



A STUDY TO ASSESS THE EFFECTIVENESS OF A STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING CHILD ABUSE AMONG MOTHERS OF UNDER-FIVE CHILDREN AT A SELECTED COMMUNITY

Dr.Girija kumari S¹, Mrs Rani N.J²,Ms Renuga Devi B³,Ms Risvana parveen R⁴,Ms sahana A⁵,

¹Principal, College of Nursing, SRIPMS, Coimbatore

²Assistant professor, College of Nursing SRIPMS, Coimbatore

³Assitant Lecturer, College of Nursing SRIPMS, Coimbatore

^{4,5}Bsc Nursing, College of Nursing, Coimbatore

Corresponding Author Details

Ms Renuga Devi B

Assistant Lecturer, College of Nursing SRIPMS ,Coimbatore

College Address-#365,Sarojini Naidu Road,New Siddhapudhur,Coimbatore-641044

*Affiliated to The Tamil Nadu Dr .M.G.R. Medical University

Abstract

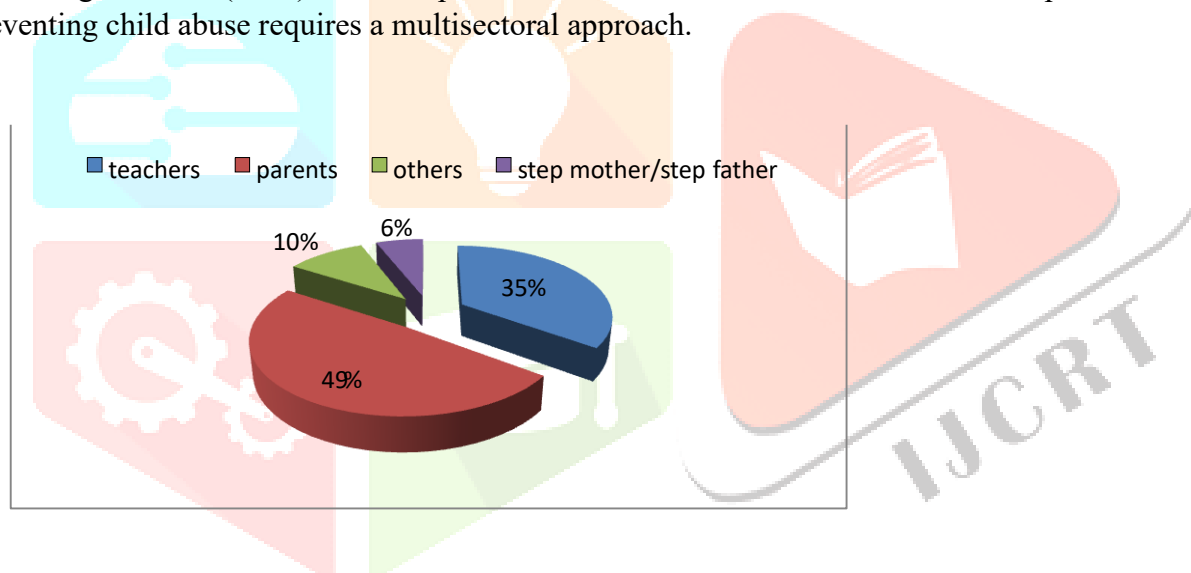
Child abuse is also known as **child endangerment** or **child maltreatment** is physical ,sexual, emotional or psychological maltreatment or neglect of a child ,Child abuse may include any act or failure to act by a parent or a caregiver that results in actual or potential wrongful harm to a child and can occur in a child's home or in organization, schools or in communities. It is important to educate the mother of under five children regarding child abuse.A total of 30 mothers of under 5 children were included in this study. A quantitative research approach was used. The data was collected using a structured questionnaire containing details of socio-demographic data, knowledge and attitude of child abuse. The questionnaire was administered in both Tamil and English. ,education given with the use of power point presentations and pamphlet distribution then the post test was conducted, the data was collected. A total of 30 mothers of under 5 children , were included in this study.It was found that the knowledge among the mother's of under five is categorized by 46.6% of mothers had below average knowledge ,20% of mothers had average knowledge and 33.3%of mothers had above average knowledge in pretest and after a structured teaching programme 6.66%of mothers had below average knowledge ,20% of mothers had average knowledge and 73.3% of

mothers had above average knowledge in post test. We found that the knowledge regarding the child abuse among the under 5 mothers showed effectiveness after the structured teaching programme .

