



A Study To Assess The Effectiveness Of Planned Teaching Programme On Knowledge Regarding Prevention Of Worm Infestation Among Mothers Of Under-Five Children In Selected Anganwadi Centres Of District Kishtwar

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Abstract

Aim of the Study: The study was conducted with an aim to improve knowledge regarding worm infestation among the mothers of under five children so that they can protect the children from the risk worm infestation, as the problem is more prevalent among the under five children.

Title of the study: A study to assess the effectiveness of planned teaching programme on knowledge regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.

Objectives

1. To assess Pretest knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.
2. To assess the posttest knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.
3. To compare pre test and post test knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.
4. To determine the association of pre test knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected hospitals of Srinagar with their demographic variables i.e. Age, Education, Occupation, Monthly Family Income, Type of Family, Number of under-five children & Residence.

Research Methodology:

50 mothers of under-five children who were registered in selected Anganwadi centres of District Kishtwar (Banderna Anganwadi centre and Hidyal Chowk Anganwadi centre) were selected by purposive sampling technique. Pre-experimental one group pre-test and post-test research design was used for conducting the study and data was collected by administering self structured interview schedule.

Results:

Out of 50 study subjects 1(2%) were in the age group below 20 years, 9(18%) were 21- 25 years, 16(32%) were 26-30 years, 14(28%) were 31-35 years rest 10(20%) were 36-40 years. 10(20%) were middle pass, 6(12%) were illiterate, 12 (24 %) were educated up to secondary level, 9(18%) were educated up to higher secondary level, 10 (20%) were graduates and 3(6%) were post graduates and above. 30(60%) of mothers had only one under-five child, 19(38%) had two and rest 1(2%) had three and none was having more than 4 under five children. 32(64%) had family income/ month between 10,000 to 30,000 rupees 14(28%) had less than 10,000 monthly family income/ month, and 4(8%) had more than 30,000 family income/ month in Indian rupees. 35(70%) belongs to nuclear family and 15(30%) belongs to joint family and none belong to extended family. 27(54%) were from rural area and 23(46%) were from urban. 30(60%) were housewives, 13(26%) were government employee and only 7(14%) were private employees. In pre test, majority of the study subjects 39(78%) had inadequate knowledge, 11(22%) had moderate knowledge & none was had adequate knowledge regarding prevention of worm infestation before implementation of planned teaching programme. While as in the post test, 7(14%) had adequate knowledge, 32(64%) had moderate knowledge & 11(22%) had inadequate knowledge regarding prevention of worm infestation after implementation of planned teaching program. The mean pre-test knowledge score was 41.8% which improved to 61.08% in mean post-test ($p < 0.001$). A significant association was found

between Monthly family income ($p \leq 0.032$) and the pre-test knowledge scores. Whereas no association was found between age ($p \leq 0.0790$), mothers education ($p \leq 0.834$), no. of under five children ($p \leq 0.589$), type of family ($p \leq 0.099$), residence ($p \leq 0.404$), mothers occupation ($p \leq 0.383$) and the pre test knowledge.

Conclusion:

Planned teaching programme improved the knowledge of mothers of under five children regarding prevention of worm infestation. Improvement in knowledge was assessed by taking post-test after 6 days.

Keywords: Planned teaching program, Effectiveness, Knowledge, mothers of under five children, Anganwadi Centres, prevention of worm infestation.

INTRODUCTION

Statement of Problem: A study to assess the effectiveness of planned teaching programme on knowledge regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.

Objectives:

1. To assess Pre test knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.
2. To assess the post test knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.
3. To compare pre test and post test knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.
4. To determine the association of pre test knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar with their demographic variables i.e. Age, Education, Occupation, Monthly Family Income, Type of Family, Number of under-five children & Residence.

