

A Descriptive Study to assess the Knowledge Regarding Behavioural Problems among Mothers of Preschool Children in Selected Rural Areas

Kunal Sanap¹, Elishiba Mire², Shivani Rathod³, Sadik Sheikh⁴, Vishal Raut⁵,
Alisha Sawale⁶, Aachal Rathod⁷

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Abstract

Background: Behavioural habits develops from adult through imitation where as other as purposeful movements. Where children cannot adjust to complex environment around them, they are unable to grow in the socially acceptable way resulting in the exhibition of particular behaviour and this is known as behavioural problems.

Objective: (1) To assess knowledge regarding behavioural problems among mother of preschool children in selected rural areas. (2) To associate the knowledge score with their selected demographic variable.

Methodology: Quantitative Descriptive research design was selected to conduct study. 60 mothers of preschool children were selected as samples based on exclusion and inclusion criteria through non-probability purposive sampling technique.

Result: The 91.7% of mothers of preschool children had poor level of knowledge score, 8.3% of mothers of preschool children had average level of knowledge score. No mother of preschool children had a good or very good level of knowledge score. The result also reveals that the mean is 3.61 and standard deviation 1.29. Analysis also reveals that there is no association of knowledge score with age, education, occupation, religion, monthly family income, number of children, type of family and source of information.

Conclusion: Thus, it was concluded that, majority of mothers of preschool children have a poor knowledge score regarding behavioural problems of children, hence it is suggested that the interventional studies can be conducted in future to raise the knowledge of mothers regarding behavioural problems of preschool children.

Keywords: Mother of preschool children; Rural areas; Behavioural Problems.

Author Affiliation: ^{1,3,7}Student, ²Tutor, Nazarene Nurses Training College, Pusad Road, Washim 444505, Maharashtra, India.

Corresponding Author: Elishiba Mire, Tutor, Nazarene Nurses Training College, Pusad Road, Washim 444505, Maharashtra, India.

E-mail: elishibamire20395@gmail.com

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INTRODUCTION

To predict the future of a nation, it has been remarked, one need not consult the stars, it can more easily and plainly be read in the faces of it 's children.¹ According to Merriam Webster, "Behavioural problems refers to, symptomatic expression of emotional or interpersonal maladjustment in the children like temper tantrum,

nail biting, pica, thumb sucking and enuresis.² The common behavioural problems of preschool children are temper tantrum, breath holding spell, thumb sucking, nail biting, enuresis, encopresis, pica, tics, stuttering or stammering, delayed speech and attention deficit hyperactive disorder. The age range normally understood as the preschool age is after age three and up to about six. As the young child changes from a toddler in a pre-schooler, it is important to understand and promote positive growth through multiple domains. This includes cognitive, emotional, social and physical development.³ The causes for all behavioural problems in preschool children are due to parents negligence, poor supervision or poor attention, family conflict and maladjustment. Example, too strict parents, rejection, sibling rivalry, unconscious anger and insecurity, conflict, aggressions, neurotic attitudes of the mother.⁴

A. Background

Behavioural habits develops from adult through imitation where as other as purposeful movements.⁵

Where children cannot adjust to complex environment around them, they are unable to grow in the socially acceptable way resulting in the exhibition of particular behaviour and this is known as behavioural problems.⁶

B. Need of study

As per ICMR 2001, overall prevalence of behavioural disorders in Indian children is 12.5% temper tantrum occurs in 20-25%.⁷

A study conducted in National Institute of Mental Health and Neuroscience, Bangalore resulted that all behavioural problems in the state of Gujarat and Andhra Pradesh which together account for more than 15% of Indian's population. Total of 40,541 cases of behavioural problems were recorded in which most victims from poor socioeconomic status [93%] rural areas [74%] backward caste [43%].⁸

A prevalence study conducted in 12 districts of Karnataka states were shows that current incidence of behavioural problems in children were 4.9%.⁹

2.7 Million children are with behavioural problems. Boys were more likely than girls to have definite or severe behavioural problems. Children from poor family were more likely to have emotional or behavioural problems. In general child population the prevalence of behavioural problems has been estimated at between 3% and higher incidence among preschool children from low-income families that is 30%.¹⁰

A study to assess the knowledge regarding behavioural problems of school children among mothers at Patteswaram rural community in Thanjavur district. A cross sectional descriptive design was adopted for the study. 100 mothers were selected by using purposive sampling technique. All participants were given questionnaire on behavioural problems. The finding reveals that knowledge of mothers 61% of mother had inadequate knowledge, 37% of mother had moderate, 2% of mother had adequate knowledge on behavioural problem. In conclusion mothers are having very poor knowledge regarding behavioural problems.¹¹

Based on above statistical findings the prevalence of behavioural problems in India among preschool children is high as well the knowledge of mothers of preschool children is also low, hence researcher felt the need of doing research on a descriptive study to assess the knowledge regarding behavioural problems among mothers of preschool children in selected rural areas.

