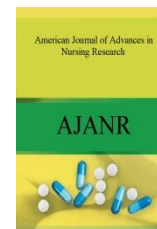# AMERICAN JOURNAL OF ADVANCES IN NURSING RESEARCH

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# ASSESSMENT OF THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE ABOUT HOME CARE MANAGEMENT OF CHILDREN WITH AUTISM AMONG PARENTS OF AUTISTIC CHILD, IN SELECTED SPECIAL SCHOOLS AT BANGALORE

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**ABSTRACT**

A study was conducted to assess the effect of structured effectiveness of structured teaching programme on knowledge about home care management of children with autism among parents of autistic child, in selected special schools at Bangalore. A pre-experimental design was used to conduct the study. A convenient sample of 60 parents of autistic children was assigned in the study. Data about Home care management of autistic child was collected by structured knowledge questionnaire on their parents. The obtained data was analyzed by using the appropriate descriptive and inferential statistical methods. The results showed that there was significant improvement in the knowledge of home care management of parents of autistic children after administration of structured teaching programme. Hence it was concluded that giving significant teaching regarding home care management of autistic children to their parents can improve their knowledge.

## INTRODUCTION

Autism is a pervasive developmental disorder characterized by a total lack of responsiveness to people, gross language developmental deficits or distortions, bizarre responses to environmental aspects e.g. resistance to change or peculiar in an animate or inanimate object [1].

The autism word derived from Greek word 'autos' means 'self'. Autism is a brain development disorder that is characterized by impaired social interaction, communication, restricted and repetitive behavior all starting before a child is three years old. Terms 'autistic spectrum disorders' or 'autism spectrum' are often preferred to autism [2].

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The parents of autistic children face difficulty in their child's home care management as the child has impairment in social interaction which includes lack of attachment, fail to show the usual relatedness to their parents and other people, lack of social smile, anticipatory posture, abnormal eye contact, failure of person specific bonding, do not recognize or differentiate the important people in their lives- parents, teachers and siblings. No separation anxiety, failure to play with peers and to make friends, failure to develop empathy, inability to respond to another interests, emotions and feelings [3].

## MATERIALS AND METHODS

**Research Approach:** Pre experimental research approach was considered to be appropriate for the study.

**Research Design:** Pre experimental pre test and

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post test design

**SETTING:** The study was conducted at selected special schools at Bangalore.

**POPULATION: The** target populations included were the parents of autistic children. The accessible populations were parents of autistic children enrolled in special schools of SHRISTI AND ASHA in Bangalore.

**CRITERIA FOR SAMPLE SELECTION:** The patients were selected on the basis of the following inclusion and exclusion criteria.

*Inclusion Criteria:*
1.    Parents (father or mother) of autistic children.
2.    Parents who can understand Kannada or English.

*Exclusion Criteria:*
1.    Parents who are not willing to participate in the study.
2.    Parents who are not available at the time of data collection.

**SAMPLING:** A convenient sampling technique was used to select a total of 60 parents from the population.

**VARIABLES OF THE STUDY:** The Independent variable in the study is structure teaching programme whose effect is being assessed on the Dependent variable home care management of autistic children

**MATERIALS:** The tool consists of three sections.
Section I:        Background Profile
Section II:       structured knowledge questionnaire
Section III:      structured teaching programme

**Background Profile:**
Demographic profile: This includes Age, Gender, Education, religion and occupation.

**Structured Knowledge Questionnaire:**
This section includes structured questionnaire to assess the knowledge regarding care of child with autism among their parents.
This includes 30 structured questions, which are categorized under four headings
-    Knowledge on general information – 5 items
-    Knowledge on signs and symptoms –7 items
-    Knowledge on treatment and care–7 items
-    Knowledge on home care management – 11 items

**Structured Teaching Programme:**
This section includes structured teaching programme regarding home care management among parents of autistic children.

## RESULTS

**Table 1. Frequency and percentage distribution of parents of autistic children   according to age, gender, religion, education and occupation                                                                                    n = 60**

| Sl. No | Demographic variables | | Frequency | Percentage (%) |
|--------|------------------------|--|-----------|----------------|
| **1.** | **Age (in years)** a.        21-30 | | 51 | 85 |
|        | b.        Above 30 | | 09 | 15 |
| **2.** | **Gender** a.      Male | | 01 | 1.7 |
|        | b.      Female | | 59 | 98.3 |
| **3.** | **Religion** a.      Hindu | | 38 | 63.3 |
|        | b.      Muslim | | 07 | 11.7 |
|        | c.      Christian | | 15 | 25 |
|        | d.      Others | | 00 | 00 |
| **4.** | **Education** a.        No formal education | | 15 | 25 |
|        | b.        Primary  education | | 23 | 38.3 |
|        | c.        Secondary education | | 19 | 31.7 |
|        | d.        Degree | | 03 | 05 |
| **5.** | **Occupation** a.      Unemployed | | 00 | 00 |
|        | b.      Private employee | | 56 | 93.3 |
|        | c.      Government employee | | 04 | 6.67 |

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**Table 1.1 Frequency and percentage distribution of parents of autistic children according to family income, type of marriage, type of family, residence, awareness of autism and source of information**      **n = 60**

| Sl. No | Demographic variables | Frequency | Percentage (%) |
|---|---|---|---|
| 6. | **Family income (Rs /Month)** a. Below 3000 | 14 | 23.3 |
| | b. 3100-5000 | 46 | 76.7 |
| | c. Above 5000 | 00 | 00 |
| 7. | **Type of marriage** a. Consanguineous marriage | 60 | 100 |
| | b. Non consanguineous marriage | 00 | 00 |
| 8. | **Type of family** a. Nuclear family | 60 | 100 |
| | b. Joint family | 00 | 00 |
| 9. | **Residence** a. Rural | 55 | 91.7 |
| | b. Urban | 05 | 8.33 |
| 10. | **Awareness of autism** a. Yes | 01 | 1.67 |
| | b. No | 59 | 98.3 |
| 11. | **Source of information** a. Family members Neighbours | 00 | 00 |
| | b. Mass media | 00 | 00 |
| | c. Health professionals | 01 | 1.67 |