Need of the Study: Even though the problems associated with the worms are drastic, these do not grab headlines like other diseases. The sickness they cause can be equally devastating. Children who are affected with worm infestation may show the sign and symptoms of weight lost, itching at anal area, abdominal pain, diarrhea, anemia, sleeplessness, irritability and fever. Worm infections can also cause stomach pain, cough, fever, vomiting, loss of appetite, a swollen belly, blood in stools or urine, fatigue and

restlessness. Worms can limit nutrient absorption and cause intestinal bleeding, leading to anemia and malnutrition thereby making children either too sick or too tired to concentrate. In the case of serious chronic infections children may also be physically stunted. This can lead to long term retardation of mental development. In rare cases worms can lead to conditions that are life threatening.

Intestinal helminthes are a worldwide problem especially among children of developing countries. It is a common health problem in children. It is common in tropical and subtropical areas. It occurs through the fecal-oral route. It can be prevented through proper health education regarding personal hygiene and environmental sanitation.

Intestinal parasitic infection (IPI) constitutes a global health problem. These parasites are estimated to affect approximately 3.5 billion persons worldwide and cause morbidity in 450 million, many of these being children in developing countries. So this motivated the researcher to educate the mothers of under five children regarding worm infestation.

Review of literature is an essential component of research study as it provides a broad understanding of the research problem. The purpose of review of literature involved in any research study is to become knowledgeable in that field. This is an in-depth search of the prior research done in the field.

Literature review is an essential component of the research as it aids researcher in formulating the research plan. Review of literature is defined as a broad, comprehensive, in depth, systematic and critical review of scholarly publication, unpublished printed or audio visual material and personal communication.²⁶

This chapter includes review of literature for the study which is organized under the following headings.

A. Studies related to incidence and prevalence of worm infestation.

B. Studies related to causes and risk factor of worm infestation.

C. Studies related to knowledge of the mothers regarding worm infestation.

D. Studies related to effectiveness of planned teaching programme on knowledge of the mothers regarding prevention of worm infestation.

A. Studies related to incidence and prevalence of worm infestation:-

Choubisa SL, Jaroli VJ, Choubisa P, Mogra N (2012) 28 conducted a Cross-sectional study to examine the prevalence of intestinal parasitic among 224 tribal children (115 males and 109 females) of Rajasthan, India. The findings of the study revealed that, male children showed relatively higher (56.52 %) prevalence of worm infestation as compared to females (46.78 %) and thus it was concluded that maximum number of parasitic infestation was prevalent in the age group of 4-6 years (69.23 %) in both genders.

B. Studies Related To Causes and Risk Factors of Worm Infestation:-

Dumba R, Kaddu JB (2008) 41 conducted a Survey to investigate risk factors that promote helminthic infections among 727 children under-five years of age in Uganda. The findings of the study revealed that some risk factors strongly associated with helminthic infections include method of anal cleaning, how compounds and latrines are maintained and age of subjects, method of hand washing after latrine visits, education level, type of house floor, house hold compound as well as accessibility to water were associated with worm infestation.

C. Studies related to knowledge of mothers regarding prevention of worm infestation.

Amein NM (2014) 56 conducted a Descriptive study to assess the knowledge and practice of 100 caregivers about intestinal parasitic infestation at EL-minia city. The findings of the study revealed that there was significant difference between knowledge and practice

of mothers regarding intestinal infestation and more than three quarter of mothers don't know intestinal parasitic infestation and 54.7% of them don't know types of intestinal parasite.

D. Studies Related To Effectiveness of Planned Teaching Program on Knowledge of Mothers Regarding Prevention of Worm Infestation Daljit K(2015) 65 conducted a Quasi experimental study to assess the effectiveness of structured teaching programme on knowledge and practice regarding prevention of intestinal worm infestations among the 60 mothers of 1-5 years of age children in selected villages of Moga, Punjab. A non equivalent quasi experimental design is used for study. A 60 mothers were selected, 30 for experimental and 30 for control group by using purposive sampling method. The findings of the study revealed that mean post test knowledge score (17.63) and practice score (16.60) were significantly higher than pre test knowledge score (12.67) and practice score (12.97) respectively in experimental group. There was statistically significant effect of Age of mothers, Education of mother, Education of husband, Occupation of mother, Occupation of husband, and Type of family on pre test and post practice score of experimental and control group expect Monthly family income, Religion, Source of information and Number of children. The study concluded the structured teaching programme on prevention of intestinal worm infestation was effective in enhancing the knowledge and practice of mothers regarding prevention of intestinal worm infestations.

