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### RESEARCH ARTICLE

#### A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING DIAPER RELATED PROBLEMS AND MANAGEMENT AMONG MOTHERS OF INFANT IN SELECTED AREAS AT CHENNAI

**Mrs. S. Farveen**

Lecturer cum P.hD Scholar (BIHER), Sri Lakshmi Narayana College of Nursing, Puducherry.

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Effectiveness, Planned Teaching Programme, Diaper Related Problems, Management, Mothers of Infant

#### Abstract

Diapers have been popular with parents for the past few decades to now. Diaper problems can be treated naturally in home itself by using home remedies. Quantitative approach, Quasi experimental research design was chosen for this study. 60 samples were selected by convenient sampling techniques. Pre-test was conducted to both the group by using self- structured questionnaire and administered Planned Teaching Programme to experimental group. The post-test was conducted for both groups. The findings were that, post-test knowledge score of experimental group ( $P < 0.05$ ) indicates that there is a significant increase knowledge score of experimental group. There is a significant association between knowledge score and demographic variable like mothers age, monthly income, religion and source of information. Present study suggests the need for planned teaching programme to improve the knowledge regarding diaper related problems and management among the mothers of infant.

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#### Introduction:-

Diapers have been used for care of babies since decades to prevent soiling and for social convenience. The use of diaper poses a risk of developing many skin disorders. The use of a diaper or nappy, a type of underwear that prevents the soiling of outer clothing or the surrounding environment, enables the wearer to urinate or defecate without using a toilet. Diapers must be changed when they become soiled or wet, usually by a second person like a parent or care giver. Skin conditions can develop in and around the diapered area if diaper changes are not made frequently enough.

Singalavanija and Frieden, (2019) states that diaper problems usually affect infants and toddlers, although it can affect any individual who wears a diaper. Ward and Fleischer (2019) revealed that diaper problems can develop as early as one week of age, but the peak incidence occurs between 9 and 12 months. Akin and Spraker (2018) says that the newer types of diapers reduce the incidence of diaper dermatitis.

Hence the study aimed to assess the Effectiveness of Planned Teaching Programme on Knowledge regarding Diaper Related Problems and Management among Mothers of Infant.

#### Statement of the problem

A Quasi experimental study to Assess the Effectiveness of Planned Teaching Programme on Knowledge regarding Diaper Related Problems and Management among Mothers of Infant in selected areas at Chennai.

**Corresponding Author:- Mrs. S. Farveen**

Address:- Lecturer cum P.hD Scholar (BIHER), Sri Lakshmi Narayana College of Nursing, Puducherry.

**Objectives:-**

1. To assess the pre and post-test level of knowledge regarding diaper related problems and management among mothers of infant in experimental and control group.
2. To determine the effectiveness of planned teaching programme on diaper related problems and management among mothers of infant in experimental group.
3. To find out the association between the post-test level of knowledge on diaper related problems and management with selected demographic variables among mothers of infant in experimental and control group.

**Hypothesis**

1. **H1:** There will be a significant difference between the post-test level of knowledge on diaper related problems and management among mothers of infant in experimental and control group.
2. **H2:** There will be a significant difference in the post test level of knowledge among mothers of infant in experimental group before and after administration of planned teaching programme.
3. **H3:** There will be a significant association between the post-test level of knowledge with their selected demographic variables in experimental and control group.

**Methodology:-**

Research approach was quantitative in nature. Quasi experimental pre and posttest design was used. The population for the study consisted of mothers of infant in selected areas. A total of 60 mothers of infant were selected using inclusion criteria of which, 30 were in the experimental group and 30 in the control group. Each mother was explained about the purpose of the study and written consent was obtained. The confidentiality of the response was assured and pretest was conducted. Pre-test was conducted to both the experimental and control group by using self-structured questionnaire and administered Planned Teaching Programme by providing information booklet with discussion to experimental group. The intervention was given for 30- 45 minutes. The post-test was conducted using the same questionnaire on 7<sup>th</sup> day for both experimental and control group.

**Result And Discussion:-**

The findings of the study were analyzed based on objectives of the study.

