

To Assess The Effectiveness Of Self Instruction Module On Knowledge Regarding School Phobia Among Mothers Of Primary School Children.

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Abstract

Background: Many children like to go to school, they like new friends, activities, change. But some children may have fear, anxiety and distress due to change. 1 School phobia is a young child's fear and refusal to attend school. It is usually considered as a manifestation of separation anxiety. 2

Objective: Study investigated the effectiveness of self-instruction method on knowledge regarding school phobia among mothers of primary school children.

Methods: One group pre-test post-test design and evaluative research approach was considered appropriate for this study. Study included 50 mothers who are having children with age group of 6-7 years studying in selected setting. Pre-test and post-test were done by using structured questionnaire. After pre-test researcher has provided self-instruction module to the mothers then post test was conducted.

Result: Result shows enhancement of knowledge was 57.4 %.

Conclusion: The finding of the study reveals that a Self-Instruction Method was effective to increase knowledge of the mothers.

Keywords: Self Instruction Method, School Phobia, Primary School Children

1 Introduction:

In school phobia child shows excessive distress after going to school, it is also called school refusal. School phobia is a psychological complication in this child remain absent from the school emotional problems are seen in child when attending school. 3 School refusers are 7 to 11 age group children about 4.5%. 4 School avoidance behaviour occur in both boys and girls and in children from all socioeconomic levels. 5 Many children their school career is challenged by anxiety. 6

Serious emotional problem is a school refusal. 7 Because of emotional stress child not attending the school is called school refusal. 8

School refusal is child and adolescent psychiatry emergency, and 1-2% of school-aged children and 5% of children referred from clinic affects. 9

The child goes from a free of tension and in happy atmosphere in regular school. In nursery school rigidity, discipline and large hours are seen. Child may refuse to go to school and become unhappy. 10 There is great anxiety in children when first time they go to school as their parents are away from them. They may suffer from separation anxiety because of sudden change can make them anxious. 11, 12 The anxiety in this condition often converted into somatic symptoms which can keep the child away from

school. Signs and symptoms like vomiting, stomach ache, etc. are complained in the school situation and may bring the child to the notice of paediatrician.²

Support programmes can be used and various therapy in school phobia child. There is no harm in letting her stay at home for a day, if a child refuses to go to school. So instead of forcing her to go to school, sometime it may be just the physical strain of getting up in the morning, catching school bus, and coming back late that makes her unhappy. But she can't quite explain it.¹³

Cognitive behavioural therapy that involves desensitising practices also can be given in school phobia. In addition, support from parents and teacher is helpful. Such support may include activities such as offering positive reinforcement for school attendance, walking the child into school, extracurricular activities.³

Methods: 50 mothers selected by non-probability convenient sampling technique. An evaluative research approach and one group pre-test and-post-test design was used. Samples were selected according to inclusion criteria that women who are having children with age group of 6-7 years, willing to participate in the study, available during the time of the study, knows Hindi and Marathi mothers excluded from the study are having children above 7 year and below 6 year, not available during data collection. Research ethics panel had given permission before the data assortment. Permission was taken from the mothers to participate in the study and informed consent was obtained. Structured questionnaire was used to assess the knowledge regarding school phobia among mothers of primary school children in selected schools of karad pre-test and post-test same tool was used. After pre-test researcher has provided self-instruction module to the mothers and then post test was conducted.

2 Result:

Table No 1: Demographic Description of subjects according to demographic variables by frequency and percentage N=50

SR. NO	VARIABLES	FREQUENCY(f)	PERCENTAGE (%)
1	Age (in years)		
	a)25-30years	25	50%
	b)31-35years	19	38%
	c)36-40years	6	1.44%
	d)above 40years	0	0%
2	Religion		
	a) Hindu	42	84%
	b) Christian	5	10%
	c)Muslim	2	4%
	d)Others	1	2%
3	Marital status		
	a) Married	47	94%
	b) Widowed	2	4%
	c)Separated	1	2%
	d)divorced	0	0%
4	Education		
	a) High school	21	42%
	b) Higher secondary	9	18%
	c)Under graduate	0	0%
	d)Post graduate	20	40%