Keywords: Knowledge on child abuse, Under five children , Structured teaching programme.

INTRODUCTION

Children are the precious gift with immense potential one can become the best resource of the nation if they are nurtured properly, Children below five years of age are referred to as under-five children. Every child deserves a healthy society , quality healthcare, education and equal opportunities without any gender discrimination . Even despite laws protecting these rights ,many children face the abuse and neglect at home ,schools or the day care, often at the hands of care givers. Child abuse or child maltreatment is any kind of physical, sexual or psychological maltreatment or neglect of a child or children, especially by a parent or other caregiver .Child abuse may include any act or failure to act by a parent or other caregiver that results in actual or potential harm to a child, and can occur in a child's home, or in the organizations, school or community .Globally in 2014, 1 billion children aged 2- 17 years experienced physical, sexual, emotional or multiple types of violence. A significant amount of child abuse Cases frequently is missed by healthcare providers. According to latest data released by NCRB (National Crime Record Bureau) the total number of crimes against children reported in 2016 was 1,06,958, while 94,172 crimes were recorded in 2015. According to WHO (2014) about 80 percent of the abuse cases involve at least one parent as a perpetrator. Preventing child abuse requires a multisectoral approach.



It is also preventable through teaching or raising awareness about child abuse and its prevention to children itself for early identification .When parents give more attention and are caring towards the children and discuss child's problem parents and specially mother can notice child's behaviour and understand child better. Parent education and knowledge is advocated as a significant component for the prevention of child maltreatment or abuse

NEED FOR STUDY

Child abuse is a major public health and social problem affecting children worldwide. It includes physical, emotional, sexual abuse, and neglect, which can seriously affect the physical growth, mental health, emotional well-being, and social development of children. According to the World Health Organization, millions of children worldwide experience different forms of violence and abuse every year. In India, cases of child abuse continue to increase, and many incidents remain unreported due to lack of awareness, fear, and social stigma. Educational interventions and awareness programmes are considered essential strategies for preventing child abuse and promoting child protection. Several studies have reported that mothers and

caregivers possess inadequate knowledge regarding the signs, symptoms, prevention, and management of child abuse. Structured teaching programmes can effectively improve mothers' awareness and knowledge, thereby helping in early identification and prevention of abuse among children.

Health education programmes conducted by nurses and healthcare professionals can empower mothers with adequate information regarding child protection and healthy child-rearing practices. Hence, the investigator felt the need to conduct a study to assess the effectiveness of a structured teaching programme on knowledge regarding child abuse among mothers of under-five children. The findings of the study may help in improving maternal awareness, promoting child safety, preventing child abuse, and contributing to the healthy development of children and society.

World Health Organization (2023); The World Health Organization reported that child maltreatment remains a significant global health issue affecting millions of children. The report emphasized that parent education and awareness programmes are effective measures in preventing child abuse and promoting child protection . UNICEF (2022) ; A report published by UNICEF stated that increasing parental awareness regarding child rights, child protection, and abuse prevention significantly reduces the risk of violence against children. The study highlighted the importance of community-based educational programmes for mothers and caregivers. Study published in Asian Journal of Nursing Education and Research (2020); A study conducted in rural areas of Vadodara assessed mothers' knowledge regarding child abuse and found that many mothers had inadequate awareness before the intervention. After the administration of an information booklet and health education programme, there was significant improvement in mothers' knowledge regarding child abuse prevention. Study published in Journal of Emerging Technologies and Innovative Research (2021); A study conducted among mothers in selected urban areas of Coimbatore reported that structured educational interventions improved awareness regarding child abuse, its causes, warning signs, and preventive measures. The study recommended regular community-based awareness programmes for mothers and caregivers. National Commission for Protection of Child Rights (2023); The National Commission for Protection of Child Rights emphasized that parental education and community awareness programmes are important strategies for reducing child abuse cases and ensuring child safety and protection in India. Study by Kaur and Kaur (2022); A pre-experimental study conducted among mothers of preschool children found that structured teaching programmes significantly improved knowledge regarding prevention and early identification of child abuse. The study concluded that educational interventions are effective tools for community health promotion.

STATEMENT OF THE RESEARCH

A study to assess the effectiveness of structured teaching programme on knowledge regarding child abuse among the mothers of under five children at selected community.

OBJECTIVES OF THE STUDY

* To assess the knowledge regarding child abuse among the mothers of under five children.

*To assess the effectiveness of structured teaching programme on knowledge regarding child abuse among the mothers of under five children.

