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A STUDY TO ASSESS THE EFFECTIVENESS OF HANDS ON TRAINING ON CHOKING FIRST AID MEASURES AMONG MOTHERS OF UNDER FIVE CHILDREN A PRE EXPERIMENTAL ONE-GROUP PRE-TEST POST -TEST STUDY AT VENKATACHALAM, NELLORE, AP

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ABSTRACT
Children under the age of five years are among the most vulnerable populations in terms of health and safety. Choking occurs when a foreign object becomes lodged in the airway or throat, blocking the flow of air.[1] According to the World Health Organization (WHO), choking is one of the leading causes of unintentional injury deaths in young children, particularly those aged between one and four years. Most choking incidents occur at home, often in the presence of caregivers who are unaware of the correct first aid procedures to relieve airway obstruction. Therefore, empowering mothers the primary caregivers of young children with adequate knowledge and practical skills in choking first aid measures is of paramount importance.[2] Early and effective intervention during a choking episode can mean the difference between life and death. Despite the availability of information through various media, studies have shown that most parents lack the confidence and competence to manage such emergencies effectively. Many mothers depend on traditional or inappropriate practices such as slapping the child's back in the wrong position or attempting to remove the object with fingers, which can worsen the situation. This highlights the urgent need for structured, practical, and hands-on training programs to educate mothers on evidence based first aid techniques for choking.[3] **Objectives:** 1. To determine the pre test and post test level of knowledge scores regarding choking first aid measures among mothers of under five children. 2. To determine effectiveness of hands on training on knowledge regarding choking first aid measures among mothers of under five children. 3. To determine association between pre test level of knowledge scores regarding choking first aid measures among mothers of under five children. **Methodology:** A quantitative research approach, pre-experimental one group pre-test-post-test design. mothers with under five children in venkatachalam, Nellore. Total 100 women was selected by using Non probability convenience sampling technique. The data collection procedure was carried out after obtaining formal Permission from the Institutional Ethics Committee, The investigator interviews the participants for filling the socio demographic data, structured questionnaire which consists of questions related to Choking. The data were analyzed in terms of objectives of the study using descriptive and inferential statistics. **Results:** The association between the effectiveness of hands on training program regarding choking among mothers of under five children and their socio demographic variables such as age, gender of baby, educational qualification, occupation, income per month, number of children were all found to be non significant at the level of p=<0.005. However, the variables of age of baby, religion, source of information, attending any educational program on choking among mothers of under five children showed a significant association at the level of p=<0.005. **Conclusion:** The study was conducted to evaluate the effectiveness of hands on training programs among mothers of under five children in rural areas. The mean 5.03 and standard deviation 10.95 in pre test and in post test scores is 2.05 and standard deviation is 2.29 the variables of age of baby, religion, source of information, attending any educational program on choking among mothers of under five children showed a significant association at the level of p=<0.005. The result of the study indicated that hands on training program was very effective in reducing choking. Therefore, the investigator felts that more importance should have been given to this program.

KEYWORDS: Effectiveness, Hands On Training, Choking First Aid Measures, Mothers of Under Five Children.

INTRODUCTION

Children under the age of five years are among the most vulnerable populations in terms of health and safety. Choking occurs when a foreign object becomes lodged in the airway or throat, blocking the flow of air.[1]

According to the World Health Organization (WHO), choking is one of the leading causes of unintentional injury deaths in young children, particularly those aged between one and four years. Most choking incidents occur at home, often in the presence of caregivers who are unaware of the correct first aid procedures to relieve airway obstruction. Therefore, empowering mothers the primary caregivers of young children with adequate knowledge and practical skills in choking first aid measures is of paramount importance.[2]

Early and effective intervention during a choking episode can mean the difference between life and death. Despite the availability of information through various media, studies have shown that most parents lack the confidence and competence to manage such emergencies effectively. Many mothers depend on traditional or inappropriate practices such as slapping the child's back in the wrong position or attempting to remove the object with fingers, which can worsen the situation. This highlights the urgent need for structured, practical, and hands-on training programs to educate mothers on evidence based first aid techniques for choking.[3]

As educators, nurses are in a unique position to provide mothers with essential life saving skills. Hands-on training, which involves practical demonstration and return demonstration, has been found to be more effective than theoretical .Educating mothers about choking first aid measures aligns with the principles of primary prevention and family-centered care. It not only empowers mothers to respond appropriately in emergencies but also contributes to reducing morbidity and mortality among children.[4]

Previous research has demonstrated that structured teaching and skill-based training significantly improve knowledge and practice levels regarding first aid for common childhood emergencies. However, there remains a gap between awareness and hands-on competency among caregivers while many mothers may have theoretical knowledge, their ability to perform the correct sequence of first aid actions during a choking event is often limited.[5]

Therefore, a pre-experimental study design using a one-group pre-test and post-test approach provides a suitable framework to assess the effectiveness of hands-on training interventions.[6]

Background of the Study

The study titled 'Effectiveness of hands-on training on choking first aid measures among mothers of under five children: a pre-experimental one group pre-test post-test study' is strongly necessitated by several critical gaps in public health preparedness and emergency care for the paediatric population.[7]

Choking (Foreign Body Airway Obstruction) is widely recognized as the fourth leading cause of unintentional injury-related death worldwide in children under five years of age. In some regions, it is the primary cause of death in children under four to six years old in a home setting.[8]

High-Risk Age Group: Children under the age of five, and specifically those under three, are the most vulnerable population. Studies show that 75% of fatal choking incidents occur in children under the age of five. The peak incidence of foreign body aspiration is often noted at the age of one to two years.[9]

So the researcher was interested to do the study on to assess the effectiveness of Hands On Training On Choking First Aid Measures among Mothers of Under Five Children.

