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# A Study To Assess The Effectiveness Of Structured Teaching Programme On Knowledge Among Mothers Of Low Birth Weight Babies Regarding Care Of Low Birth Weight at Sree Balaji Medical College And Hospital Chrompet, Chennai-44

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**ABSTRACT:** Birth weight is a critical determinant for survival in the neonatal period and for future growth and development of the newborn.. Low -birth weight (LBW) refers to all newborn whose weight at birth is less than 2500g irrespective of the duration of gestation. The purpose of the study is to to assess the knowledge among mothers of low birth babies regarding the care of low birth weight before structured teaching programme. To assess the knowledge among mothers of low birth babies regarding the care of low birth weight after structured teaching programme. To find out the effectiveness of structured teaching programme on knowledge among mothers of low birth weight babies. The methodology used in the study is Evaluate research approach and a pre experimental (one group pre test post test design) the study result concluded that the pre- test knowledge score is 11.5 and the post-test knowledge score is 16.5 the obtained' value 16.32 statistically significant at 0.001\*\*\* the mean difference of 5. It reveals that there was significant difference existing between pre-test and post-test knowledge score

## I. INTRODUCTION

Birth weight is a critical determinant for survival in the neonatal period and for future growth and development of the newborn.. Low -birth weight (LBW) refers to all newborn whose weight at birth is less than 2500g irrespective of the duration of gestation.Nearly 50% of neonatal deaths occur among LBW babies. The survival among them is at a high risk of developing malnutrition, recurrent infections and neuro-developmental handicaps

## II. OBJECTIVES

To assess the knowledge among mothers of low birth babies regarding the care of low birth weight before structured teaching programme.To assess the knowledge among mothers of low birth babies regarding the care of low birth weight after structured teaching programme.To find out the effectiveness of structured teaching programme on knowledge among mothers of low birth weight babies

## III. METHODOLOGY

Evaluate research approach and a pre experimental (one group pre testpost test design) was used. Non Randomized purposive sampling technique was used to select the sample for the study. The total study sample consisted of 30 mothers of low birth weight babies.

## IV. RESULTS

The comparisonof mean, standard deviation of pre test and post-test knowledge and paired't' test value regarding the knowledge regardingcare of low birth weight babies. The pre- test knowledge score is 11.5 and the post-test knowledge score is 16.5 the obtained' value 16.32 statistically significant at 0.001\*\*\* the mean difference of 5. It

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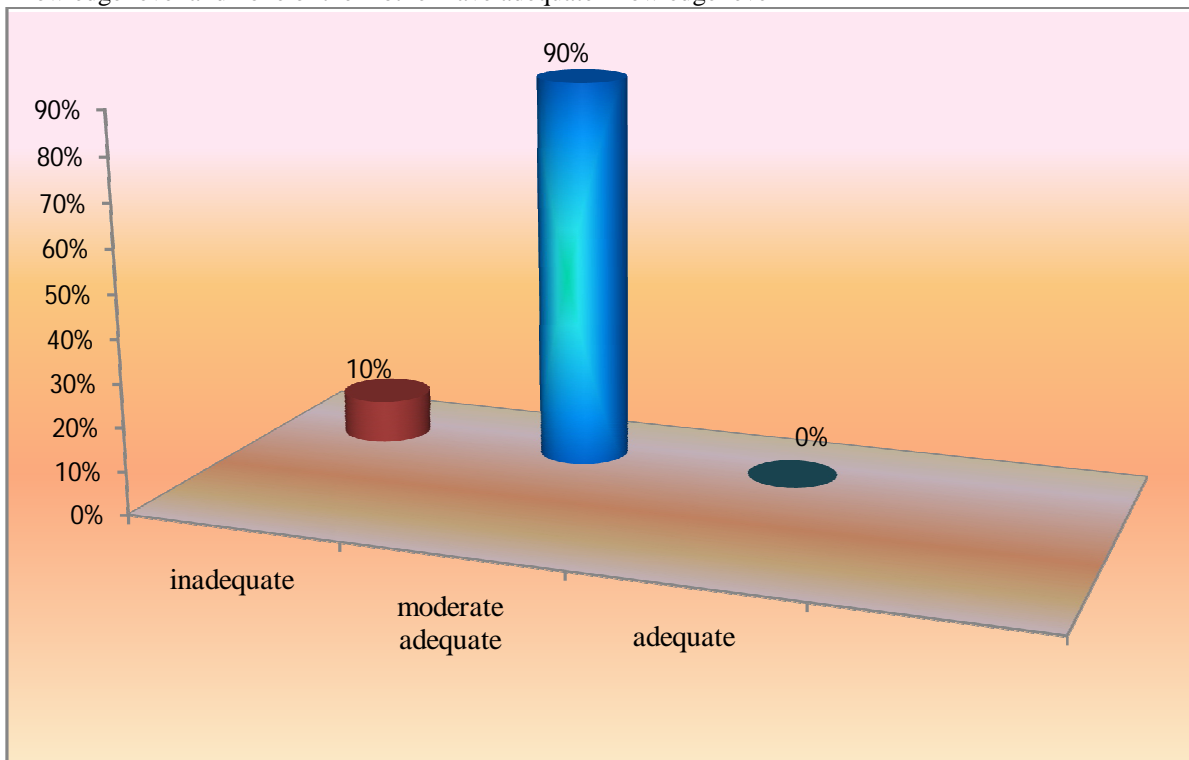
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reveals that there was significant difference existing between pre-test and post-test knowledge score. It is evident that the structure teaching programme is significantly effective in improving the knowledge among the mothers of low birth weight babies