METHODOLOGY

Research Approach

Quantitative research approach

Research Design

One group pre test and post test research design

Research Variables

*Independent variable:

Structured teaching programme

*Dependent variable:

Knowledge regarding child abuse among mothers of under-five children

Research Setting

The study was conducted among mothers of under-five children in a selected community.

Population and sample

Target Population

The target population of the study is mothers of under five children who are available during data collection

Sample

30 mothers of under five children who fulfilled the inclusion criteria were selected as sample

Criteria For Sample Collection

Inclusion Criteria: Mothers of under five children who are available during data collection period. Mothers of under five children who understand tamil or English

Exclusion Criteria: Mothers who are not willing are excluded. Mothers of under five children who are not co operative also excluded.

Sampling Technique

“Non probability convenience sampling technique”

Tools

A structured questionnaires consist of
SECTION A:Demographic variables
SECTION B:Questionnaires related to knowledge regarding child abuse among the mothers of under five children's . It consisted of 15 questions. Each correct answer was awarded one mark, and each wrong answer was scored zero .Maximum score is 15 and the minimum score is 0 and the level of knowledge was interpreted as below average, average, and above average scoring as below average was 1-5, average was 6-10 , and above average was 11-15.

PROCEDURE

Before initiating data collection, formal permission was secured from the appropriate authorities of the selected community. The investigator explained the objectives and purpose of the study to the mothers of under-five children, and informed consent was obtained from those who agreed to participate. A total of 30 mothers who met the inclusion criteria were recruited through a non-probability convenience sampling technique. A pre-test was first administered using a structured questionnaire to assess the participants' knowledge regarding child abuse. The questionnaire was provided in both Tamil and English based on the convenience of the participants. Following the pre-test, a structured teaching programme on child abuse was conducted with the aid of PowerPoint presentations and pamphlets. The programme covered various aspects such as the meaning, types, causes, signs and symptoms, prevention, and management of child abuse. One week after the teaching programme, a post-test was conducted using the same structured questionnaire to determine the effectiveness of the structured teaching programme in improving knowledge regarding child abuse among mothers of under-five children. The collected data were then systematically organized, analyzed, and interpreted using descriptive and inferential statistical methods.

DATA ANALYSIS AND INTERPRETATION

TABLE 1: FREQUENCY DISTRIBUTION OF DEMOGRAPHIC VARIABLE

N=30

S.NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
01	Age in years:		
	19-23	3	10%
	24-28	8	26.6%
	29-33	16	53.3%
	>34	3	10%
02	Mothers education:		
	Illiterate	7	23.33%
	Primary	10	33.33%
	Secondary	10	33.33%
	Tertiary	3	10%
03	Mothers occupation:		
	Housewife	16	53.3%
	Daily Wages	9	30%
	Business	5	16.6%
04	Mothers Religion:		
	Hindu	25	83.3%
	Muslim	1	3.33%
	Christian	4	13.33%
05	Sex of the child:		
	Male	20	66.66%
	Female	10	33.33%

Table 1 shows that the above table shows the frequency and percentage distribution of demographic variables among mothers of under-five children. Majority of the mothers (53.3%) belonged to the age group of 29–33 years. Regarding educational status, 33.33% of mothers had primary education and 33.33% had secondary education. Most of the mothers (53.3%) were housewives. Majority of the participants (83.3%) belonged to the Hindu religion. With regard to the sex of the child, 66.66% were male children and 33.33% were female children.

TABLE2:LEVEL OF KNOWLEDGE REGARDING CHILD ABUSE AMONG THE MOTHERS OF UNDER FIVE CHILDREN.

N=30

S.no	Level of knowledge	Pre test		Post test	
		frequency	Percentage%	frequency	Percentage%
01	Below average	14	46.6%	2	6.66%
02	Average	6	20%	6	20%
03	Above average	10	33.33%	22	73.3%

The above table depicts the level of knowledge regarding child abuse among mothers of under-five children in the pre-test and post-test. In the pre-test, 46.6% of mothers had below-average knowledge, 20% had average knowledge, and 33.33% had above-average knowledge. After the structured teaching programme, the post-test findings revealed that only 6.66% of mothers had below-average knowledge, while 20% had average knowledge and 73.3% had above-average knowledge. The findings indicate that the structured teaching programme was effective in improving the knowledge regarding child abuse among mothers of under-five children.