Research Approach:

In view of the nature of the problem under study and to accomplish the objectives of the study, quantitative approach was found to be appropriate to assess the effectiveness of planned teaching programme on knowledge regarding prevention of worm infestation among mothers of under five children in selected Anganwadi centres, of District Kishtwar".

Research Design:

In the present study Knowledge Based Self Structured interview schedule was administered to mothers of under-five children as a Pre Test measure & Intervention was given in the form of Planned Teaching Programme & Post Test was taken after giving intervention.

Group	Mean score	Mean score (%)	Standard deviation	Mean Difference	P Value
Pre test score	20.74	41.48%	5.9	19.60	≤0.001
Post test score	30.54	61.08%	6.8		

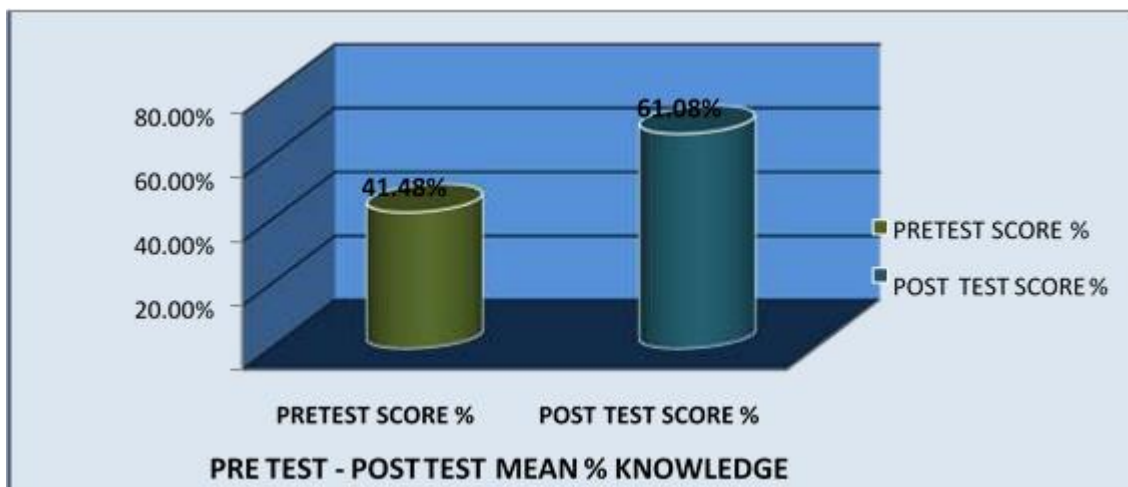


Figure 1: Cylindrical diagram showing comparison of pre and post test mean scores. Table 4 & Figure 13 revealed that pre test score mean% was 41.08% and post test score mean % was 61.08% with mean difference of 19.60 at p value ≤0.001 which indicates that there was high significant difference between pre test & post test mean knowledge score. So there was enough evidence that this change occurred after implementation of intervention. As Null hypothesis states that (H0: There is no significant difference

between the pre test and post test knowledge scores regarding prevention of worm infestation among mothers of under five children) and Research hypothesis states that (H1: There is significant difference between pre-test knowledge and post test knowledge scores regarding prevention of worm infestation among mothers of under five children).Therefore Null hypothesis is rejected and research hypothesis is accepted.

Level Of Knowledge	Score	Pre Test		Post Test	
		Frequency	%age	Frequency	%age
Inadequate	≤50%	39	78%	11	22%
Moderate	51-75%	11	22%	32	64%
Adequate	>75%	0	0	7	14%
Total		50	100%	50	100%

Table revealed that in pre test 39(78%) study subjects had inadequate knowledge, 11(22%) had moderate knowledge & none had adequate knowledge and in post test 11(22%) study subjects had adequate knowledge , 32(64%) had moderate knowledge & 7(14%) had inadequate knowledge regarding prevention of worm infestation.