C. Problem Statement

A descriptive study to assess the knowledge regarding behavioural problems among mothers of preschool children in selected rural areas.

D. Objectives of the study

Primary objectives:

- To assess the knowledge regarding behavioural problems among mothers of preschool children in selected rural areas.

Secondary objectives:

- To assess the knowledge regarding behavioural problems among mothers of preschool children in selected rural areas.

E. Operational Definitions

1. **Assess:** In this study assess means, to evaluate the level of knowledge of mothers regarding behavioural problems in the preschool children in selected rural areas.
2. **Behavioural problems:** In this study behavioural problem refers to, temper tantrum, breath holding spell, thumb sucking, nail biting, enuresis, encopresis, pica, tics, somnambulism, somniloquism, nightmare, stuttering or stammering, delayed speech and attention deficit hyperactive disorder.
3. **Mother:** In this study mother refers to, a female

parent of preschool child.

4. **Rural:** In this study rural means, a selected rural area.
5. **Study:** In this study, study refers to, the investigation to knowledge regarding behavioural problem among mother of preschool children of selected rural area.
6. **Preschool:** In this study preschool refers to, the children who are between three and five years.

F. Scope of study

1. This study will help the researcher to assess the knowledge of mother regarding behavioural problem in selected area.
2. Further, other studies can be conducted by using other research designs on behavioural problems among preschool children based on the research findings of this study.

G. Assumption

1. Mothers may have less knowledge regarding behavioural problem of preschool children.
2. There will be association between knowledge score with their selected demographic variables.

H. Delimitation

Present study is delimited to mothers of preschool children residing in selected rural areas.

I. Ethical Consideration

The study proposal was accepted by the ethical committee of the institution. Permission was obtained by the concerned authorities before conducting the study. Consent letter was obtained by individual samples after explaining them the research process in their own language. Confidentiality regarding the participants information was maintained by using code number by the investigator.

J. Review of Literature

In the present study the literature reviewed has been organized into the following categories:

1. Literature related to behavioural problems.
2. Literature related to knowledge of mothers regarding behavioural problems.

K. Conceptual Framework

The conceptual framework selected for the study was based on Rosenstock and Becker's health belief model [HBM] Rosenstock [1994], Becker's and Minman [1975]. This model addresses

the relationship between a person's belief and behaviour. The HBM is known as a 'Single Model' with components that interact to explain health behaviour. The HBM has been continuously refined and modified to help identify and explain the behaviour of those who accessed the health care system to prevent illness. More recently, the HBM has been adopted for a much broader use to explain a variety of health behaviour and to design intervention that would improve client access to preventive measure.

MATERIAL AND METHOD

A. **Research approach:** Quantitative research approach

B. **Research Design:** Descriptive research design

C. **Research setting:** Selected rural area

D. Variables

1. **Research variable:** Knowledge regarding Behavioural problems among mothers of preschool children in selected rural area.

2. **Demographic variable:** Age of mother (in years), Education of mother, Occupation of mother, Religion, Monthly family income (in Rs), Number of children, Type of family, Source of information.

E. **Population:** All mothers of preschool children.

1. **Target population:** All mothers of preschool children residing in selected rural area

2. **Accessible population:** The mothers of preschool children residing in selected rural areas and are available at the time of data collection.

F. Sampling

1. **Sample size:** 60 mothers of preschool children

2. **Sampling technique:** Non-probability purposive sampling technique

G. Sampling criteria

1. **Inclusive criteria:** In this study, inclusive criteria is, mothers.

- Of preschool children
- Residing in rural areas
- Who are available at the time of data collection
- Who are able to read and write Marathi, Hindi, English

2. **Exclusive criteria:** In this study, exclusive

criteria is, mothers who are

- Not willing to participate in the study
- Having mentally retarded children
- Having physically retarded children
- Health professionals

H. Description of Tools

1. **Section A:** Demographic variables
2. **Section B:** Self-structured knowledge questionnaires

I. Content Validity

To ensure the content and construct validity, the tool was distributed to 6 experts including child health nursing subject experts, medical surgical nursing subject experts, Obstetrics and gynecology subject experts. 20 tools were received after validation from the experts.

J. Feasibility of the study

The investigator did not find much difficulty in getting the subjects because accessible population and sample size was 60 respective to the inclusive criteria.

K. Data Collection

- The main study data was gathered from 07/02/2022 to 12/02/2022.
- Permission was obtained from the Sarpanch of concerned gram panchayat.
- The samples were approached in small groups on a daily basis.
- Before giving the questionnaire, self-introduction was given by the investigator
- The purpose of the study mentioned.
- Consent of the samples were taken.
- Test was conducted by self-administered questionnaire.
- Questionnaire were distributed to the sample and collected back after 30 mins.

RESULT

Section I: Percentage wise distribution of mothers of preschool children in selected rural areas with regards to selected demographic variables.

