



Journal Homepage: - www.journalijar.com
**INTERNATIONAL JOURNAL OF
 ADVANCED RESEARCH (IJAR)**

Article DOI:10.21474/IJAR01/2494
 DOI URL: <http://dx.doi.org/10.21474/IJAR01/2494>



RESEARCH ARTICLE

A STUDY TO ASSESS CHILD REARING PRACTICES AMONG MOTHERS OF TODDLERS (1-3YEARS) IN SELECTED RURAL AREAS OF PUNJAB, INDIA.

Mrs. Amanpreet Kaur, M.Sc. (N).

1. Assistant Professor, HOD Department of Child Health Nursing.
2. Dasmesh College of Nursing, Faridkot, Punjab, (INDIA).

Manuscript Info

Manuscript History

Received: 25 October 2016
 Final Accepted: 23 November 2016
 Published: December 2016

Key words:-

CPR: Child Rearing Practices.

Abstract

Child rearing practices (CRP) refer generally to all interactions between parents and children. These interactions include the parents' expressions of attitudes, values, interests and beliefs as well as their caretaking and training behavior. In this study a non-experimental descriptive research design was used. A structured interview schedule was used to assess child rearing practices among 50 mothers of toddlers with purposive sampling technique from rural areas of Punjab. The results of the study shown that for toddlers 82% mothers had unsatisfactory level of child rearing practices. Among mothers of toddlers the highest mean percentage score of child rearing practices were found highest in area of play and stimulation (67.70) least in toilet training (50.50%). The relationship of CRP of mothers with demographic variables were tested and found significant with occupation of mother at $p < 0.05\%$ whereas with other variables were found non-significant ($p < 0.05\%$). The intention of the study was to assess prevailing CRP of mothers of toddlers in rural areas of Punjab. This study shows that most of the mothers had unsatisfactory CRP. So formal and informal teaching should be conducted by health professionals for promoting satisfactory CRP.

Copy Right, IJAR, 2016, all rights reserved.

Introduction:-

It is well said that if you bungle raising your children, whatever else you do will not matter much. Parents are architects of nation's future. Proper child rearing practices are key to child survival. Child rearing practices refers generally to overall care of child as an individual who is not merely a physique but also has feelings, desires and needs¹. It is the biggest and the most important business of the parents in the world. The parents are significant in determining the ways in which the child develops. Child rearing in Indian culture is generally recognized as primarily the mother's privilege and responsibility.²

Child well-being and future are dependent upon the care bestowed upon him by mother. Health and survival of child depends upon the mother's awareness, education and skills in mother craft.

Corresponding Author: -Mrs. Amanpreet Kaur.

Address: -Assistant Professor, HOD Department of Child Health Nursing.

Need of the Study:-

Toddler period is the time of intense exploration of the environment as children attempt to find out how to control and how to control others through temper tantrums, negativism and obstinacy. Although this can be challenging time for parents and child as each learns to know the other better, it is an extremely important development achievement and intellectual growth.⁴

Health and well-being of children is intimately linked with awareness of mothers. Mothers must be given advice regarding life style changes, importance of personal hygiene, and promotion of breastfeeding, provision of safe environment, optimal nutrition, immunization and prevention of accidents etc. Every contact of health worker with family should be properly harnessed to provide "holistic care" not merely "care".⁵

Lee, K., Chang-Song, Lim, H. (2009)⁶ found that only 35.8% mothers had satisfactory child rearing practices. Moreover the survey conducted by Verma M.S and Singh T. (1995)⁷ on 2500 college girls in Ludhiana city of Punjab showed that 81.1% of girls expressed desires to know various aspects of child rearing practices.

Research problem:-

A study to assess child rearing practices among mothers of toddlers (1-3 Years) in Selected Rural areas of Punjab.

Objective of the study:-

The main objective of the study was to find out prevailing child rearing practices of mothers of toddlers and to find out the deficit areas.

Assumption:-

Mothers perform child rearing practices of children but they do vary from mother to mother.

Conceptual framework:-

The conceptual framework chosen for this study is based on Dorothy Orem's Model of Self Care Deficit (1991)

Delimitations:-

1. The study was limited to biological mothers only.
2. The study was limited to the mothers whose youngest child is toddler.

Review of Literature:-

The review of literature was organized under different aspects of child rearing practices of toddlers: feeding, hygiene and grooming, toilet training, play and stimulation, sleep and rest, discipline, health and safety measures.