Problem Statement: A study to assess the effectiveness of hands on training on choking first aid measures among mothers of under five children a pre experimental one-group pre-test post -test study at Venkatachalam, Nellore, AP.

Objectives

1. To determine the pre-test and post test level of knowledge scores regarding choking first aid measures among mothers of under five children.
2. To determine effectiveness of hands-on training on knowledge regarding choking first aid measures among mothers of under five children.
3. To determine association between pre-test level of knowledge scores regarding choking first aid measures among mothers of under five children.

Operational Definitions

Effectiveness: The extent to which the hands-on training achieves its desired outcome of improving first aid knowledge and skills.

Hands-on Training: An active, experiential teaching method that focuses on learning a practical skill through direct physical manipulation and repetition.

Choking First Aid Measures: A sequence of emergency maneuvers performed immediately to clear a foreign body obstruction from a child's airway.

Mothers of Under Five Children: A biological or adoptive female parent who is the primary caregiver of a child within the age group where the risk of choking is high.

Pre-experimental One Group Pre-test Post-test Study: A research design where a single group is

measured on a dependent variable (knowledge/practice) before (pre-test) and after (post-test) an intervention (hands-on training)

Hypothesis

H_1: There will be statistically significant difference between mean pre-test and post test scores of knowledge among mothers of under five children on first aid for choking.

H_2: There will be statistically significant association between pre test knowledge scores of mothers of under five children regarding first aid for choking and with their selected demographic variables.

Delimitations

The study is strictly confined to

- Venkatacham, Nellore district of Andhra Pradesh India.
- Six weeks period only

Projected Outcome

The study is expected to conclude that the hands-on training would be effective in significantly improving the knowledge regarding choking first aid measures among mothers of under five children, thus hands-on training demonstrating the utility of incorporating this training into routine public health education.

METHODOLOGY

Research Approach: A quantitative research approach was utilized to evaluate the effectiveness of hands on training on choking first aid management among mothers of under five children.

Research Design: The research design adopted for this study was a pre-experimental one group pre-test-post-test design.

Group	Pre test	Intervention	Post test
Pre experimental one group pre test post test design.	0_1	X	0_2

01 – On day first the pretest was conducted to determine the knowledge on choking first aid management among mothers of under five children.

X- Hands on training given on choking first aid management to participants mothers of under five children by using lesson plan and pamplets.

02- Post test was conducted to assess the knowledge of choking first aid management among mothers of under five children.

Population

Target population: The target population of present study includes all the mothers of under five children.

Accessible population: The accessible population for the present study includes mothers with under five children in venkatachalam., Nellore.

Setting of the study

The study was conducted venkatachalam village, at Nellore district, A.P. It is located 4 km towards Nellore. The total population is 6718 males and 3363 females are living in 1800 houses. Mothers of under five children are 750. The total area in detail of venkatachalam. is 2343 hectors. It has health care facilities like PHC, rural health center, Anganwadi center, Govt. school and facilities for transportation, drainage, hospitals, and communicational facilities.

Sample size

The estimated sample for the present study is calculated by using Yamens formula: N= N / 1 +N(e2)

Where

N = sample size

N = total under five children = 120

E = desired level of precision = 0.05

N= N / 1 +N(e2)

= 100/1+100(0.05)2

= 100/1+0.0025=80

10% attribution rate =10

Hence n=80+8 (10% attribution)

N=100

By considering the 10% attrition, a sample of 8 is added and sample size is rounded to 100.A total of 100 reproductive age group women are selected in venkatachalam., Nellore. The estimated sample for the present study is 100. So, the sample size for the present study is 100.

Sample techniques

Non probability convenience sampling technique was used to select the sample.

Criteria for sample selection

Inclusion Criteria

Mothers of under five children who are:

- Available during the period of data collection
- Able to read and write Telugu.

Variables of the study

Independent variable: Hands on training regarding choking first aid management.

Dependent variable: Level of knowledge among mothers of under five children.

Demographic variables: The socio demographic variables include Age, Gender of baby, Age of baby,

Religion, Education, Occupation, family monthly income per month, Number Of Children sources of information and Attending educational program on choking.

Description of the tool: The tool was developed with the help of intensive review from various text books, journals, internet sources.

Tool consists of two parts
Part-I- It deals with the demographic variables five children.

Demographic variables: The socio demographic variables include Age, Gender of baby, Age of baby, Religion, Education, Occupation, family monthly income per month, Number Of Children sources of information and Attending educational program on choking.

Part II - Structure questionnaires, it consist of 15 items related knowledge choking.

SCORING KEY
Correct response: 1 Mark
Wrong Response: 0 Mark

Score interpretation
The tool consists of 25 questions. Each correct answer consist of score 1 and wrong answer has score 0. The total score of the questionnaire was 25. The knowledge level was categorized as follows.

Grade	Marks	Percentage
A+	13 - 15	91-100%
A	9 - 12	81-90%
B+	7 - 8	71-80%
B	5 - 6	61-70%
C	3 - 4	50-69%
D	<3	<50%

Content validity
The tool was given to academic and research experts in field of Nursing. Necessary modifications were done for the tool based on experts opinions and the tool was translated into Telugu language and appropriateness was obtained from Telugu pandit. Thus, the tool was put to the test in the pilot study.

Reliability
The reliability of the instrument was established by administering the tool. Who were not included in the pilot study and who fulfilled the inclusion criteria. Reliability was established by split half method by using Karl Pearson co relation co-efficient formula, R=2r/1+r the reliability calculated result is 0.98. It shows that the tool is reliable for conducting the main study.

Feasibility
The feasibility of the tool was assessed by pilot study. The pilot study result shows that the tool was feasible to conduct the main study.

Ethical clearance: An ethical clearance certificate from the Institutional Ethics Committee of Sree Narayana College of Nursing, Nellore, was obtained.

Consent
Written consent was taken from before going to conduct the study from the choking among mothers of under five children.

