

IMPACT OF DEVELOPED TRAINING PACKAGE ON INFANT CARE PRACTICES FOR IMPARTING KNOWLEDGE TO RURAL WOMEN

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ABSTRACT

The present study was an attempt to develop and assess the effectiveness of training package on "Infant care practices" for imparting knowledge to rural women as they have lack of knowledge and awareness about proper infant care practices and follow traditional practices. The study was conducted in Bikaner district of Rajasthan. Pre and post-test research design was used for present study. The study was conducted in two phase. In first phase training package consisting of variety of visual aids like pad, flip book, flash cards, modal, infants clothes and chart were developed on different aspects of infant care practices along with literature cited under subject matter specialists. In second phase developed training package was implemented to selected respondents. Data were collected through interview method. Knowledge of respondents was assess in three steps: pre-test, exposure, post-test. The findings of the study revealed that after exposure of training package, the net gain in knowledge was highest in aspect "Infant bathing" and lower in "Infant health". Significant improvement in the knowledge was found as a result of exposure of training package as the pre test score was increased 42.83 to 86.25 per cent with the gain in knowledge of about 43.42 per cent.

INTRODUCTION

"The biggest business in the world business which out weight's all other values in the world's the business of rearing children."

Infancy is very crucial period of child's life maximum development of child related to their physical, motor, conceptual social etc. take place in the formative years of life. Therefore, their care is of utmost importance. Rural women are more traditional bound with regard to infant care practices, they follow wrong practices. These practices are definitely harmful for the optimal growth and well being of the infant and young children. The main reason for the use of traditional practices of child rearing is ignorance and lack of exposure to appropriate information on child rearing practices. Hence, there is a need to educate rural women for imparting knowledge about proper infant care practices. Training is a indispensable instrument for human resource development cannot be

overemphasized. Training includes education which aims at bringing a desirable change in knowledge, skill, attitude, values, beliefs and understanding of the trainees or learners. Effective dissemination of the message is depends on the effective communication system. Visual communication has a special role in any system of communication. Many researches have proved that if the different visual aids like flipbook, chart, flash cards, and model are used in composite form that they enhance the communication effectiveness. Therefore, the present study was conducted to find out the impact of developed training package on "Infant care practices" for imparting knowledge to rural women.

RESEARCH METHODOLOGY

Pre and post-test experimental research design was used for present study. The study was conducted in purposively selected two villages from Lunkaransar Panchayat Samiti of Bikaner district. Fifty rural women (25 from each village) were

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selected from these villages who had at least one child in the age of 0-30 months were selected for present investigation. A training package comprised of different visual aids like pad, flip book, flash cards, modal, chart, infants clothes on breast feeding, weaning, common diseases, bathing, immunization, clothing, was developed. A booklet was developed entitled "care of infants" that contained the developed content on selected aspect of infant care. Data were collected through interview method with the help of interview schedules. Interview schedule was consisting of two parts. First section of interview schedule included profile of the sample and second section was constituted to assess the knowledge level of the respondents related to selected aspects of infant care practices based on the theoretical and research literature available. The knowledge score of the each respondent was calculated by assigning marks for the correctly answered question. One mark was given for every right answered question and zero mark was given for every wrong answer. Data collection to find out the impact of developed training package was done in three steps, pre-test, exposure and post-test. Before exposure of developed training package, pre-test was administered to the trainees. Total selected mothers were interviewed individually to find out the existing knowledge on different aspect of infant care through interview schedule developed for the present study. After pre testing, three days training was conducted with selected sample in each village. Training was given to rural women on the broad aspects of infant care practices with the help of developed training package. After 3-4 days of exposure of the training package post-test was conducted to find out the gain in knowledge on various aspects of infant care practices with the help of same developed knowledge test used for pre-test.

RESULTS AND DISCUSSION

Data on knowledge level of respondents in pre-test and post-test are presented in following tables:

Perusal of Table 1 indicate that in pre-test majority of respondents (58%) had medium knowledge with mean per cent score of 46.12

followed by 26 per cent respondents had low knowledge with mean per cent scores of 24.67 and only 16 per cent respondents had high level of knowledge with mean per cent score of 60.90 per cent and in post-test majority of the respondents (70%) had medium knowledge with mean per cent score of 85.8 per cent followed by 16 per cent respondents possessing low knowledge with mean per cent score of 80.9 per cent and 14 per cent respondents had high level of knowledge with mean per cent score of 94.0 per cent.

Table 1. Distribution of respondents by overall knowledge and mean scores of each category in pre-test and post-test

n = 50					
Knowledge with score range		Percentage of the respondents		Mean percent score	
Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test
Low (0-14.26)	Low (0-39.34)	26	16	24.67	80.9
Medium (14.26-26.94)	Medium (39.34-43.42)	58	70	46.12	85.8
High (26.94-48.0)	High (43.42-48.0)	16	14	60.9	94.0

Distribution of respondents by different aspect wise knowledge and mean per cent score of each category in pre-test and post-test

Table 2 presents information about knowledge of respondents on each aspect of infant care practices and their mean per cent scores in pre-test and post-test. Table 2 depicts that in both pre-test and post-test out of four aspects the knowledge for aspect of 'Infant Clothing' ranked first with overall mean per cent score of 50.8 and 96.6 per cent, respectively. The knowledge for the aspect "Infant bathing" ranked second with mean per cent score of 45.6 in pre-test and 95.0 per cent in post-test and the knowledge for the aspect "Infant feeding" ranked third in both pre and post-test with overall mean per cent score of 43.5 and 85.0 per cent, respectively. With regard to the aspect of "Infant health" the knowledge of the respondents ranked

fourth in both pre and post-test with overall mean per cent score of 34.4, 74.14 per cent, respectively.