**The pre-test level of knowledge regarding care of low birth weight babies among mothers of low birth weight babies N=30**

PRE- TEST SCORE		
KNOWLEDGE LEVEL OF SCORE	F	%
INADEQUATE	3	10
MODERATE ADEQUATE	27	90
ADEQUATE	-	-
<b>TOTAL</b>	<b>30</b>	<b>100</b>

The table reveals that majority of the mothers 27(90%) had moderate adequate knowledge. 3(10%) had inadequate knowledge level and none of the mother have adequate knowledge level



**FIG1:PERCENTAGE DISTRIBUTION ACCORDING TO PRE-TEST LEVEL OF KNOWLEDGE**

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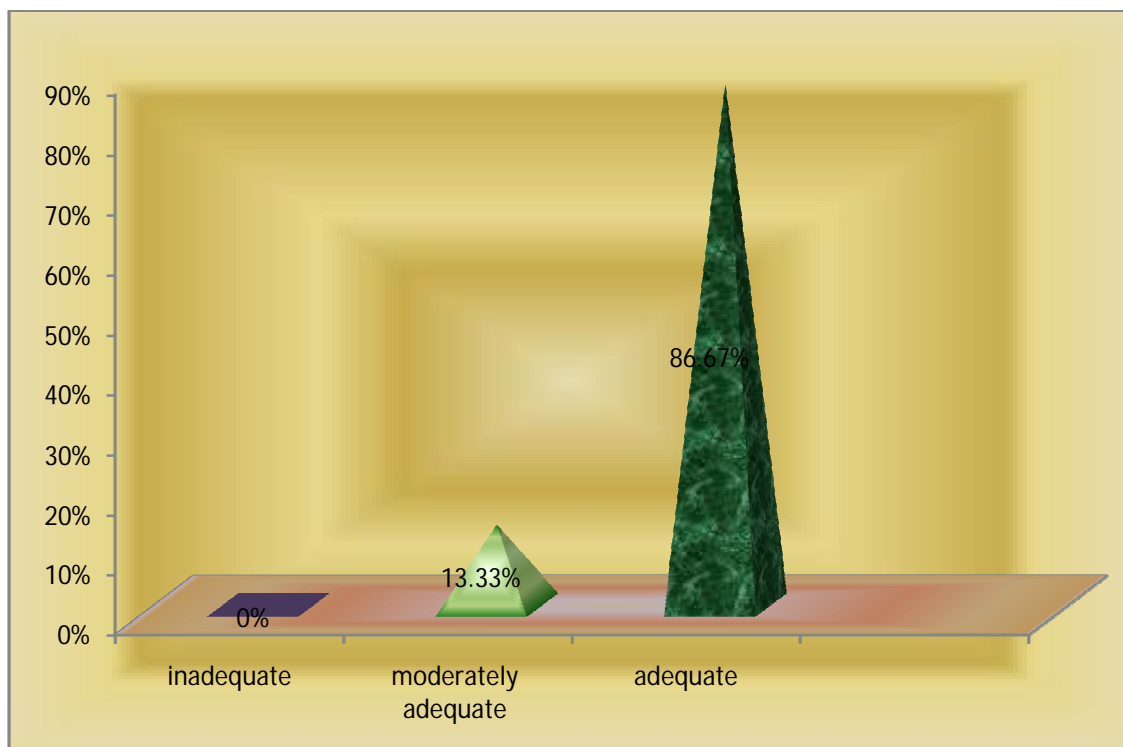
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**The post-test level of knowledge regarding care of low birth weight babies among mothers of low birth weight babies**