5	Occupation		
	a) House wife	29	58%
	b) House maid	2	4%
	c)Private service	13	26%
	d)Government service	6	12%
6	Monthly income		
	a) Less than 5000	27	54%
	b)5000-10000	13	26%
	c)10000-15000	8	16%
	d)Above 20000	2	4%
7	Health status of mother		
	a) Healthy	48	96%
	b) Un healthy	1	2%
	c) Poor	1	2%
	d) Very poor	0	0%
8	Age of child		
	a)6- 7 years	50	100%
	b)7-8 years	0	0%
	c)8-9 years	0	0%
	d)above 9 years	0	0%
9	Previous knowledge on school phobia		
	a) yes	30	60%
	b) No	20	40%

Table No. 1 revealed that out of 50 mothers 25 (50 %) of mothers are from 25 to 30 years age group, and 19 (38%) mothers were of 30 to 35 age group, and 6 (1.44%) mothers are of 35 to 40 age group, majority mothers 42 (84%) belonged to Hindu religion, Majority 47 (94%) mothers are married, majority of mothers 21 (42%) have completed high school education, 20 (40%) are post graduated, majority of mothers 29 (58%) were housewives, 27 (54 %) were having the family monthly Income of Rs Less than Rs 5000/-, majority of mothers 48 (96%) were healthy.

Table 2: Pre-Test Knowledge Of Mothers On School Phobia N=50

SR NO	KNOWLEDGE	FREQUENCY	PERCENTAGE (%)	CATEGORY
1.	0 TO 4	16	32%	POOR
2.	5 TO 10	33	66%	AVERAGE
3.	ABOVE 10	1	2%	GOOD

In the pre-test 1(2%) mothers were having good, 33(66%) were having average, and 16 (32%) were having poor knowledge.

Table No 3: Post Test Knowledge Of Mothers On School Phobia N=50

SR NO	KNOWLEDGE	FREQUENCY	PERCENTAGE (%)	CATEGORY
1.	0 TO 4	0	0%	POOR
2.	5 TO 10	6	12%	AVERAGE
3.	ABOVE 10	44	88%	GOOD

In the post-test 44 (88%) mothers were having good knowledge, 6(12%) were having average knowledge.

Table No 4: Comparison Between Pre-Test And Post Test Level Of Knowledge N=50

Knowledge aspect	Pre-test level of knowledge				Post-test level of knowledge			
	Maximum score	Mean	Mean%	SD	Maximum score	Mean	Mean%	SD
Knowledge regarding school phobia	20	5.94	29.7%	2.14	20	17.42	87.1%	4.47

From the above table pre-test mean was 29.7% and post-test mean was 87.1% and enhancement of knowledge is 57.4

3 Discussion

Data on sample characteristics reveals that out of 50 mothers 25(50 %) of mothers are from 25 to 30 years age group, majority mothers 42 (84%) belonged to Hindu religion, Majority 47 (94%) mothers are married, majority of mothers 21 (42%) have completed high school education, 27 (54 %) were having the family monthly Income of Rs Less than Rs 5000/-, majority of mothers 29 (58%) were housewives, majority of mothers 48 (96%) were healthy.

Suresh gouda S Patil et al has done study on same topic he found the socio-demographic characteristics 44% of mothers age was 31 - 35 years, 42% have completed high school education. 50% of mothers were house wives and 36% were having the family monthly Income of Rs 3001 – Rs 5000/-. 60% mothers belong to Hindu religion & 46% mothers were from nuclear family.¹⁴

Tejas S Bhosale et al has assessed the knowledge of school teachers on school phobia his results show that knowledge regarding school phobia among primary school teachers after self-instructional module of 40 samples with difference mean of 4.575 and standard division of 0.365 the computed " T "test statistic value is 12.914.¹⁵

Ms. Stephy John et al has studied parent's knowledge on same topic she found out of 80, majority of the subjects 45(56.3%) had average knowledge regarding school phobia. 33(41.3%) of the subjects had good knowledge.¹⁶

4 Conclusion

The finding of the study reveals that a Self-Instruction Module for improving knowledge of the mothers is effective method. Mothers knowledge improved by 57%.

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