Research methodology:-

Research Approach	Quantitative descriptive
Research Design	Non Experimental
Research Setting	Selected rural areas of Punjab.
Target population	Target population included mothers of toddlers of selected rural areas of Punjab.
Sample size	Sample size was 50 mothers of toddlers of selected rural area of Punjab
Sampling technique	Non-probability purposive sampling technique

Selection and development of tools:-**The tool consisted of 2 parts:-**

Part I: Socio- demographic profile consists of age of child, gender of child, age of mother, education of mother, number of children, type of family, family income and religion of family.

Part – 2: **This** tool consists of structured interview schedule of 70 items to assess child rearing practices of mothers of toddlers. Maximum score is 140 and minimum is 0. Child rearing practices were assessed under these areas: feeding, hygiene and grooming, toilet training, play and stimulation, sleep and rest, discipline, health and safety measures. Each item has 3 responses arranged in three points Likert scale; always, sometimes, never which were scored as 2, 1, 0 respectively.

Reliability:-

Reliability of the instrument was established by using split half technique using Spearman Brown's Formula. It was found out to be 0.80. Hence, the tool was reliable.

Data collection procedure:-

The researcher collected the data from 2nd May 2016 to 16 June 2016 in selected rural areas of Punjab.

The investigator sought a prior permission from the concern authority of selected rural areas of Punjab.

The investigator personally talked to mothers and explained about the purpose and nature of study. Participation was voluntary and under no obligation. Their verbal consent was obtained before data collection. Interview method was used to collect data from mothers of toddlers.

Ethical consideration:-

As study was descriptive in nature so does not need any special ethical clearance from any ethical review board. Data collection permission was obtained from concern authorities. Verbal consent obtained from subjects and were assured that their responses would be kept anonymous and confidential.

Data analysis:-

The Descriptive and inferential Statistical measures was used to analyze the data. For example percentage, Mean, SD was used to assess child rearing practices of mothers and ANOVA was used to check the relationship of child rearing practices with its socio-demographic variables.

Table1:-Describing Socio demographic distribution of study subjects

N=50

Sr No	Socio-demographic variables		Frequency	Percentage
1.	Age of Child (in years):			
	a)	1-2	23	46%
	b)	2-3	27	54%
2.	Gender:			
	a)	Male	26	52%
	b)	Female	24	48%
4.	Age of Mothers(in Years)			
	a)	<20	09	18%
	b)	20-25	21	42%
	c)	26-30	15	30%
	d)	>30	05	10%
5	Education of Mother			
	a)	Illiterate	06	12%
	b)	Primary	17	34 %
	c)	Matric/10+2	19	38%
	d)	Graduate and above	08	16%
6	Religion :			
	a)	Hindu	27	54%
	b)	Sikh	07	14%
	c)	Christian	11	22%
	d)	Muslim	05	10%
	e)	Any other	00	00%
6.	Occupation of Mother			
	a)	Housewife	34	68%
	b)	Laborer	06	12%
	c)	Service	08	16%
	d)	Business	02	04%
7.	Number of Children			
	a)	1	22	42%
	b)	2	21	48%
	c)	3 and above	07	10%
8.	Type of Family			
	a)	Nuclear	33	66%
	b)	Joint	17	34%

Table 2:-Frequency and percentage distribution of Mothers of Toddlers according to Levels of Child Rearing Practices N=50

Level of Child Rearing Practices	Range	No of Respondents	Percentage
Satisfactory	98-140	9	18%
Unsatisfactory	0-97	41	82%

Table3:-Frequency and percentage distribution of Mothers of Toddlers according to Levels of Different Areas of Child Rearing Practices N=50

S. No	Levels of Areas of Child Rearing Practices	Scores	No of Respondents	Percentage
1.	Feeding			
	Satisfactory	20-28	18	36%
	Unsatisfactory	0-19	32	64%
2.	Hygiene and Grooming			
	Satisfactory	14-20	25	50%
	Unsatisfactory	0-13	25	50%
3.	Toilet training			
	Satisfactory	8-12	11	22%
	Unsatisfactory	0-7	39	78%
4.	Play and stimulation			
	Satisfactory	13-18	20	40%
	Unsatisfactory	0-12	30	60%
5.	Sleep and Rest			
	Satisfactory	7-10	31	62%
	Unsatisfactory	0-6	19	38%
6.	Discipline			
	Satisfactory	15-22	06	12%
	Unsatisfactory	0-14	44	88%
7.	Health			
	Satisfactory	8-12	30	60%
	Unsatisfactory	0-7	20	40%
8.	Safety Measures			
	Satisfactory	13-18	8	16%
	Unsatisfactory	0-12	42	84%

Table5:- Mean, Mean Percentage and Rank Order of Child Rearing Practices among Mothers of Toddlers according to Areas of Child Rearing Practices N=50