**Table 1.2 Frequency and percentage distribution of autistic children according to age of autistic child, birth order of autistic child and siblings of autistic child**      **n = 60**

| Sl. No | Demographic variables | Frequency | Percentage |
|---|---|---|---|
| 12. | **Age of the autistic child (in years)** a. 2-5 | 60 | 100 |
| | b. Above 5 | 00 | 00 |
| 13. | **Sex of autistic child** a. Male | 51 | 85 |
| | b. Female | 9 | 15 |
| 14. | **Birth order of autistic child** a. 1 | 51 | 85 |
| | b. 2 | 09 | 15 |
| | c. 3 and Above | 00 | 00 |
| 15. | **Siblings of autistic child** a. Nil | 51 | 85 |
| | b. 1-2 | 9 | 15 |
| | c. 3-4 | 0 | 00 |

**Table 2. The assessment of knowledge regarding home care management of child with autism among their parents before administration of structured teaching program**      **n =60**

| Domain | Level of Knowledge | | | | | |
|---|---|---|---|---|---|---|
| | Inadequate (<50%) | | Moderate (50- 75%) | | Adequate (>75%) | |
| | No | % | No | % | No | % |
| **Respondents** | 57 | 95 | 3 | 5 | 0 | 0 |

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**Table 3. Mean, Standard deviation & Mean Percentage of level of knowledge regarding home care management of child with autism among their parents before STP.**                                     **n = 60**

| No. | Knowledge aspects | Statements | Range | Mean | SD | Mean (%) |
|-----|-------------------|------------|-------|------|------|----------|
| I | General Information | 5 | 1 - 4 | 2.1 | 0.8 | 42.7 |
| II | Signs & Symptoms | 7 | 1 - 4 | 2.8 | 12.3 | 40 |
| III | Treatment & Care | 7 | 1 - 5 | 3 | 0.97 | 43.3 |
| IV | Home care management of Autistic Child | 11 | 2 - 8 | 4.9 | 1.3 | 44.8 |
| | Overall | 30 | 10 - 17 | 12.9 | 1.3 | 43.2 |

**Table 4. The assessment of knowledge regarding home care management of child with autism among their parents after administration of structured teaching program**                                     **n = 60**

| | Level of Knowledge | | | | | |
|---|---|---|---|---|---|---|
| | Inadequate (<50%) | | Moderate (50- 75%) | | Adequate (>75%) | |
| **Domain** | No | % | No | % | No | % |
| **Respondents** | 1 | 1.7 | 12 | 20 | 47 | 78.3 |

**Table 5. Mean, Standard deviation & Mean Percentage of level of knowledge regarding home care management of child with autism among their parents after STP.**                                     n = 60

| No. | Knowledge aspects | Statements | Range | Mean | SD | Mean (%) |
|-----|-------------------|------------|-------|------|------|----------|
| I | General Information | 5 | 1 - 4 | 3.7 | 0.9 | 73 |
| II | Signs & Symptoms | 7 | 1 - 4 | 5.2 | 1.2 | 74.5 |
| III | Treatment & Care | 7 | 1 - 5 | 5.4 | 1.1 | 76.4 |
| IV | Home care management of Autistic Child | 11 | 2 - 8 | 8.6 | 1.7 | 78 |
| | Overall | 30 | 10 - 17 | 23 | 3.9 | 76 |

**Table 6. Frequency and percentage distribution of level of knowledge regarding home care management of child with autism among their parents before and after STP**                                     **n = 60**

| Level of knowledge | Pre test | | Post test | |
|---|---|---|---|---|
| | Frequency | Percentage | Frequency | Percentage |
| Adequate (>75%) | 0 | 0 | 47 | 78.3 |
| Moderate (51-75%) | 3 | 5 | 12 | 20 |
| Inadequate (<50%) | 57 | 95 | 1 | 1.7 |

**Table 7. Mean and SD on knowledge scores among home care management of child with autism among their parents before and after   STP and statistical significance.**                                     **n = 60**

| S.I.No | Aspects of Knowledge | Max score | Enhancement | | Paired t test | P- value |
|--------|----------------------|-----------|-------------|------|---------------|----------|
| | | | Mean | SD | | |
| I | General Information | 5 | 1.52 | 1.33 | 8.86 | P<0.05 |
| II | Signs & Symptoms | 7 | 2.42 | 1.52 | 12.5 | P<0.05 |
| III | Treatment & Care | 7 | 2.31 | 1.3 | 13.73 | P<0.05 |
| IV | Home care management of Autistic Child | 11 | 3.65 | 2.04 | 13.87 | P<0.05 |
| | Overall | 30 | 9.9 | 4.22 | 18.22 | P<0.05 |

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**Table 8. Mean, Standard Deviation and Mean percentage for level of knowledge regarding home care management of autistic child among their parents before and after STP.**      **n =60**

| Domain | Max. score | Respondents Knowledge | | |
|---|---|---|---|---|
| | | Mean | SD | Mean % |
| Pre test | 30 | 12.9 | 1.3 | 43 |
| Post test | 30 | 22.8 | 3.9 | 76 |
| Enhancement | 30 | 9.9 | 2.6 | 33 |

**DISCUSSION AND CONCLUSION**

The mean percentage of level of knowledge regarding home care management of autistic child among their parents after STP improved by 33%.

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