PRE

The present study was aimed at to assess the effectiveness of planned teaching programme on knowledge regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar. In order to achieve the objectives of the study, pre-experimental one group pre-test & post- test research design was adopted. Purposive sampling technique was used to select study subjects. The data was collected from 50 study subjects through self-structured interview schedule before and after the implementation of planned teaching programme on knowledge regarding prevention of worm infestation and was analyzed keeping in view the objectives of the study.

Findings of the study:

The findings of the study were organized as follows:

Section I: Description of the demographic variables of study subjects: This section deals with the frequency and percentage distribution of study subjects with respect to Age, Education, Occupation, Family Income, Type of Family, Number of under five children & Residence.

□ Out of 50 study subjects, majority 16(32%) were in the age group of 26-30 years, 1(2%) below 20 years, 9(18.3) 21-25 years, 14(28%) 31-35 years and rest 10 (20%) 36-40 years.

□ Majority of study subjects 10(20%) were middle pass, 6 (12%) illiterate, 12 (24

%) educated up to secondary level, 9 (18%) educated up to higher secondary level, 10 (20%) were graduates and 3 (6%) post graduates and above.

□ Majority of study subjects 30(60%) had only one under-five child, 19(38%) had two and rest 1(2%) had three and none was having more than 4 under five children.

□ Majority of study subjects 32 (64%) had family income/ month between 10,000 to 30,000, 14(28%) had less than 10,000 monthly family income/ month, and 4(8%) had more than 30,000family income/ month in Indian rupees.

Majority of the study subjects 35 (70%) belongs to nuclear family and

15(30%) belongs to joint family and none belong to extended family

□ Majority of the study subjects 27(54%) were from rural area and 23(46%) were from urban.

□ Majority of study subjects 30(60%) were housewives, 13(26%) government employee and only 7(14%) were private employees.

Section II: Assessment of Knowledge level of study subjects regarding Prevention of worm infestation before and after implementation of planned teaching programme.

Objective 1: To assess Pre test knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.

In pre test , majority of the study subjects 39(78%) had inadequate knowledge regarding prevention of worm infestation, 11(22%) had moderate level of knowledge & none had adequate level of knowledge regarding prevention of worm infestation before implementation of planned teaching programme.

These findings of the study are supported by a Evaluative study conducted by Thomas SP (2012) 67 to assess the Effectiveness of structured teaching programme on knowledge regarding prevention of worm infestation, among 30 mothers with under five children at uttarahalli, Bangalore. During pre test 26(86%) mothers had inadequate knowledge, 3(10%) mothers had moderate knowledge and very few 1(3%) of mothers had adequate knowledge about prevention of worm infestation.

These findings of the study are also supported by a Descriptive study conducted by Varalakshmi B (2012)61 to assess the mother's knowledge regarding intestinal worm infestations in selected urban community of Hyderabad, Andhra Pradesh. A Structured interview questionnaire was administered

to 100 mothers which comprised of demographic details like mother's age, education, occupation, socio economic status and also to test their knowledge about intestinal worm infestation, personal hygiene, cooking practices and environmental sanitation. The responses were analyzed and divided into three categories: below average, average and above average. The study Findings revealed that knowledge scores were below average in 46 percent, average in 48 percent and above average in 6 percent of the population studied. There was a direct relation between mother's knowledge and education.

Objective 2: To assess the post test knowledge scores regarding prevention of worm infestation among mothers of under five children in selected Anganwadi centres of District District Kishtwar.

In the post test 11(22%) had adequate knowledge regarding prevention of worm infestation, 32(64%) had moderate level of knowledge & 7(14%) had inadequate knowledge regarding prevention of worm infestation after implementation of planned teaching programme.

The findings are supported by a Evaluative study conducted by Thomas SP (2012) 67 to assess the Effectiveness of structured teaching programme on knowledge regarding prevention of worm infestation, among 30 mothers with under five children at uttarahalli, Bangalore. In post-test, majority 22(73%) of mothers had adequate knowledge and 8(26%) mothers had moderate knowledge and none had inadequate level of knowledge after implementation structured teaching programme.

Section III: Comparison between Pre-test & Post-test knowledge Scores of study subjects regarding prevention of worm infestation.