Description of participants according to their Demographic variables

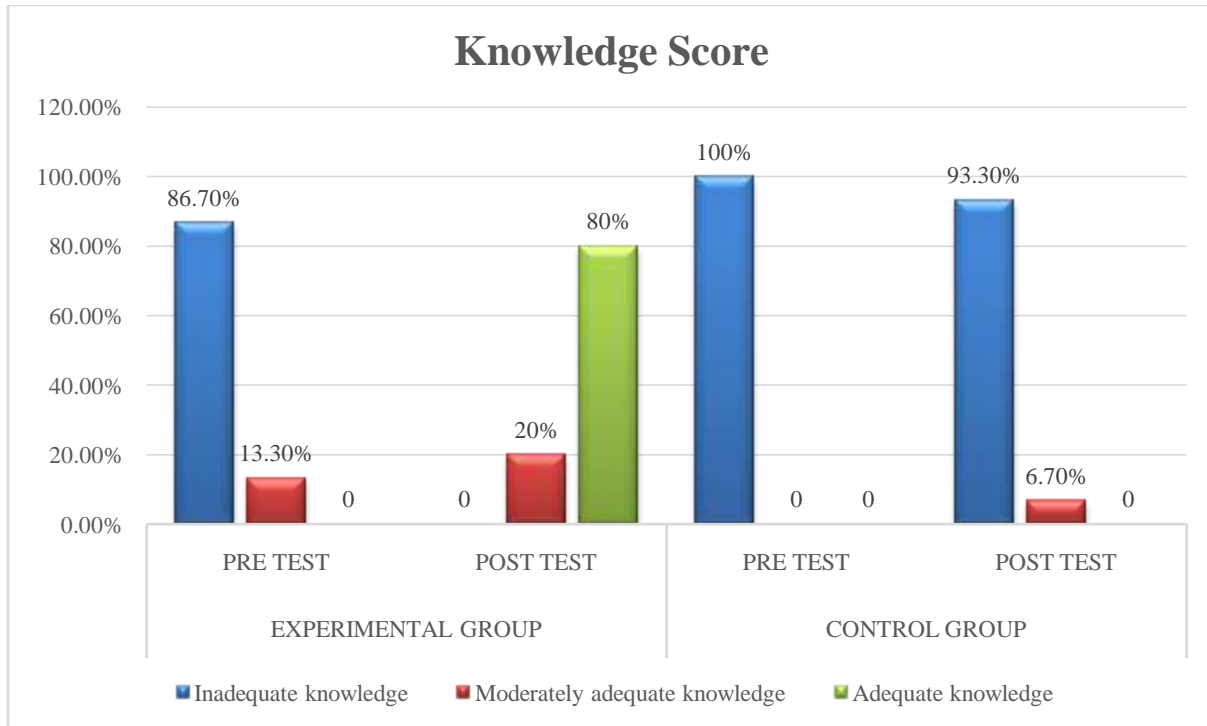
**Table 1:-** Frequency and percentage distribution of demographic variables mothers of infant for experimental and control group.

SL. NO	DEMOGRAPHIC VARIABLES	EXPERIMENTAL GROUP N=30		CONTROL GROUP N=30	
		Frequency (N)	Percentage (%)	Frequency (N)	Percentage (%)
1	<b>Age of the mother</b>				
	18-21 years	1	3.3	8	26.7
	22-25 years	12	40	9	30
	26-29 years	9	30	8	26.7
	more than 30 years	8	26.7	5	16.7
2	<b>Educational status of the mother</b>				
	No formal education	12	40	9	30
	Primary school	6	20	10	33.3
	Higher secondary school	6	20	6	20
	Graduate	6	20	5	16.7
3	<b>Occupation</b>				
	Housewife	21	70	10	33.3
	Self-employee	2	6.7	9	30
	Professional	7	23.3	8	26.7
	Coolie.	0	0	3	10
4	<b>Monthly income</b>				
	Less than equal to Rs.15000	20	66.7	7	23.3