Autonomy
All participants are considered to make rational decision and moral choices during the participation of the study.

Beneficence
The study was useful for the mothers of under five children in gain of their knowledge regarding prevention of choking.

Non Maleficence
The study was not be harmful to any mothers of under five children participating in the study.

Justice
The study was useful for the study participants as the investigator allotted time during data collection period for clarification of their doubts related to choking symptoms and prevention.

Confidentiality
All participants are assured that confidential information.

Veracity
Maintained trust in relationship between the investigator and study participants throughout the study.

Pilot Study
Pilot study was conducted in village at venkatachalam. Formal permission was obtained from the concerned authority of venkatachalam. village. Pilot study was conducted for 1 week period of time. The participants of 10 mothers of under five children were selected by using non probability convenience sampling technique. A brief introduction about investigator was explained. Consent was taken from participants. Each participant was taken 10-15 minutes to complete the questionnaire and checklist. Confidentiality of responses will be assured. The data was coded, tabulated and analyzed. Based on the experience and feasibility of the pilot study, the investigator was proceed to conduct the main study. The data was analyzed with descriptive and inferential statistics.

Data Collection Procedure
The data collection procedure was carried out after obtaining formal Permission from the Institutional Ethics Committee, Sree Narayana college of Nursing and Medical officer at primary health center in venkatachalam. The investigator went to each participant's home to meet the family and explain the study's nature and purpose of the study. The participants

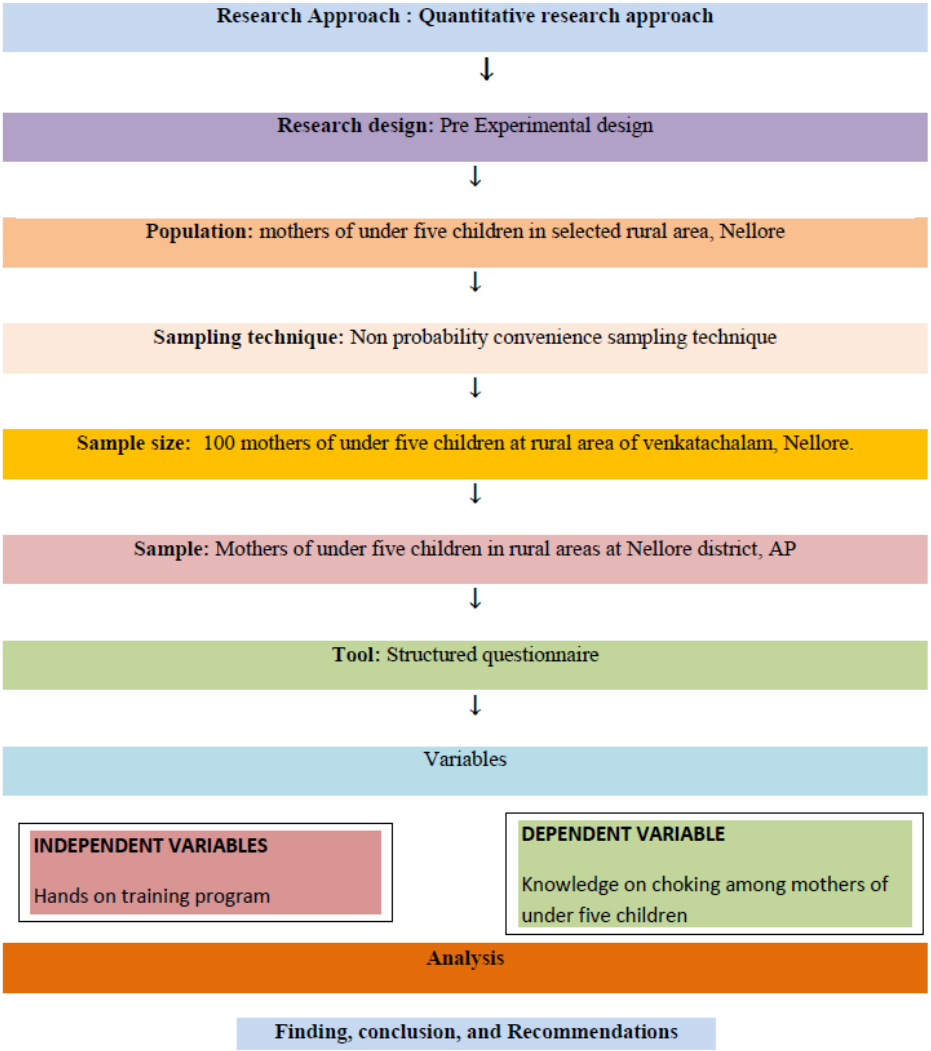
informed consent ensured the information's confidentiality. The data was collected 22 / 01 /2026 to 5/02/2026. A non-probability convenience sampling technique has been used to select 100 participants who met the inclusion criteria. The data was gathered using both parts of the tool. The investigator interviews the participants for filling the socio demographic data, structured questionnaire which consists of questions related to Choking. It took 5-10 minutes for the investigator to collect information from each participant. After completion of the intervention, the 3rd day post-test was conducted with the same questionnaire to determine the effectiveness of hands on training on choking first aid management among mothers of under five children. Then the collected data was coded, tabulated and organized for statistical analysis. Further the data was analyzed by using descriptive and inferential statistics based on the objectives of the study.

Plan For Data Analysis

The data were analyzed in terms of objectives of the study using descriptive and inferential statistics.

Si No	Data Analysis	Methods	Remarks
1.	Descriptive Statistics	Frequency, Percentage distribution	Distribution based on socio demographic variables
		Mean and Standard Deviation	To determine the pre-test and post test level of knowledge scores regarding choking first aid measures among mothers of under five children.
2.	Inferential Statistics	Paired t test	To determine effectiveness of hands-on training on knowledge regarding choking first aid measures among mothers of under five children
		Chi square Test	To determine association between pre-test level of knowledge scores regarding choking first aid measures among mothers of under five children.