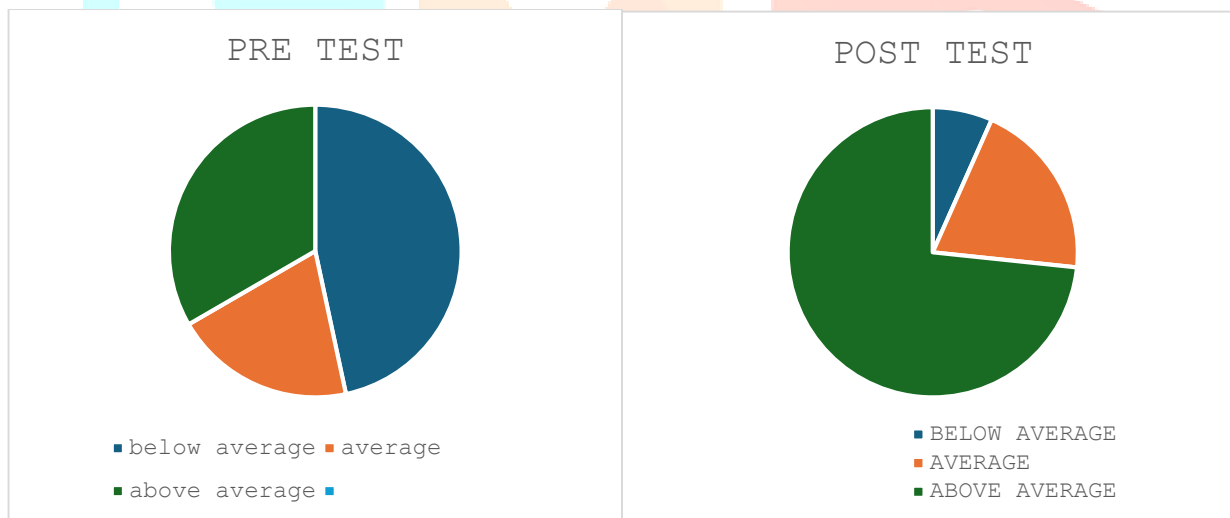


Figure2:level of knowledge regarding child abuse among the mothers of under five children

TABLE 3 :TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING CHILD ABUSE AMONG MOTHERS OF UNDER FIVE CHILDREN

GROUP	MEAN	STANDARD DEVIATION	MEAN DIFFERENCE	“T” VALUE	TABULATED VALUE
Pre test	5.9	6.40	5.9	7.42***	3.66
Post test	11.8	11.53			

***Significant at 0.001

A paired “t” test was used to assess the effectiveness of the structured teaching programme on knowledge regarding child abuse among mothers of under-five children. The effectiveness of the programme was evaluated by comparing the pre-test and post-test knowledge scores. The mean pre-test score was 5.9, whereas the mean post-test score was 11.8. The standard deviation of the pre-test and post-test scores was 6.40 and 11.53 respectively. The calculated paired “t” value was 7.42, which was higher than the tabulated value of 3.66 at the 0.001*** level of significance. Therefore, the obtained “t” value was found to be highly significant. Since the calculated value was greater than the tabulated value, the research hypothesis (H1) was accepted. Hence, it was inferred that the structured teaching programme was effective in improving the knowledge regarding child abuse among mothers of under-five children. The study concluded that there was a significant difference in the mean knowledge scores of mothers before and after the structured teaching programme.

DISCUSSION

The present study was conducted to assess the effectiveness of a structured teaching programme on knowledge regarding child abuse among mothers of under-five children at a selected community. Child abuse remains a major public health and social problem affecting the physical, emotional, and psychological well-being of children. Mothers play a vital role in identifying, preventing, and managing child abuse. Therefore, improving mothers’ knowledge regarding child abuse is essential for the healthy development and protection of children. The findings of the study revealed that, in the pre-test, majority of the mothers had inadequate knowledge regarding child abuse. Among the 30 mothers, 46.6% had below-average knowledge, 20% had average knowledge, and only 33.33% had above-average knowledge. These findings indicate that many mothers lacked adequate awareness regarding the types, causes, signs and symptoms, prevention, and management of child abuse. Lack of knowledge among mothers may increase the risk of unnoticed or unreported abuse among children. After the implementation of the structured teaching programme, a significant improvement was observed in the post-test level of knowledge. The post-test findings showed that only 6.66% of mothers had below-average knowledge, while 20% had average knowledge and 73.3% had above-average knowledge. The improvement in knowledge scores indicates that the structured teaching programme was highly effective in increasing awareness regarding child abuse among mothers of under-five children. The effectiveness of the structured teaching programme was further supported by the statistical analysis using the paired “t” test. The calculated “t” value (7.42) was higher than the tabulated value (3.66) at the level of significance $p < 0.001$. Therefore, the research hypothesis (H1) stating that there is a significant difference in the level of knowledge before and after the structured teaching programme was accepted. This finding confirms that the educational intervention had a positive impact on improving mothers’ knowledge regarding child abuse.