N=30

POST- TEST SCORE		
KNOWLEDGE LEVEL OF SCORE	F	%
INADEQUATE	-	-
MODERATE ADEQUATE	4	13.33
ADEQUATE	26	86.67
TOTAL	30	100

Table reveals that the post test score after the structured teaching programme the majority of the sample 26 out of 30 experienced adequate level of knowledge (86.67%) and 4 out of 30 sample experienced moderate adequate level of knowledge (13.33%)



**FIG.2: PERCENTAGE DISTRIBUTION ACCORDING TO POST-TEST LEVEL OF KNOWLEDGE**

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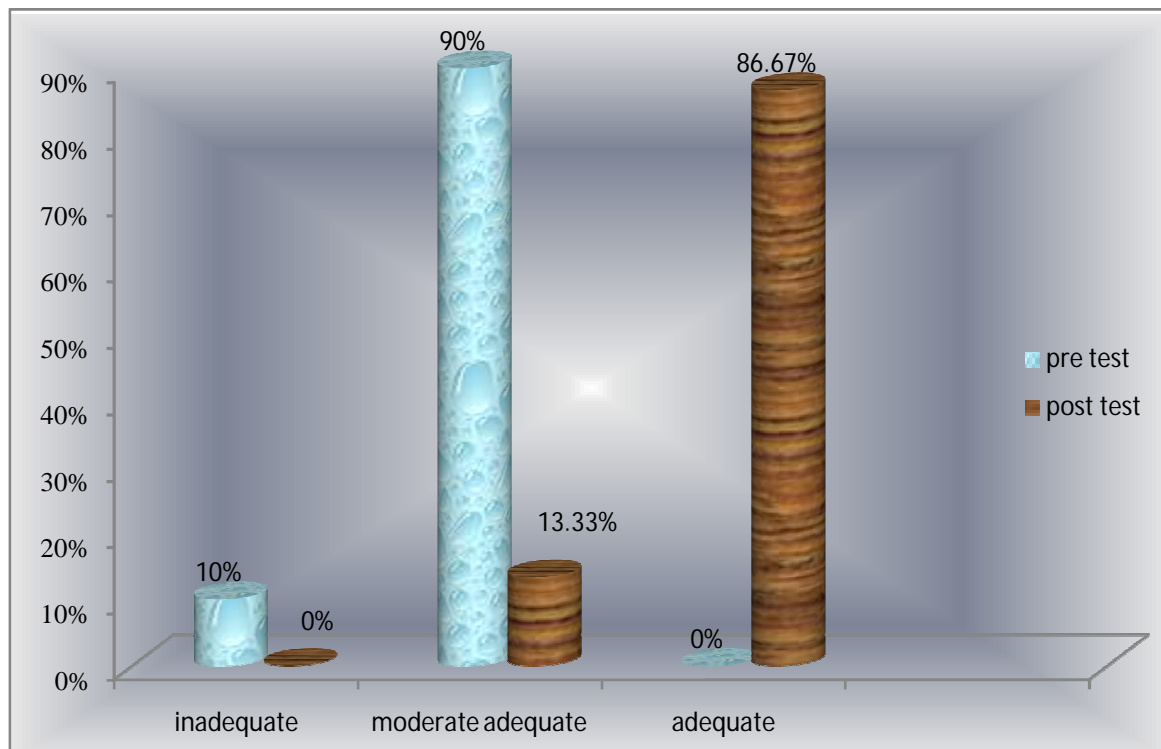
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**Table.4** The pre-test and post-test level of knowledge regarding care of low birth weight babies among mothers of low birth weight babies

N=30

Over all Knowledge level	PRE-TEST		POST-TEST	
	F	%	F	%
Inadequate (<50% )	3	10	-	-
Moderate adequate (50-75%)	27	90	4	13.33
Adequate (75-100%)	-	-	26	86.67
<b>Total</b>	<b>30</b>	<b>100</b>	<b>30</b>	<b>100</b>

Table denotes the pre-test and post-test level of knowledge among the mother of low birth weight babies regarding the care of low birth weight babies. In the pre-test, 3(10%) mothers had inadequate knowledge, 27(90%) mothers had moderate adequate and none of the mother had adequate knowledge. In the post test, none of the mothers are found to have inadequate knowledge, 4(13.33%) mothers had moderate adequate knowledge, 26 (86.67%) mothers of had adequate knowledge regarding the care of low birth weight babies