SCHEMATIC REPRESENTATION OF RESEARCH METHODOLOGY



RESULTS

The data were organized and presented under following heading.

Section I: Frequency and percentage distribution based on socio demographic variables of mothers of under five children.

Section II: Frequency and percentage distribution of pre and post test level of knowledge regarding choking First aid management among of mothers of under five children.

Section III: Mean and Standard deviation of pre test and post test knowledge score among mothers of under five children regarding choking First aid management.

Section IV: Effectiveness of Hands on training on knowledge regarding choking First aid management among mothers of under five children.

Section V: Association between the pre test level of knowledge regarding choking First aid management among mothers of under five children with their selected socio demographic variables.

SECTION-I

Distribution based on socio demographic variables regarding choking First aid management among mothers of under five children.

Table 1: Frequency and percentage distribution of choking First aid management among mothers of under five children based on age.

(n=100)

Age In Years	Frequency (F)	Percentage(%)
a)Below20years	30	30 %
b)21-27years	35	35 %
c)26-30years	19	19 %
d)>30years	16	16 %
TOTAL	100	100 %

Table 1: shows that with regard to the age of the mother 30(30%) were below 20 year, 35(35%) we're between 21-27 years, 19(19%) were between 26-30 years, 16(16%) were between 31-35years.

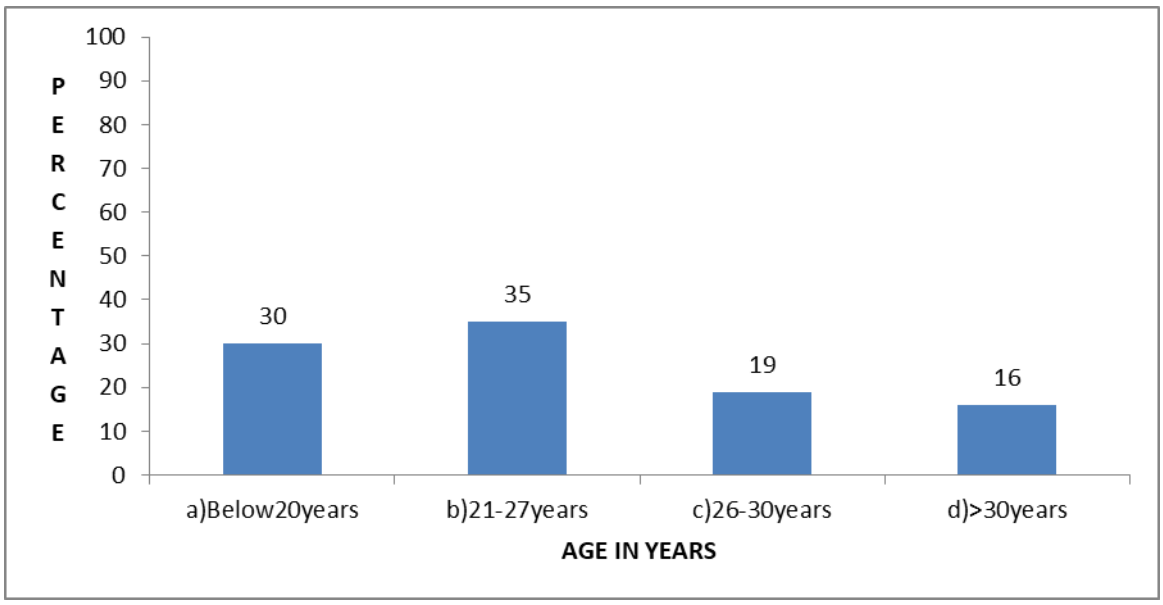


Fig 1: Percentage distribution based on mothers age in years.

Table 2: Frequency and percentage distribution based on gender of baby.

(n=100)

Sex Of Baby	Frequency(F)	Percentage%
a)Male	56	56 %
b)Female	44	44 %
Total	100	100%

Table: 2 Show that with regard to Gender of the baby 56(56%) were males and 44(44%) were females.

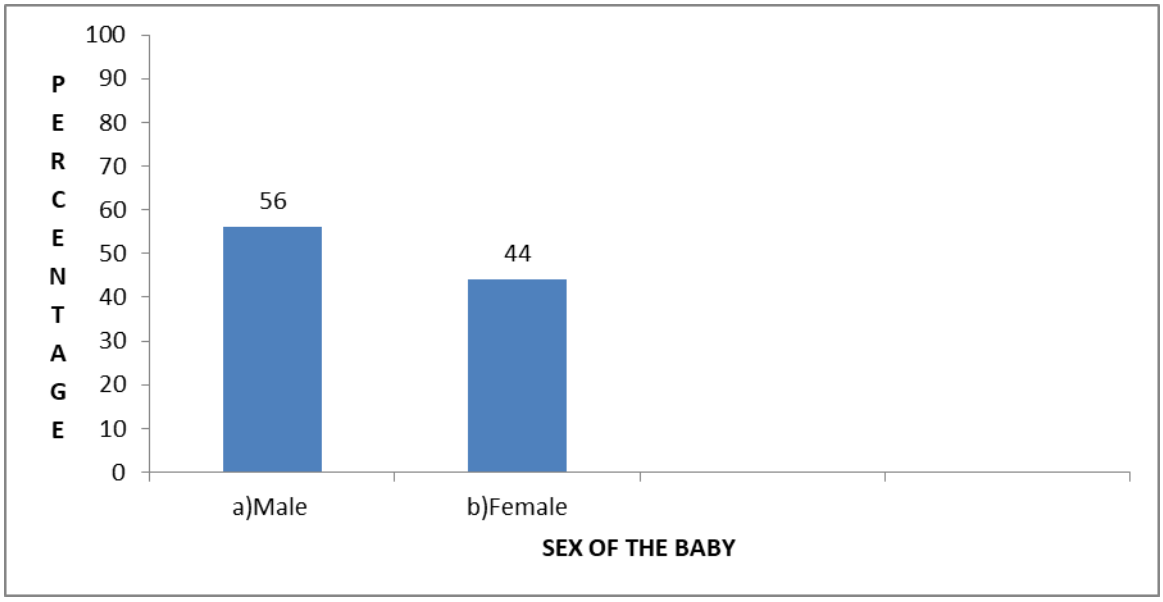


Fig 2: percentage distribution based on Gender of the baby.