The demographic findings of the study showed that the majority of mothers belonged to the age group of 29–33 years (53.3%), most were housewives (53.3%), and many had primary or secondary education (33.33% each). These demographic characteristics may influence the level of awareness and understanding regarding

child abuse. Mothers with limited education and lack of exposure to health information may possess inadequate knowledge regarding child protection and child abuse prevention. The findings of the present study are consistent with previous studies which reported that educational interventions and awareness programmes significantly improve parental knowledge regarding child abuse prevention. Teaching programmes using audiovisual aids, pamphlets, and interactive education methods are effective in improving awareness among mothers and caregivers. Overall, the study concluded that the structured teaching programme was effective in improving the knowledge regarding child abuse among mothers of under-five children. The study highlights the importance of conducting regular health education programmes in communities to create awareness regarding child abuse prevention and child protection. Improved maternal knowledge can contribute to early identification, prevention, and reduction of child abuse, thereby promoting the healthy growth and development of children and ensuring a safer society.

MAJOR FINDINGS OF THE STUDY

- The study revealed that the majority of mothers of under-five children had inadequate knowledge regarding child abuse before the structured teaching programme, with 46.6% having below-average knowledge and only 33.33% having above-average knowledge.
- After the structured teaching programme, there was a marked improvement in the knowledge level of mothers regarding child abuse, as 73.3% attained above-average knowledge and only 6.66% remained in the below-average category.
- The mean post-test knowledge score (11.8) was higher than the mean pre-test score (5.9), and the paired “t” test value (7.42) showed a statistically significant difference at $p < 0.001$ level, confirming the effectiveness of the structured teaching programme.
- The findings emphasized the importance of health education and awareness programmes in improving mothers’ knowledge regarding child abuse prevention and child protection practices.

STRENGTHS OF THE STUDY

- The study addressed the important and underreported public health issue of child abuse among under-five children, emphasizing the role of mothers in child protection and prevention.
- The structured teaching programme provided systematic and effective health education using PowerPoint presentations and pamphlets, which improved mothers’ understanding regarding child abuse.
- The use of a pre-test and post-test research design along with statistical analysis strengthened the scientific validity and reliability of the study findings.
- The questionnaire was administered in both Tamil and English, which enhanced participant understanding and cooperation during the study.
- The study findings demonstrated the effectiveness of community-based health education programmes and provided valuable implications for nursing practice, nursing education, and future research on child abuse prevention.

LIMITATIONS OF THE STUDY

- The study was conducted on a small sample size of only 30 mothers of under-five children; therefore, the findings cannot be generalized to a larger population.
- The study was limited to a selected community, which may not represent mothers from different geographical areas or cultural backgrounds.
- The study used a non-probability convenience sampling technique, which may lead to sampling bias.
- The study included only mothers who were available during the data collection period and willing to participate, which may have affected the representativeness of the sample.
- The study assessed only the knowledge regarding child abuse and did not evaluate the actual practices or behaviours of mothers related to child protection.

- The post-test was conducted after 1 week ; therefore, long-term retention of knowledge could not be assessed.
- The study did not include a control group for comparison, which limits the ability to attribute all changes solely to the structured teaching programme.

NURSING IMPLICATION

The findings of the study have implications in different branches of nursing that is nursing practice, nursing education, nursing administration and nursing research, by assessing a level of mothers of under five children knowledge towards child abuse. The investigator received a clear picture regarding the different steps to be taken in different field to improve the same.

Implication for the nursing practice was the paediatric health nurse and other health professionals should be aware of child abuse effects and its prevention and provide child abuse education to mothers of under five children. Nurse should improve mass media programme through radio, television and teleconference

RECOMMENDATIONS

Based on the research findings the following recommendations can be made:

- The same study can be replicated on a larger sample and also at different settings.
- A comparative study can be done between rural and urban areas.
- A structured teaching programme on child abuse can be prepared and given to the teachers and the anganwadi workers. So that they can impart knowledge to all under five and school going children.