**PERCENTAGE DISTRIBUTION ACCORDING TO PRE-TEST AND POST-TEST LEVEL OF KNOWLEDG**

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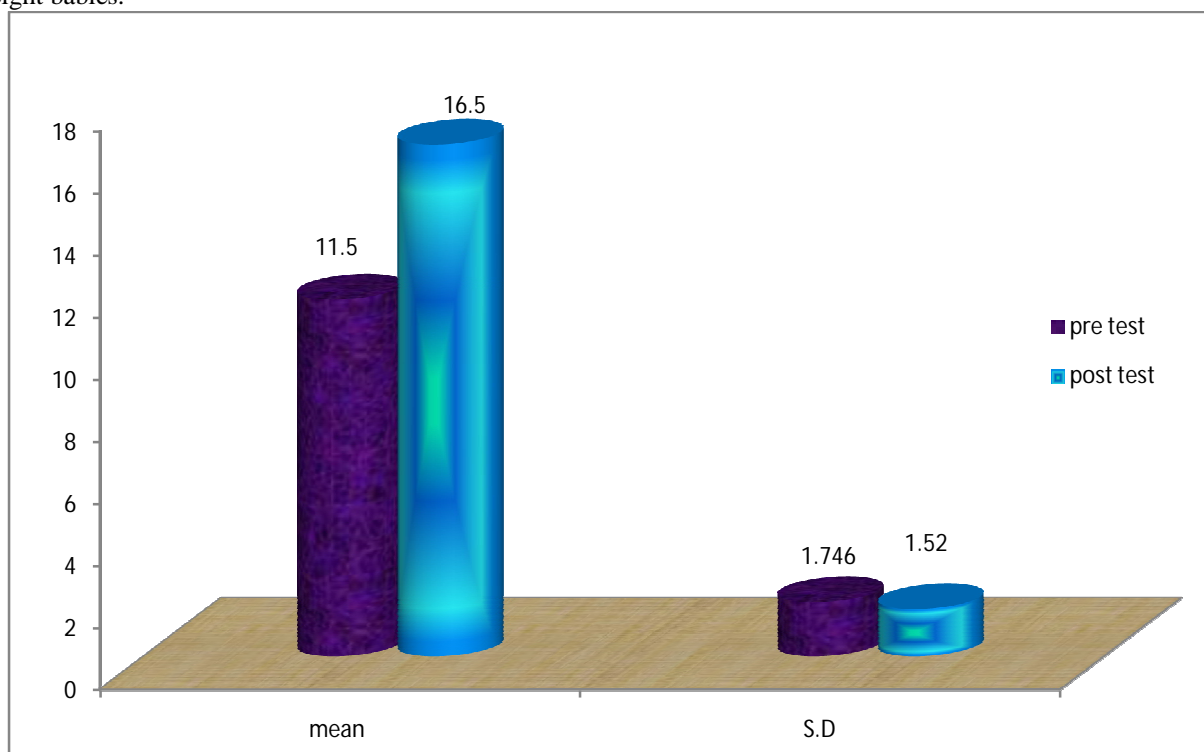
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**The mean and SD of pre-test and post-test level of knowledge regarding care of low birth weight babies among mothers of low birth weight babies**  
N=30

over all knowledge	Mean	Mean Difference	SD	't' value	'p' value
Pre test	11.5	5	1.746	16.32	0.001
Post test	16.5		1.52		

Table represents the comparison of mean, standard deviation of pre test and post test knowledge and paired 't' test value regarding the knowledge regarding care of low birth weight babies. The pre-test knowledge score is 11.5 and the post-test knowledge score is 16.5 the obtained 't' value 16.32 statistically significant at 0.001\*\*\* the mean difference of 5. It reveals that there was significant difference existing between pre-test and post-test knowledge score. It is evident that the structure teaching programme is significantly effective in improving the knowledge among the mothers of low birth weight babies.



**THE MEAN AND S.D OF PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE REGARDING CARE LOW BIRTH WEIGHT**

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## V. CONCLUSION

Based on the finding the study concluded that the planned teaching programme is found to be effective in terms of gain in knowledge regarding care of low birth weight babies. The post-test after administration of structured teaching programme the knowledge score was improved. So the structured teaching programme is effective in improving the knowledge of mothers regarding the care of low birth weight babies.

## RECOMMENDATIONS

1. A pre experimental study to evaluate the effectiveness of structured teaching programme on care of low birth weight babies could be conducted on larger sample.
2. A similar study can be conducted by using experimental and control group.
3. A pre experimental study to evaluate the effectiveness of structured teaching programme on kangaroo mother care on growth and development of low birth weight babies.
4. A descriptive study to determine the factors contributing to low birth weight babies can be done.
5. A pre experimental study to evaluate the effectiveness of structured teaching programme on attitudes and skills of mothers in the care of low birth weight babies can be conducted.

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