Table 2 reveals that in aspect of feeding that a vast majority of the respondents (66%) were in the category of medium knowledge with mean per cent score of 47.1 per cent. 24 per cent respondents were in the category of low knowledge with mean per cent score 25.0 per cent and 10 per cent respondents

were in the category of high knowledge with mean per cent score of 67.1 per cent in pre-test and in post-test majority of the respondents (72%) were in the category of medium knowledge with mean per cent score 82.3 per cent and 24 per cent were in the category of high knowledge with mean per cent score of 94.0 per cent followed by only 4 per cent were in low knowledge level category with mean per cent score of 71.4 per cent.

Table 2. Distribution of respondents by different aspect wise knowledge and mean per cent score of each category in pre-test and post-test

S. Different No. aspects	Distribution of responses						Per cent mean score						Overall			
	High (%)		Medium (%)		Low (%)		High (%)		Medium (%)		Low (%)		%mean score		Rank	
	Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test
1. Feeding	10	24	66	72	24	4	67.1	94.0	47.1	82.3	25.0	71.4	43.5	85.0	III	III
2. Bathing	10	54	60	42	30	4	70.0	100	50.9	90.0	27.2	80.0	45.6	95.0	II	II
3. Clothing	16	66	62	28	22	6	70.0	100	53.2	90.0	29.0	80.0	50.8	96.0	I	I
4. Health	12	12	72	66	16	22	63.0	89.2	37.7	74.8	14.2	64.2	34.4	74.14	IV	IV

Table 2 further reveals that in aspect of 'Infant bathing' majority of respondents (60%) were in the category of medium knowledge with mean per cent score of 50.9 and 30 per cent respondents were in the category of low knowledge with mean per cent score of 27.2, while only 10 per cent respondents were in the category of high knowledge with mean per cent score of 70.0 per cent in pre-test and in post-test majority of respondents (54%) were in the category of high knowledge with mean per cent score of 100 per cent followed by 42 per cent respondents were in the medium knowledge category with mean per cent score of 90 per cent and only 4 per cent were in the category of low knowledge with mean per cent score of 80.0 per cent.

Table 2 also indicates that in aspect "Infant clotting" majority of respondent (62%) were in the category of medium knowledge with mean per cent score of 53.2 per cent. 22 per cent respondents were in the category of low knowledge with mean per cent score of 29.0 per cent followed by 16 per cent respondents were in the high knowledge category with mean per cent score of 70.0 per cent in pre-test and in post-test majority of respondents (66%) were in the category of high knowledge with mean per

cent score of 100 per cent 28 per cent respondents were in the medium knowledge level category with mean per cent score of 90.0 per cent while only 6 per cent were in the category of low knowledge with mean per cent score of 80.0 per cent.

Table 2 further analysis of presents that in aspect of 'Infant health', majority of respondent (72%) were in the medium knowledge level category with mean per cent score of 37.7, while 16 per cent respondents were in the category of low knowledge with mean per cent score of 14.2 followed by 12 per cent respondents were in the category of high knowledge with mean per cent score of 63.0 per cent in pre-test and in post-test majority of the respondents (66%) were in the category of medium knowledge with mean per cent score of 74.80 followed by 22 per cent were in the low knowledge category with mean per cent score of 64.2 per cent and 12 per cent respondents were in the category of high knowledge with mean per cent score of 89.2 per cent.

Perusal of Table 3 shows that the initial knowledge of the respondents was poor as their pre-test scores was only 42.83 per cent. Significant improvement in the knowledge of respondents was found as a result of exposure of training package as the pre-test scores increased 42.83 to 86.25 per

cent with the gain in knowledge of about 43.42 per cent.

Table 3. Overall gain in knowledge of the respondents

Items	Mean per cent scores	Calculate 't' value
Pre-test	42.83	
Post-test	86.25	26.20***
Gain	43.42	

***Significant at 0.01 level of significance

Table 4. Mean per cent scores of pre and post test and gain in knowledge of the respondents in different aspects of infant care practices

Aspects	Pre-test	Post-test	Gain in knowledge	Calculated 't' value
(i) Feeding	43.57	85	41.43	23.78***
(ii) Bathing	45.6	95	49.4	26.96***
(iii) Clothing	50.8	96.6	45.8	25.6***
(iv) Health	34.4	74.14	39.74	20.43***

***Significant at 0.01 level of significance

Table 4 depicts that there was significant difference in pre and post-test scores of respondents in all the aspects of infants care practices as calculated 't' value was found to be significant at 0.01 level of significance. Gain in knowledge was found highest of 'infant bathing' with mean per cent scores of 49.4 per cent. Aspect on 'infant clothing' was found to be second highest with mean per cent scores of 45.8 per cent. There was adequate gain in knowledge in the aspect of 'infant feeding' with the mean per cent scores of 41.43 per cent. The mean per cent score was comparatively lower i.e. 39.74 per cent in case of aspect on infant health.

It can be observed from the above tables that there was a highly significant difference at 0.01 level of significance between the pre and post-test scores of selected sample.

CONCLUSION

Hence it can be concluded that the developed training package comprised of variety of visuals aids i.e. pad, flip book, model, infant clothes, chart related to topics i.e. breast feeding, bathing, clothing, common diseases, immunization respectively was found very effective for imparting knowledge to the rural women on different aspects of infant care practices and there was a positive impact of developed training package.

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