ACKNOWLEDGMENT

The investigators express their sincere gratitude to the concerned authorities of selected community Coimbatore, for granting permission to conduct the study. We extend our heartfelt thanks to the mothers of under five children who participated in the study for their cooperation and valuable time.

CONCLUSION

In pretest out of 30 mothers, 14 (46.6%) mothers below average knowledge and 6(20%) had average knowledge and 10(33.33%) of them had above average knowledge regarding the child abuse. In post test 2(6.61%) had below average knowledge and 6(20%) had average knowledge and 22(73.3) had above average knowledge. The 't' value was compared with tabulated table value at the level of $P < 0.001$ was more significant .So it was concluded that the structured teaching programme on child abuse among mothers of under five children was highly effective. Thereby mothers can apply the knowledge effectively which in turn to promote children's wellbeing.

REFERENCES

1. American Academy of Pediatrics. (2018). *Child abuse and neglect guidelines*. American Academy of Pediatrics.
2. Basavanthappa, B. T. (2014). *Nursing research* (3rd ed.). Jaypee Brothers Medical Publishers.
3. Burns, N., & Grove, S. K. (2013). *The practice of nursing research* (7th ed.). Elsevier Saunders.
4. Centers for Disease Control and Prevention. (2023). *Preventing child abuse and neglect*. <https://www.cdc.gov/violenceprevention/childabuseandneglect/index.html>

5. Daley, S. F., Gonzalez, D., Mirabal, A. B., & Afzal, M. (2020). *Child abuse and neglect*. National Institutes of Health. <https://www.ncbi.nlm.nih.gov>
6. Ghai, O. P., Gupta, P., & Paul, V. K. (2019). *Ghai essential pediatrics* (9th ed.). CBS Publishers & Distributors.
7. Hockenberry, M. J., & Wilson, D. (2017). *Wong's essentials of pediatric nursing* (10th ed.). Elsevier.
8. Kacker, L., Varadan, S., & Kumar, P. (2007). *Study on child abuse: India 2007*. Ministry of Women and Child Development, Government of India. <https://wcd.nic.in>
9. Marlow, D. R., & Redding, B. A. (2007). *Textbook of pediatric nursing* (6th ed.). Saunders.
10. Ministry of Women and Child Development. (2022). *Child protection services in India*. Government of India. <https://wcd.nic.in>
11. National Center for Biotechnology Information. (2023). *Child abuse and neglect*. <https://www.ncbi.nlm.nih.gov>
12. National Commission for Protection of Child Rights. (2023). *Child rights and protection*. <https://ncpcr.gov.in>
13. National Crime Records Bureau. (2017). *Crime in India report 2016*. Government of India. <https://ncrb.gov.in>
14. Park, K. (2021). *Park's textbook of preventive and social medicine* (26th ed.). Banarsidas Bhanot.
15. Polit, D. F., & Beck, C. T. (2017). *Nursing research: Generating and assessing evidence for nursing practice* (10th ed.). Wolters Kluwer.
16. Save the Children India. (2023). *Child protection and child rights*. <https://www.savethechildren.in>
17. Sharma, S. K. (2018). *Nursing research and statistics* (3rd ed.). Elsevier.
18. Sharma, S. K. (2019). *Biostatistics and nursing research*. Elsevier.
19. UNICEF. (2022). *Violence against children*. <https://www.unicef.org/protection/violence-against-children>
20. World Health Organization. (2014). *Global status report on violence prevention 2014*. World Health Organization.
21. World Health Organization. (2023). *Child maltreatment*. <https://www.who.int/news-room/fact-sheets/detail/child-maltreatment>
22. Asian Journal of Nursing Education and Research. (2020). *Assess the level of knowledge regarding child abuse among mothers in selected rural areas, Vadodara in a view to develop information booklet*. <https://www.ajner.com/HTMLPaper.aspx?Journal=Asian%20Journal%20of%20Nursing%20Education%20and%20Research;PID=2020-10-2-5>
23. Journal of Emerging Technologies and Innovative Research. (2021). *A study to assess the knowledge regarding child abuse among mothers at selected urban areas in Coimbatore*. <https://www.jetir.org>
24. National Institute of Child Health and Human Development. (2022). *Child development and protection*. <https://www.nichd.nih.gov>
25. World Health Organization. (2020). *INSPIRE: Seven strategies for ending violence against children*. World Health Organization
26. Loveleen Kacker, Srinivas Varadan, Pravesh Kumar. *Child abuse India 2007* Ministry of Women and Child Development Government of India. Available from: www.wcd.nic.in/childabuse.pdf