Objective 3: To compare pre test and post test knowledge scores regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District District Kishtwar.

While comparing the knowledge scores of study subjects regarding prevention of worm infestation, the mean post-test knowledge score 61.68% was greater than the mean pre- test knowledge score 41.48%.The mean difference between pre-test & post-test knowledge score was 19.60 at $p < 0.001$, which

indicates that there was significant difference between pre-test and post-test mean knowledge scores. So, there was enough evidence that change occurred due to intervention.

The standard deviation of pre-test knowledge score 5.9 was greater than standard deviation of post-test knowledge score 6.8.

The findings are supported by a Evaluative study conducted by Thomas SP (2012) 67 to assess the Effectiveness of structured teaching programme on knowledge regarding prevention of worm infestation, among 30 mothers with under five children atuttarahalli, Bangalore. The mean score of pre test and post test level of knowledge regarding prevention of worm infestation were 7.38 and 12.87 respectively. From the mean scores it was clear that mothers gained knowledge after structured teaching programme

The findings are also supported by a Pre experimental study conducted by Mulik MS (2013)66 to evaluate the effectiveness of planned teaching programme on knowledge regarding prevention of worm infestation among 30 mothers residing in kale village by using non probability purposive sampling technique. The findings of the study revealed that mean post test knowledge score (15.05) was higher than pre test knowledge score (10.06).Hence there is significant difference between pretest and post test knowledge level (4.99) at $p < 0.001$. Hence, the study results revealed that the planned teaching programme was effective in improving knowledge of mothers regarding worm infestation.

The findings are also supported by a Quasi experimental study conducted by Daljit K (2015) 65 to assess the effectiveness of structured teaching programme on knowledge regarding prevention of intestinal worm infestations among the 60 mothers of 1–5 years children in selected villages of Moga, Punjab. A 60 mothers were selected, 30 for experimental and 30 for control group by using purposive sampling method. The findings of the revealed that mean post test knowledge score (17.63) were significantly higher than pre test knowledge score (12.67) respectively in experimental group. So the study concluded the structured teaching programme on prevention of intestinal worm infestation was effective in increasing the knowledge

mothers regarding prevention of intestinal worm infestations.

Section IV: Association of pre-test knowledge scores of study subjects with their selected demographic variables (Age, Education, Occupation, Family Income, Type of Family, number of under five children & Residence)

Objective 4: To determine the association of pre test knowledge scores regarding prevention of worm infestation among mothers of under five children in selected Anganwadi centres of District Kishtwar with their demographic variables i:e Age, Education, Occupation, monthly Family Income, Type Of Family ,Number of under five children & Residence.

A significant association was found between monthly Family Income ($p \leq 0.134$) with their pre-test knowledge score. While as no association was found between Age ($p \leq 0.07417$), Mothers Education ($p \leq 0.4781$), Number of under five children ($p \leq 0.4075$), Type of Family ($p \leq 0.0442$), Residence ($p \leq 0.1582$), Mothers Occupation ($p \leq 0.6391$) of study subjects.

The findings are supported by a evaluative study conducted by Thomas SP (2012) 67 to assess the Effectiveness of structured teaching programme on knowledge regarding prevention of worm infestation, among 30 mothers with under five children at uttarahalli, Bangalore. From the chi-square value of knowledge scores, it was found that the significant association was found with their educational status (Chi-square=3.862). And there is no significant association between their age, income, occupation, and number of children.

The findings are also supported by a Descriptive study conducted by Swarajyam Y (2011)59 to assess the knowledge and practices of 100 mothers regarding prevention of worm infestation among children in order to develop a health education pamphlet in a selected rural community at Bangalore. The findings of the study revealed that, majority of the mothers had moderately adequate knowledge (65%) and they follow moderately appropriate practices (72%) regarding prevention of parasitic infestations. There was a positive correlation ($r = 0.482$) between knowledge and practices of mothers regarding worm infestations. A statistically significant association was

found between level of knowledge and demographic variables such as age, education and monthly income of the family. Statistically significant association was found between level of practices and demographic variables such as education and occupation.