Areas of Child Rearing Practices	Maximum Scores	Mean Score	Mean %	Rank Order
Feeding	28	18.30	65.36	4
Hygiene and Grooming	20	13.38	66.90	2
Toilet training	12	06.06	50.50	8
Play and stimulation	18	12.20	67.70	1
Sleep and rest	10	06.68	66.80	3
Discipline	22	12.08	54.90	7
Health	12	07.68	64.00	5
Safety Measures	18	11.18	62.11	6
Over all Child Rearing Score	140	87.56	62.54	

Discussion:-

Viola Makam (2001)⁸ found in her study conducted at Kibaha District, Tanzania that most mothers of children had poor child rearing practices. Nair MK et al (2009)⁹ also found in the study conducted in Kerala that mothers were using unsatisfactory child rearing practices like abusing practices to discipline the children .This study too supports similar findings

Statistical analysis shows that mean child rearing practicing score were highest among female children (79.05) as compared to male children .However these differences were non-significant at $p < 0.05$ level. Sharma Vandana,

Sandhy K, Gurpreet (2006)¹⁰ also found better child rearing practices among girl child in study conducted at Patiala in Punjab.

In this study age of mother, education of mother, occupation of mother, number of children, type of family, family income and religion of family were tested and found non-significant at $p < 0.05\%$ whereas Senarath U, Dibley MJ, Agho KE (2007)¹¹ found that family income effect child rearing practices of toddlers. Dubois, Girard M. (2003)¹² reported that occupation of mother and type of family had no impact on child rearing practices.

Implications:-

Nursing education: -Child health and community health curriculum for all levels of health personals should give more emphasis on different areas of child rearing practices. Formal and informal teaching should be conducted by health personals for promoting satisfactory child rearing practices

Nursing research: - Very few studies of such type have been done. More such studies should be done on different aspects of child rearing practices to make health personnel's aware of the prevailing child rearing practices in their areas

Recommendations:-

- Comparative study can be carried out to assess child rearing practices among rural and urban communities.
- Study can be carried out to find out effects of planned teaching in relation to improvement in child rearing practices

Conclusion:-

The intention of this study was to assess child rearing practices among mothers of toddlers. Most of the mothers have unsatisfactory child rearing practices. So, formal and informal teachings, mass media, health education programmes should be arranged to educate mothers about satisfactory child rearing practices.

Conflict of Interest:-

There is no conflict of interest as researcher had not received any financial support from institute or individual. Project was self-financed.

Acknowledgement:-

I acknowledge my sincere thanks to my loving parents, in laws, my loving husband Major Jaspreet Singh for his valuable guidance and support at every movement of this work and gems of my family Samar Pratap Singh & Sargun for understanding my busy schedule and adjusted themselves with that. At the end I thank to Dr. Gursevak Singh Director DCON and Dr. Virendra Chaudhary for their immense support and constant encouragement throughout this project.

References:-

1. Sharma N. Nature, Sources and consequences of parental beliefs. Unpublished Doctoral Thesis. PG Department of Home Science University of Jammu, Jammu and Kashmir. 1999.
2. Seema K.N. and Khyrunnis Begum. Child rearing practices among Kurubas and Soliga tribes from South India. Studies on Tribes Tribal 2008;6 (1) : 59-62
3. Singh Meharban. Care of the Newborn. 6th edition, New Delhi: Sager Publication; 2004
4. Hockenberry Marilyn J. Wong's Essentials of Pediatric Nursing. 8th edition, Noida: Elsevier; 2009.
5. Singh M. The art, science and philosophy of child care. Indian Journal of Pediatric 2009;76 (2): 171-6
6. Lee, K., Chang—Song, Lim, H. The study Korean Mothers' Knowledge about Child Development and Child- Rearing Paper presented at the annual meeting of VT Biennial International Conference on Infant Studies Westin Miyako. Kyoto. Japan.
7. Verma M. S and Singh T. Attitude of future mothers regarding child rearing. Journal of Pediatrics 1995; 126 (4): 507-514
8. Viola Makam. A case study of Kibaha District, Coast Region- Tanzania. UNICEF 2001.
9. Nair MK. Child discipline practice in Kerala. Indian Pediatric 2009;46: 83-5
10. Sharma Vandana, Sandhy K and Gurpreet. A community study of association between parenting dimensions and externalizing behaviors. Journal of Indian association child, adolescent and mental health 2006; 2 (2): 48-58
11. Senarath U, Dibley MJ, Agho KE. Breastfeeding practices and associated factors among children under 24 months of age in Timor-Leste. European Journal of Clinical Nutrition 2007;6 (13):387-97
12. Dubois L, Girard M. Social determinants of initiation, duration and exclusivity of breastfeeding at the population level: the results of the Longitudinal Study of Child Development in Quebec. Canadian Journal of Public Health 2003;94(4):300-5