Table 3: Frequency and percentage distribution of choking First aid management among mothers of under five children based on age of the baby.
(n=100)

Age of the Baby	Frequency	Percentage
a)1-2year	41	41 %
b)3-4 year	33	33 %
c)5year	26	26 %
Total	100	100 %

Table 3: Shows that with regard to age of baby 41(41%) were between 1-2years, 33(33%) we're between 3-4 years, 26(26%) 5 years.

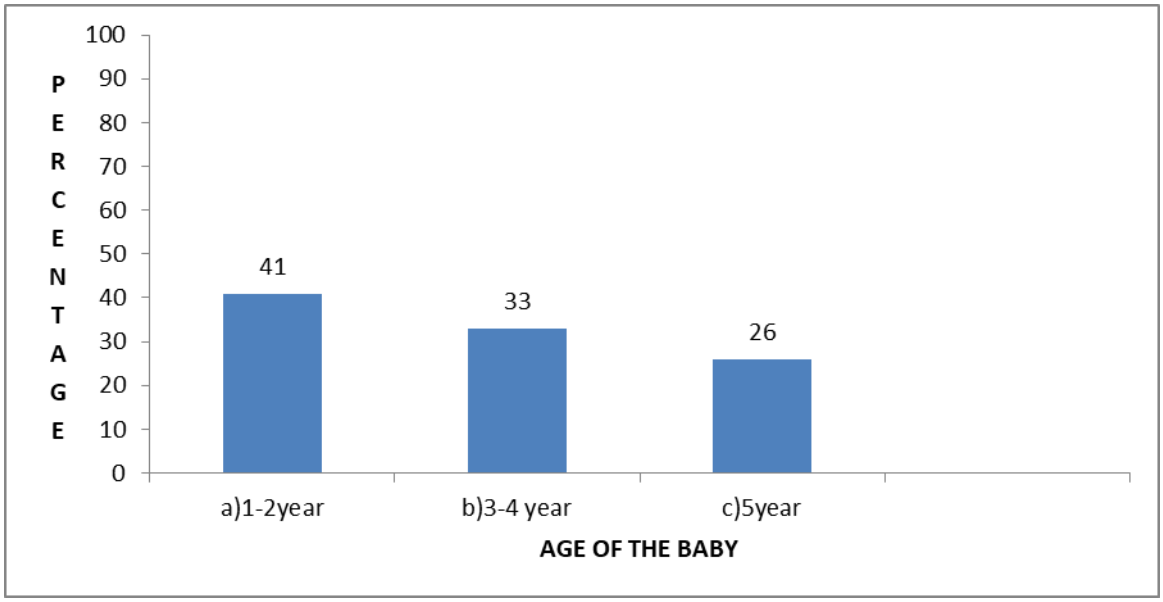


Fig 3: percentage distribution based on age of baby.

Table 4: Frequency and Percentage distribution based on mothers Religion.
(n=100)

Religion	Frequency	Percentage
a)Hindu	34	34 %
b)Christian	34	34 %
c)Muslim	32	32%
Total	100	100 %

Table 4: Refers among religion among mothers under five children were 34(34%) were belongs to Hindu, 34(34%) we're belongs to Christian, 32(32%) were belongs to muslim.

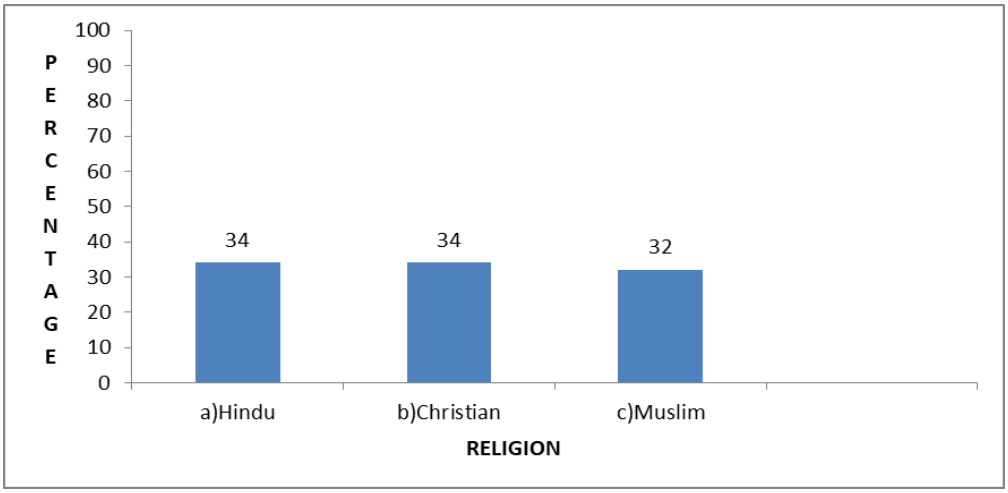


Fig 4: percentage distribution based on mothers religion.

Table 5: Frequency and percentage distribution of choking First aid management among mothers of under five children based on educational qualification.
(n=100**)**

Educational Qualification	Frequency (F)	Percentage%
a)Primary education	36	36 %
b)Secondary education	33	33 %
c)Graduate	21	21 %
d)Post Graduate	10	10 %
Total	100	100 %

Table 5 Refers among mothers educational qualification 36 (36%) were had primary education, 33 (33%) were had secondary education, 21 (21%) were had graduate and 10(10%) we're post graduate.

