

## **A STUDY TO ASSESS THE KNOWLEDGE ON HOME MANAGEMENT OF DRY COUGH AMONG MOTHERS OF UNDER FIVE YEAR CHILDREN IN SELECTED RURAL AREA, SHIVRAJPUR, KANPUR**

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### **ABSTRACT**

Cough is common in children, especially when they are preschool age. Home management has long been used for dry cough such as honey, ginger, warm water, and coriander powder with milk. These are effective remedies for dry cough in under five year children. To assess the level of knowledge about home management of dry cough among mothers of under five year children in rural area, Shivrajpur, Kanpur. Non experimental descriptive design was used. on probability convenience sampling technique was used to select 100 mothers of under five year children. Self administered Questionnaire was given to the mothers to assess the knowledge of mothers. The obtained data was analyzed using descriptive and inferential statistics and interpreted in terms of objectives and hypothesis of the study. Demographic variables of the under five year mothers describe in terms of the frequency and percentage distribution. Percentage wise distribution of subject according to their knowledge level reveals that majority of subjects (58%) was having poor level of knowledge, (39%) was having average level of knowledge. The overall mean knowledge percentage was 36.54 which was inadequate. There was no significant association was found with knowledge score with socio-demographic variables.

**Key Words:** knowledge, home management of dry cough, mothers of under five year children, rural area

### **Introduction:**

Children are future citizen of nation. The future of nation is in the hands of children". The welfare of today's children predicts the health and welfare of the community tomorrow. A cough is a sudden and often repetitively occurring reflex which helps to clear the large breathing passages from secretions, irritants, foreign particles and microbes<sup>1</sup>. The cough reflex consists of three phases: an inhalation, a forced exhalation against a closed glottis, and a violent release of air from the lungs following opening of the glottis, usually accompanied by a distinctive sound<sup>2</sup>. Coughing is either voluntary or involuntary.

Lemon also has been shown to have very strong antibacterial antiviral properties<sup>3</sup>." The combination of honey and lemon is a traditional cure for cough that has gained a great deal of repeat in the medical community due to the individual and combined power of the ingredients<sup>4</sup>.

Nearly 2 million under five children die from acute respiratory tract infection and most of these children are in developing countries. The incidence of lower respiratory tract infection is high and cause 19% to 27% hospitalization of children under the age of 5 year in the USA<sup>5</sup>. Acute respiratory infections accounted for 67% of all morbidity in India. Lemon also has been shown to have very strong antibacterial antiviral properties. The basis of recipes of honey and lemon for cough is, of course honey and lemon. The simplest recipes is a combination of 1 cup of warm, local honey and 3 tablespoons of freshly squeezed lemon juice. First add ¼ cup of warm water to the

mixture and then stir it until smooth<sup>6</sup>. The child should take 1-2 tablespoon of the mixture at the first sign of cough and another dose before going to bed for a good sleep. Relief should be refrigerated and the left over mixture is fine for up to a month.

### **Objective**

- To assess the knowledge on home management of dry cough among mothers of under five children.
- To associate the knowledge score with their selected demographic variables.

### **Hypothesis**

**H1.** There is a significant association between the knowledge scores of mothers of under five children with their selected demographical variables.

### **Material and methods used:-**

**Research approach:-** A cross sectional survey approach was used in this study.

**Research design:-** Descriptive research design was used in this study.

**Setting of the study :-** The study was conducted at at selected rural area, Shivrajpur, around 15 k m. away from Rama College of Nursing, Kanpur.

**Population :-** The population of present study consists of all the mothers under five year children at rural area of Shivrajpur, Kanpur.

**Sampling and sample size:-**Non probability convenience sampling technique was used to select 100 mothers of under five year children.

**Variables**

**Dependent variables**

Knowledge of the mothers regarding home based management of dry cough.

**Extraneous variables**

Age of the mother, religion, occupation, income and source of information.

**Sampling criteria :-**

**Inclusion Criteria :-**

- Mothers who have children under five year of age.
- Mothers who are willing to participate in the study.
- Mothers who are able to read and write hindi,
- Mothers who are available during the period of data collection.

**Exclusion criteria**

- Mothers who are sick.

**Development of tools**

**Section - A** Consists of Socio - demographic data such as age, occupation, religion, monthly income type of family, source of information, economic status of the family.

**Section- B** = Structure knowledge Questionnaire regarding the home management of dry cough.

**Data collection procedure**

The data collection was scheduled from 19 September 2016 to 24 September 2016. Before the data collection the investigator obtained the formal permission from the principal and the research committee of Rama College of nursing to conduct the study on Assessment of the knowledge about home management of dry cough among mother of under five children from 100 samples. Before the data collection written permission was obtained from PHC and mothers of under five year children were identified through house to house survey and then verbal consent was taken from the mothers under five year children. All the mothers were assembled at one place to assess the knowledge about home management of dry cough. Around 25 mothers per day were assessed for 4 days.

**Plan for data analysis:**

The collected data were analysed on the basis of objectives and hypothesis of study. Before analysis

the data was entered in coding sheet and data was analysed by using descriptive and inferential statistics such as percentage, mean and chi square test.

**Data analysis and major findings of the study:-**

**Section-A Description of demographic variables of the mothers under five children.**

- Highest percentage of subjects 37% were between 23 -28 years of age.
- Higher percentage of subjects were house wife 95%.
- All most all mothers 100% were belonging to Hindu religion.
- Highest percentage of monthly income 70% were <5000.
- Highest Percentage 65% were nuclear family.
- Highest Percentage 50% were friends & groups

**Section - B**

**Table- 1: Mean Standard Deviation And Median According To Knowledge Score Of Mothers.**

n=100				
Knowledge score	Mean	Mean%	Median	SD
	9.51	36.54	10	3.58

- Mean knowledge was 9.51 for the mothers.
- Standard deviation score of mothers were 3.58.
- Median was 10.

**Section- c**

**Table- 2: Knowledge level of Mothers.**

Sl.No Level of knowledge frequency%

1	Poor	58	58
2	average	39	39
3	Good	3	3

**Section d- Association of knowledge score of mother and demographic variables.**

- No Significance association was found between knowledge score with demographic variables.

**Conclusion:-**

The findings of the study has been discussed with reference to the objectives, hypothesis and with the findings of the other studies. Based on the findings of the study it can be concluded that most of the subject were in the age group 23 – 28 they are mostly house

wife. Most of them were found with monthly income of <5000 Rs, it is also found that overall level of knowledge on mothers were inadequate. On the basis of findings, the investigators concluded that there is a need of health education on mothers under five year children about home management for dry cough.

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### Recommendation

- A large study can be conducted on home management of dry cough for among mothers under five year children.
- Comparative study can be done home management of dry cough among rural mothers.
- Interventional study can be done assess the effectiveness of health education about home management on prevention of dry cough among mothers under five children.

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