	Rs.16000–Rs.20000	5	16.7	11	36.7
	Rs.21000--Rs.30000	2	6.7	5	16.7
	morethanRs.30000	3	10	7	23.3
5	<b>Religion</b>				
	Hindu	18	60	13	43.3
	Muslim	9	30	15	50
	Christian	3	10	2	6.7
6	<b>Age of the child</b>				
	0–3months	7	23.3	11	36.7
	4–6months	12	40	6	20
	7–9months	6	20	8	26.7
	10–12months	5	16.7	5	16.7
7	<b>Type of Family</b>				
	Nuclear Family	17	56.7	12	40
	Extended Family	7	23.3	9	30
	Single Parent Family	6	20	9	30
8	<b>Number of children</b>				
	One	19	63.3	7	23.3
	Two	6	20	16	53.3
	More than two	5	16.7	7	23.3
9	<b>Previous experience of caring children with diaper problems</b>				
	Yes	11	36.6	20	66.7
	No	19	63.3	10	33.3
10	<b>Source of information regarding prevention and management of diaper problems</b>				
	Books	4	13.3	5	16.7
	Media	5	16.7	14	46.6
	Health Professionals	5	16.7	5	16.7
	Relatives and friends	16	53.3	6	20

**The first objective was to assess the pre-test and post-test knowledge regarding diaper related problems and management among mothers of infant in experimental and control group.**

In experimental group in **pre-test**, the majority 26 (86.7%) of the mothers of infant had inadequate knowledge, 4 (13.30%) had moderately adequate knowledge and no one had adequate knowledge, In **post-test** the majority 24 (80%) mothers had adequate knowledge and 6 (20%)mothers had moderately adequate knowledge. In control group - In **pre-test**, the majority 30 (100%) of the mothers of infant had Inadequate knowledge, no one had adequate and moderately adequate knowledge, in **post-test** the majority 28(93.3%) Mothers had inadequate knowledge and 2(6.7%) Mothers had Moderately Adequate knowledge.



**Figure 1:-** Frequency and Percentage Distribution of pre and post-test level of Knowledge in Experimental group and control group.

A similar study was conducted by **Jha Shobhana et al., (2015)**, to assess the level of knowledge regarding the diaper related problems and management among mothers of infant. The result revealed that 13.8% mothers had moderately adequate knowledge, 68.4% mothers had inadequate knowledge, and 17.8% mothers had adequate knowledge. The study concluded that majority of mothers did not had adequate level of knowledge about diaper related problems. Hence the first hypothesis (H1) was accepted.

**The second objective was to determine the effectiveness planned teaching program on diaper related problems and management among infant mothers in experimental group.**

Table 2 exhibits that in experimental group, the pre-test mean and standard deviation score was 6.97+2.965 and the post-test mean and standard deviation score was 20.43+2.459. The calculated 'T' value is 5.89 which was greater than the tabulated value at P<0.05. It clearly shows that the planned teaching program was effective in improving the level of knowledge regarding diaper related problems and management among mothers of infant.

**Table 2:-** Effectiveness of Planned Teaching Programme among Mothers of Infant in Experimental group. (N=30)

S.NO	GROUP		MEAN	SD	PAIRED 't' TEST VALUE	p VALUE
1	Experimental group	Pre-test	6.97	2.965	t=5.89	p<0.05
		Post-test	20.43	2.459		

A similar study was conducted by **Mamatha Shivananda Pai et al., (2018)**. A pre experimental study was conducted among the mothers of infants to evaluate the success of a campaign to raise awareness about diaper problems and how to prevent and manage them. 42 mothers of infants between the ages of 0 and 1 participated in the research. The results of the study demonstrated that the awareness programme was successful in improving mothers of infants knowledge, attitudes, and practices regarding the prevention and management of diaper problems. Hence the second hypothesis (H2) was accepted.

The third objective was to find out the association between post-test level of knowledge on diaper related problems and management with selected demographic variables among infant mothers in experimental and control group.

The present study revealed that there was a significant association with post- test level of knowledge among mothers of infant with their demographic variables mothers age, monthly income, religion and source of information had shown statistically significant.

A similar study was conducted by **Erin Wesner et.al, (2019)** stated that Knowledge, Attitude and Practice of previous knowledge and intermediate mother towards the diaper problems. A validated questionnaire which consists of 28 questions was used to collect data. The study concluded that there was no association in Knowledge, Attitude and Practice of diaper related problems and management among Mothers of Infant. Hence the third hypothesis (H3) was accepted.

### **Conclusion:-**

Knowledge among mothers of infant were not adequate to prevent the children from diaper related problems and how to manage diaper related problems. The study findings concluded that the planned teaching programme was effective in improving knowledge among mothers of infant on diaper related problems and management.

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