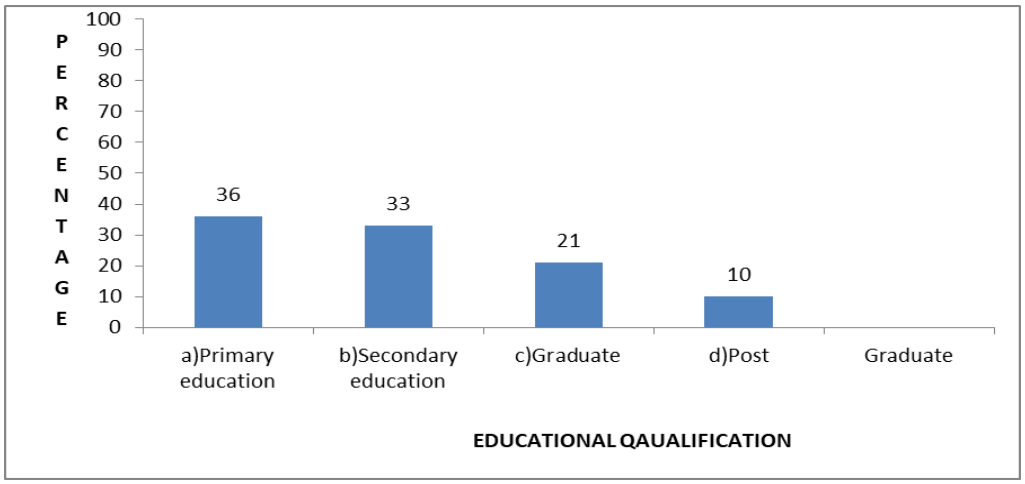


Fig 5: percentage distribution based on mothers educational qualification.

Table 6: Percentage distribution of based on Occupation.
(n=100)

Occupation	Frequency	Percentage
House wife	43	43 %
Employee	25	25 %
Self employee	21	21 %
Business	11	11 %
Total	100	100 %

Table 6 occupation of the mothers were, 43(43%) were house wife, 25(25%) we're employee, 21(21%) were self employees, and 11(11%) were business.

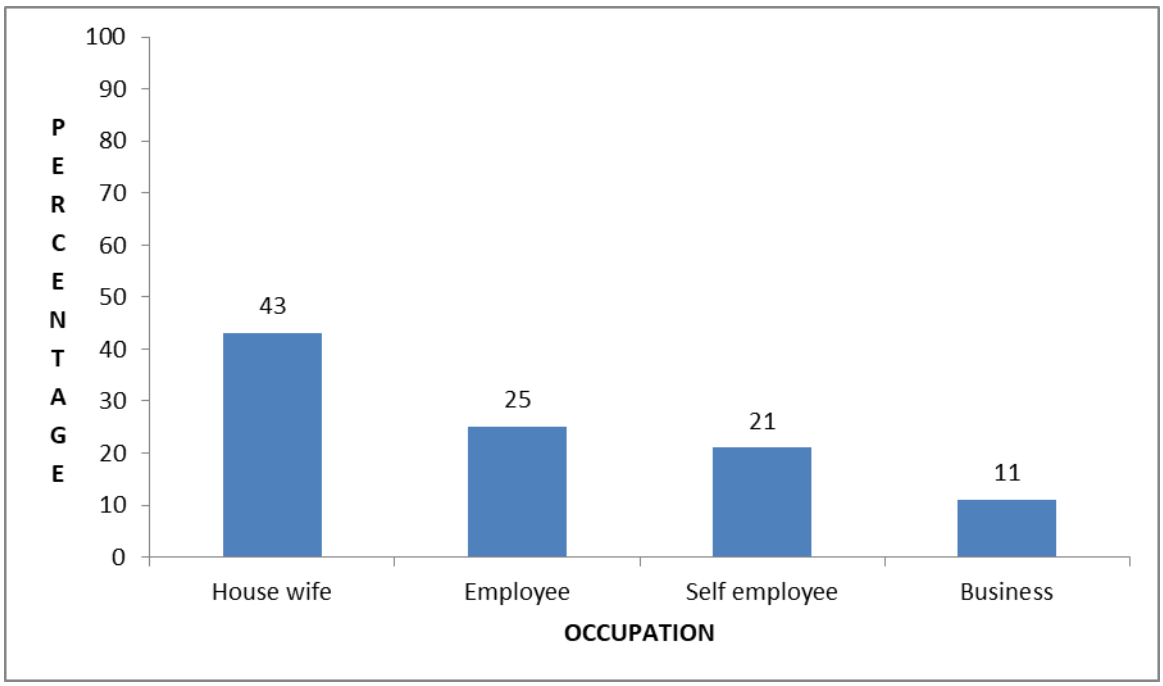


Fig 6: Percentage distribution based on mothers Occupation.

Table 7: Frequency and percentage distribution based on mothers income per month.
(n=100)

Income Per Month	Frequency	Percentage
a)>51, 646	34	34 %
b) 25,811-51,645	24	24 %
c) 19,351-25, 809	28	28 %
d) 12,890-19, 350	14	14 %
Total	100	100 %

Table 7 Shows that with regards to family Income per month were 34(34%) earns >51, 646, 24(24%) earns 25,811-51,645, 28(28%) earns 19,351-25, 809 and 18(18%) earns 12,890 19,350.