But in present study, researcher found significant association between pre-test knowledge scores and monthly family income of study subjects at $p \leq 0.001$ level of significance. Results may vary because of small sample size.

Chapter VI summary, major findings, conclusions, nursing implications, limitations and recommendations

This chapter deals with the summary of the study and its major findings, along with implications and recommendations. The primary aim of the study was to assess the effectiveness of planned teaching programme on knowledge regarding prevention of worm infestation among mothers of under-five children in selected Anganwadi centres of District Kishtwar.

Review of literature and related studies made the investigator to develop conceptual framework, to design the research methodology, to develop the tool and to gather relevant information to support the study. In the present study planned teaching programme (PTP) was administered with the aim to improve the knowledge of study subjects

Major Findings:

Related to demographic variables:

Out of 50 study subjects

□ Majority of study subjects ,16(32%) were in the age group 26-30 years, 1 (2%) 20 years, 9(18%) 21-25 years, 14(28%) 31-35 years rest 10 (20%)

36-40 years.

□ Majority of study subjects 10(20%) were middle pass, 6 (12%) illiterate, 12 (24

%) educated up to secondary level, 9 (18%) educated up to higher secondary level, 10 (20%) graduates and rest 3 (6%) post graduates and above.

□ Majority of study subjects 30(60%) had only one under-five child, 19(38%) had two and rest 1(2%) had three and none had more than 4 under five children.

□ Majority of study subjects 32 (64%) had family income/ month between 10,000 to 30,000 rupees 14(28%) had less than 10,000 monthly family income/ month, and 4 (8%) had more than 30,000 family income/ month in Indian rupees

□ Majority of the study subjects 35 (70%) belongs to nuclear family and 15 (30%) belongs to joint family and none belong to extended family.

□ Majority of the study subjects 27(54%) were from rural area and 23(46%) were from urban.

□ Majority of study subjects 30(60%) were housewives, 13(26%) government employee and only 7(14%) were private employees Related to level of knowledge:

□ In pre test, majority of the study subjects 39(78%) had inadequate knowledge regarding prevention of worm infestation, 11(22%) had moderate knowledge & none had adequate knowledge regarding prevention of worm infestation before implementation of planned teaching programme. While as in the post test, 11(22%) had adequate knowledge regarding prevention of worm infestation, 32(64%) had moderate knowledge & 7(14%) had inadequate knowledge regarding prevention of worm infestation after implementation of planned teaching programme.

Related to comparison of Pre-test & Post-test knowledge Scores:

□ The mean post-test knowledge score 61.8% was greater than the mean pre- test knowledge score 41.48%.The mean difference between pre-test & post-test knowledge score was 19.60 at $p < 0.001$, which indicates that there is significant difference between pre-test and post-test mean knowledge scores. So, there is enough evidence that change occurred due to intervention (PPT) Related to Comparison of correct responses as per the items in the pre test and post test knowledge scores:

□ The number of correct responses to each item in the post test was significantly higher than correct response to each item in the pre test which indicates the effectiveness of planned teaching programme.

Related to association between pre-test knowledge with the selected demographic variables:

□ Monthly family income ($p \leq 0.134$) of study subjects was found to have significant association with the pre-test knowledge scores.

□ Conversely, no association was found between age ($p \leq 0.7417$), mothers education ($p \leq 0.4781$), no. of under-five children ($p \leq 0.4075$), type of family ($p \leq 0.0442$), residence ($p \leq 0.1582$), mothers occupation ($p \leq 0.6391$) of study subjects

Nursing Implications:

The study findings have several implications in nursing. They can be categorized under following:

1. Nursing Practice
2. Nursing Education
3. Nursing Research
4. Nursing administration

1) Nursing practice:

□ Education programmes can be conducted by nursing personnel both in the hospital and community areas to improve knowledge regarding worm infestation among care givers and public.

□ The major roles of a nurse include preventive, promotive, curative and rehabilitative care. Providing health education to the people for the prevention of worm infestation is considered very important in maintaining people's health.

□ Health information can be given through various methods like lectures, mass media, pamphlets, booklets, planned teaching programme etc.

