledge	Total no. of questions	Pre-test			Post-test		
		Mean	Mean %	SD	Mean	Mean %	SD
Scores of mothers	34	23.04	64%	4.9	28.8	80%	2.79

Table 5. Comparison of pre-test and post-test knowledge scores of mothers regarding behavioral problems in primary school children (n=50)

S.N.	Knowledge scores of mothers	Mean ± SD	Mean difference	Paired 't' value	P-value
1.	Pre-test	23.04 ± 4.9	5.76	13.39	<0.001
2.	Post-test	28.8 ± 2.79			

df 49, at the level of $p < 0.05$, *significant at 0.05 level

DISCUSSION

The main purpose of this study was to assess the effectiveness of awareness programs regarding behavioral problems in children, as the data show how the awareness program can enhance the knowledge of mothers regarding behavioral problems [5].

The present study findings supported the study conducted by Sr Xavier Ance Simi, and A Mary Swapna (2023) to assess the knowledge of 153 mothers regarding behavioral problems in their children. The study results indicated that only 11.1% of mothers had good knowledge, 62.7% had average knowledge, and the majority (26.1%) exhibited poor knowledge regarding behavioral problems in their children. These findings suggest that most mothers scored at an average level of knowledge, highlighting the need for health awareness programs to enhance their understanding of behavioral issues [6–9].

Additionally, the findings align with a study by Garg Sandeep and Pandya Arpan (2020) [4] that examined the effectiveness of a Structured Teaching Program on common behavioral problems in children. In their study, pre-test results showed that primary school teachers had an average knowledge score of 49.40%, with a mean score of 14.82 ± 3.372 . After the intervention, the post-test results revealed that their average knowledge increased to 75.83% with a mean score of 22.75 ± 2.802 [8, 10].

CONCLUSION

The purpose of this study was to assess the effectiveness of an awareness program on mothers' knowledge of behavioral problems in primary school-going children. The study findings revealed that there was a significant gain in the knowledge score of mothers regarding behavioral problems in their children. Thus, the study revealed that awareness programs have great potential for accelerating the knowledge regarding behavioral problems in children and can help mothers identify these problems as early as possible and prevent them. The overall observation regarding the study is that all the objectives of the study and the purpose of the awareness program were achieved.

Conflict of Interest

Nil

Source of Funding

Self

Ethical Clearance

Formal administrative permission was obtained from the following:

- Principal of Pal College of Nursing and Medical Sciences, Haldwani.
- Ethical committee of Pal College of Nursing and Medical Sciences, Haldwani.
- Obtaining permission from the mayor of the Municipal Corporation of Haldwani.
- Formal consent was obtained from the mothers of selected community area.

REFERENCES

1. National Research Council (US). Children's health, the nation's wealth: assessing and improving child health. Institute of Medicine: USA. National Academies Press: Washington, DC, USA; 2004.
2. Ustuner Top F, Cam HH. Sleep disturbances in school-aged children 6–12 years during the COVID-19 pandemic in Turkey. *J Pediatr Nurs*. 2022;63:125–30. DOI: 10.1016/j.pedn.2021.11.008. Epub 2021 Nov 16. PubMed: 34801326, PubMed Central: PMC9757998.
3. Ance Xavier SS, Mary AS, Dabashini Devi L, D'Souza V, Janifer Fernandes P. A study on knowledge of mothers regarding behavioural problems in children in selected hospital at Mangaluru. *Asian J Nurs Educ Res*. 2023;13:138–40. DOI: 10.52711/2349-2996.2023.00030.
4. Garg S, Pandya A, Ravindra HN. Effectiveness of structured teaching programme on knowledge regarding selected common behavioural problems of children. *Asian J Nurs Educ Res*. 2017;7:198. DOI: 10.5958/2349-2996.2017.00040.4.
5. Schilder JD, Brusselaers MJB, Bogaerts S. The effectiveness of an intervention to promote awareness and reduce online risk behavior in early adolescence. *J Youth Adolesc*. 2016;45:286–300. DOI: 10.1007/s10964-015-0401-2. Epub 2015 Dec 24. PubMed: 26705253, PubMed Central: PMC4712213.
6. Huhman ME, Potter LD, Nolin MJ, Piesse A, Judkins DR, Banspach SW, Wong FL. The influence of the VERB campaign on children's physical activity in 2002 to 2006. *Am J Public Health*. 2010;100:638–45. DOI: 10.2105/AJPH.2008.142968. Epub 2009 Jul 16. Erratum in: *Am J Public Health*. 2010;100:638–45. PubMed: 19608963, PubMed Central: PMC2836341.
7. Swaim RC, Kelly K. Efficacy of a randomized trial of a community and school-based anti-violence media intervention among small-town middle school youth. *Prev Sci*. 2008;9:202–14. DOI: 10.1007/s11121-008-0096-7. Epub 2008 Jul 8. PubMed: 18607726.
8. Shapka JD, Law DM. Does one size fit all? Ethnic differences in parenting behaviors and motivations for adolescent engagement in cyberbullying. *J Youth Adolesc*. 2013;42:723–38. DOI: 10.1007/s10964-013-9928-2. Epub 2013 Mar 12. PubMed: 23479327.
9. Williams KR, Guerra NG. Prevalence and predictors of internet bullying. *J Adolesc Health*. 2007;41(Suppl 1):S14–21. DOI: 10.1016/j.jadohealth.2007.08.018, PubMed: 18047941.
10. Harachi TW, Catalano RF, Kim S, Choi Y. Etiology and prevention of substance use among Asian American youth. *Prev Sci*. 2001;2:57–65. DOI: 10.1023/a:1010039012978, PubMed: 11519375.