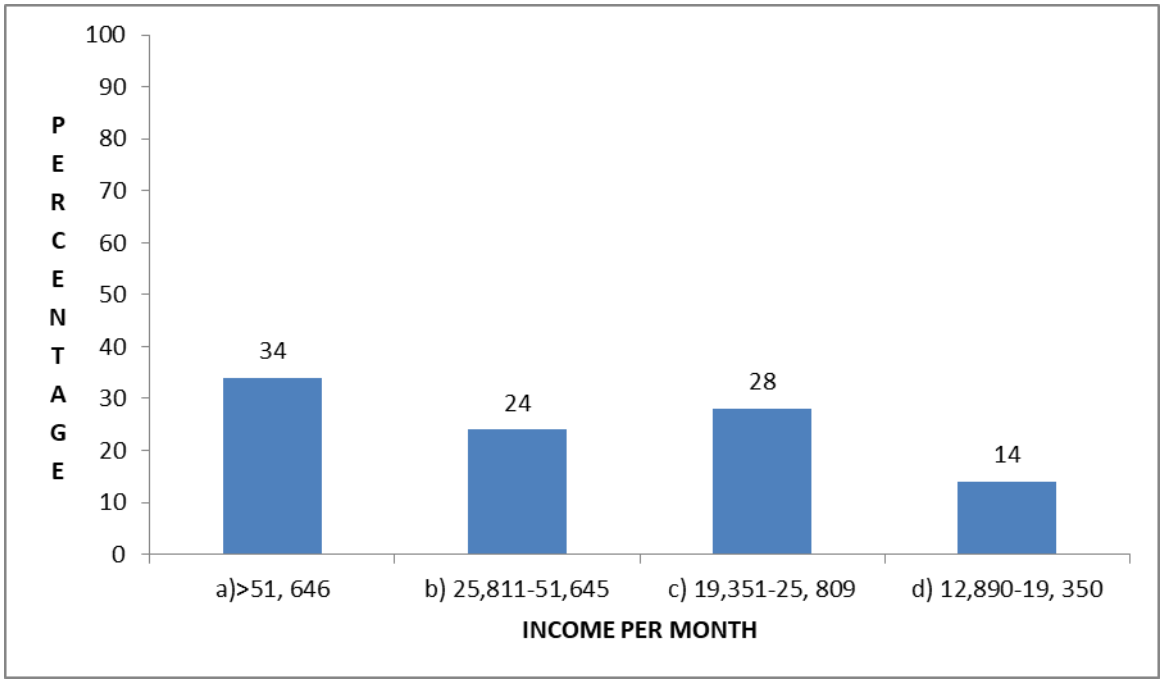


Fig: 7: Percentage distribution of based on mothers family income.

Table 8: Frequency and percentage distribution of choking First aid management among mothers of under five children based on number of children. (n=100**)**

Number Of Children	Frequency	Percentage
1	40	40 %
2	33	33 %
3	27	27 %
Total	100	100 %

Table 8 shows that with regards to the number of children 40 participants 40% have 1 children, 33 participants (33%) have 2 children and 27 participants (27%) have 3 children.

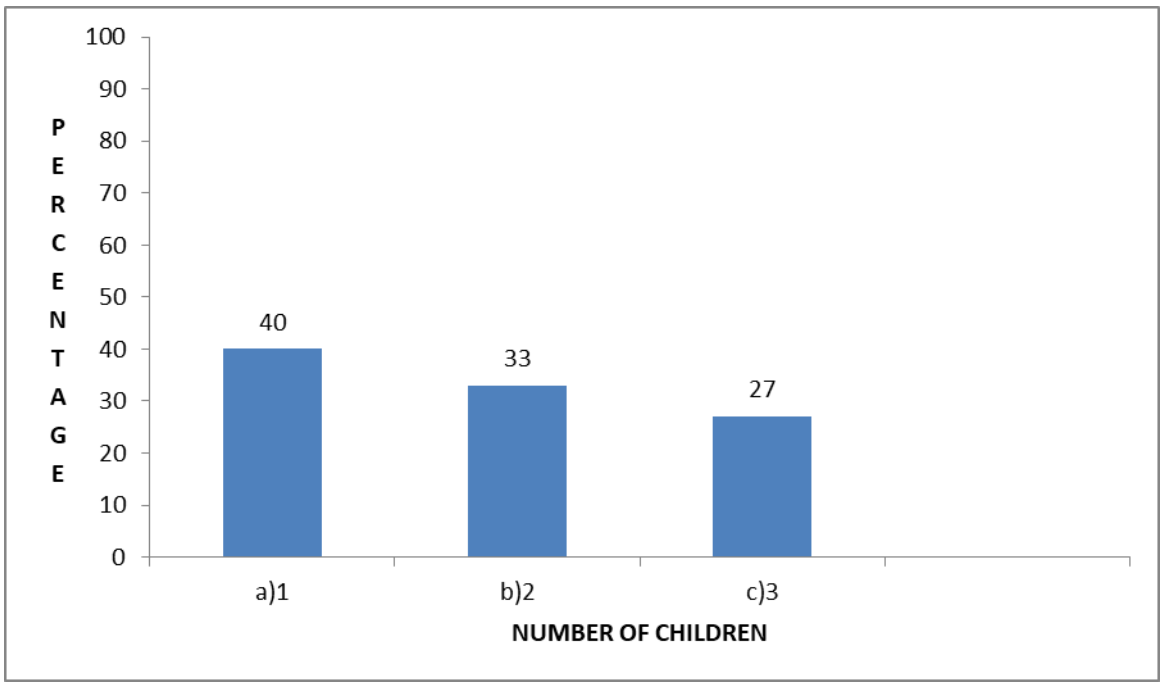


Fig 8: percentage distribution based on number of children.

Table 9: Frequency and percentage distribution of mothers of under five children based on source of information.
(n=100**)**

Source Of Information	Frequency	Percentage
a)Family members	26	26 %
b)Mass media	29	29 %
c)Friends and neighbors	32	32 %
d)Health care professional	13	13 %
Total	100	100 %

Table 9 shows that with regards to the source of information 26 participants (26%) gain information from family members, 29 participants(29%) gain information from Mass media and 32 participants (32%) gain information from friends and neighbors, 13 participants (13%) gain information from health care professionals.