□ Nursing personnels working in hospital, schools and community can educate the school children ,mothers, teachers regarding prevention of worm infestation.

□ Planned teaching programme can be used by the nursing students to create awareness among mothers regarding prevention of worm infestation during their clinical postings and field visits.

2) Nursing education:

□ The nursing curriculum must include different methods of teaching regarding knowledge and prevention of worm infestation. Nursing students should be made aware of their role in health promotion

and disease prevention in the present and for future, which may help in achieving the goal of Health for All.

□ The student's teaching experience need to emphasize on teaching various community groups on preventive and promotive health practices.

□ Nursing education builds up a future nurse. The present study revealed that there is positive correlation between knowledge scores and planned teaching programme regarding prevention of worm infestation.

□ To provide information and knowledge to the study subjects, the nurse must have adequate knowledge regarding prevention of worm infestation. Hence, the nursing curricula must include various teaching and awareness approaches that are effective among various age groups of people, like planned teaching programme.

□ Nursing curriculum must provide an opportunity to plan and conduct teaching programmes in variety of settings Viz family, community, industry, hospital, schools and other health care agencies.

3) Nursing research:

• One of the main aims of the nursing research is to contribute knowledge to the body of nursing to expand and broaden the scope of nursing. This is possible only if nurses are taking initiative to conduct further research.

• Research can be done to assess the magnitude of worm infestation in community and to find out various innovated methods for effective teaching to improve the knowledge regarding prevention and management of worm infestation.

• The findings of the present study can be utilised by nurse researcher to contribute to the profession to accumulate new knowledge regarding worm infestation.

• In depth studies of various factors contributing to worm infestation can be conducted.

• Large scale studies can be conducted with regard to prevention and control measures likes appropriate treatment, proper hygiene, and environmental hygiene.

4) Nursing administration:

• The nurse as an administrator must plan , organize educational programmes for nursing personnel to motivate them for conducting teaching programmes on

prevention of worm infestation beneficial to the public. Planning and organization of such programmes require efficient teamwork, manpower, money, material, time and methods of teaching to conduct successful education programmes, both at the hospital & community level.

• Health education material such as leaflets and pamphlets should be made available to the public. She/he should also encourage and depute nurses to participate in such programmes conducted by other organizations and institutions.

• Nurse administrator must grant funds for conducting various educational campaigns in schools and colleges. The nurse administrator also in collaboration with various government and nongovernmental organizations encourage nurses to take an active part at primary level of community for disease prevention and promotion of health.

Recommendations:

On the basis of the findings of present study the following recommendations have been made:

□ A similar study can be conducted on a large sample in order to draw more definite conclusions and generalizations.

□ A similar study can be recommended by using different method of teaching.

□ A similar study can be recommended to compare effectiveness of planned teaching programme and other methods on knowledge regarding prevention of worm infestation.

□ A comparative study can be conducted between rural and urban areas.

□ A comparative study may be conducted to assess the knowledge of students regarding worm infestations in different schools.

□ A similar study can be recommended in different settings to find factors responsible for worm infestation.

□ Follow up of the study subjects can be done to evaluate long term effectiveness of planned teaching programme.

□ Similar study can be conducted on knowledge regarding complications of worm infestation.

Conclusion:

The following conclusions were drawn from the present study:

- Knowledge score of mothers of under-five children in selected Anganwadi centres of District Kishtwar (Banderna and Hidyal chowk Anganwadi centres) was found inadequate regarding prevention worm infestation in the pre-test. 39(78%) study subjects had inadequate knowledge, 11(22%) had moderate knowledge & none had adequate knowledge regarding prevention of worm infestation.

- There was improvement in knowledge score of study subjects after the implementation of planned teaching programme regarding prevention of worm infestation .The mean pre-test knowledge score 41.48 which improved to 61.18 in post test at p <0.001.

- The socio demographic variable Monthly Family Income was found to have significant association with the pre-test knowledge scores whereas Age, Education,

Occupation, Type Of Family , Number of under five children & Residence had no association with their pre-test knowledge scores

- The study proved that planned teaching programme was effective in improving the knowledge of study subjects regarding prevention of worm infestation.

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