Table: Percentage wise distribution of mothers of preschool children according to their demographic variables.

Table 1: Percentage wise distribution of mothers of preschool children according to their demographic variables.

<i>n= 60</i>		
Demographicvariables	Frequency	Percentage (%)
Age (yrs)		
20-24 yrs	14	23.3
25-29 yrs	30	50
30-34 yrs	16	26.7
35 and above	0	0
Education of Mother		
Primary	24	40
Secondary	29	48.3
Higher	5	8.3
Graduation	1	1.7
Post-graduation	1	1.7
Illiterate	0	0
Occupation of mother		
Government service	2	3.3
Private service	4	6.7
Housewife	44	73.3
Self employed	9	15
Labourer	1	1.7
Other	0	0
Religion		
Hindu	40	66.7
Muslim	5	8.3
Buddhist	15	25
Christian	0	0
Others	0	0
Monthly Family Income (in Rs)		
Below-10,000	20	33.4
10,000-20,000	17	28.3
15,000-20,000	20	33.3
Above 20,000	3	5
Number of Children		
One	11	18.3
Two	37	61.7
Three	9	15
More than three	3	5
Types of Family		
Joint	27	45
Nuclear	26	43.3
Extended	7	11.7
Source of Information		
Radio	1	1.7
Television	36	60
Newspaper	9	15
Others	14	23.3

Section II: Assessment of knowledge score of mothers of preschool children in selected rural areas.

Following table showing frequency percentage wise distribution of assessment of knowledge score among mothers of preschool children in selected rural area regarding behavioural problems.

Table 2: Frequency percentage wise distribution of assesment of knowledge score among mothers of Preschool Children in selected rural area regarding behavioural Problems.

n=60

Level of knowledge	Score Range	Level of Knowledge Score	
		Frequency (f)	Percentage (%)
Very Good	75-100% (16-20)	0	0
Good	50-75% (11-15)	0	0
Average	25-50% (6-10)	5	8.3
Poor	0-25% (0-5)	55	91.7
Minimum score		1	
Maximum score		7	
Mean knowledge score		3.61±1.290	

Section III: Association of knowledge score in relation to selected demographic variable

Table 3: Association of knowledge score in relation to selected demographic variable

n=60

Demographic Variables	Mothers of preschool children	Calculated f-value	DF	Tabulated value	Level of significance	Significance
1. Age (yrs)						
20-24 yrs	14	1.132	59	0.329	>0.05	Not significant
25-29 yrs	30					
30-34 yrs	16					
35 and above yrs	0					
2. Education of mother						
Primary	24	1.555	59	0.199	>0.05	Not significant
Secondary	29					
Higher	5					
Graduation	1					
Post-graduation	1					
Illiterate	0					
3. Occupation of mother						
Government service	2	1.026	59	0.402	>0.05	Not significant
Private service	4					
Housewife	44					
Self-employed	9					
Labourer	1					
Other	0					
4. Religion						
Hindu	40	0.717	59	0.493	>0.05	Not Significant
Muslim	5					
Buddhist	15					
Christian	0					
Others	0					

5. Monthly family income in (Rs)						
Below-10,000	20					
10,000-15,000	17	0.553	59	0.648	>0.05	Not Significant
15,000-20,000	20					
Above-20,000	3					
6. Number of children						
One	11					
Two	37	0.871	59	0.462	>0.05	Not Significant
Three	9					
More than three	3					
7. Type of family						
Joint	27					
Nuclear	26	1.561	59	0.219	>0.05	Not Significant
Extended	7					
8. Source of information						
Radio	1					
Television	36	2.343	59	0.083	>0.05	Not Significant
Newspaper	9					
Others	14					

NS- Not significant

S- Significant

DISCUSSION

In 2017 Jayashree Godara and Sunita Chouhan conducted to assess knowledge about the behavioural problems of preschool age (3-6 years) of non-employed mothers. The total sample for the present study consisted of 40 randomly selected (lottery) mothers from four randomly selected residential colonies of Bikaner city. 10 non-employed mothers were selected randomly (lottery) from each selected colony. The data were collected through interview schedule prepared by Gupta (2006). Frequency, percentage, was computed to assess the aspects of the behavioural problems of pre-schoolers of non-employed mothers. The assessment of knowledge of non-employed mothers revealed that majority of 60% non-employed mothers had low knowledge, followed by 37.50% had moderate level of knowledge and only 2.50 per cent mothers had high knowledge about the overall programme.¹²

In the above study it is shown that the non-employed mothers of preschool children had low and moderate level of knowledge score which is equal as the poor and average knowledge score in the present study.

Hence it is proven that the majority of mothers of preschool children have a poor knowledge score regarding behavioural problems of children.

CONCLUSION

Thus, it was concluded that, majority of mothers of preschool children have a poor knowledge score regarding behavioural problems of children, hence it is suggested that the interventional studies can be conducted in future to raise the knowledge of mothers regarding behavioural problems of preschool children.

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