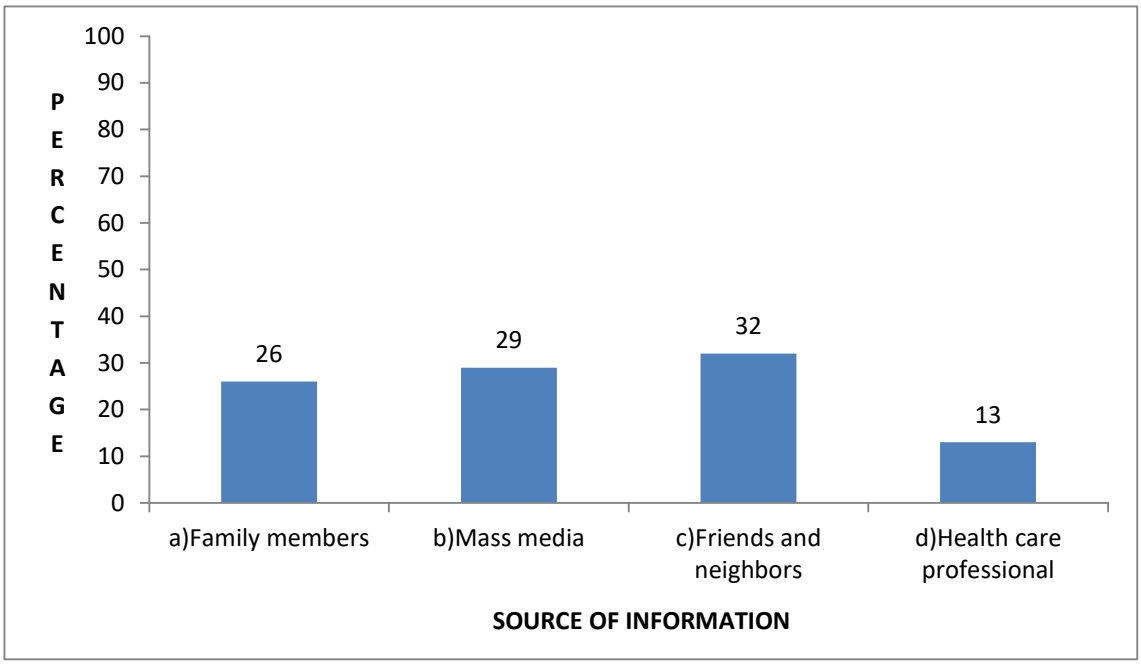


Fig 9: percentage distribution based on source of information.

Table 10: Frequency and percentage distribution of mothers on attending any educational program on choking. (n=100)

Attending Any Educational Program On Choking	Frequency	Percentage
a)Yes	31	31 %
b)No	69	69 %
Total	100	100 %

Table 10 shows that with regard of responses in the educational program on choking 31(31%) participants said yes and 69(69%) participants said No.

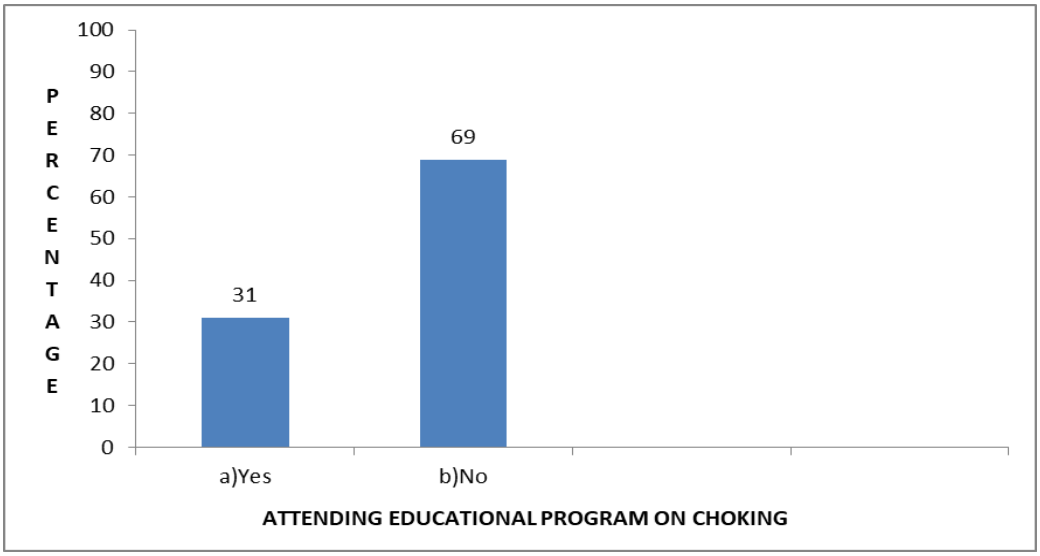


Fig 10: percentage distribution of mothers on attending any educational program on choking.

SECTION II

Table-11: Frequency and distribution on the effectiveness of pre-test and post test knowledge regarding choking first aid management among mothers of under five children. (n=100)

Mothers		Pre Test		Post Test	
		F	%	F	%
Knowledge	A+	–	–	15	15%
	A	–	–	26	26%
	B+	–	–	30	30%
	B	10	10%	23	23%
	C	39	39%	6	6%
	D	51	51%	–	–
	Total	100	100%	100	100%

Table 11: Analyse the knowledge on choking first aid management among mothers of under five children in pretest 10(10%) had B grade, 39(39%) had C grade 51(51%) had D grade. In Post test 15(15%) had A+, 26(26%) had A graded, 30(30%) had B+ grade, 23(23%) had B grade, 6(6%) had C grade.

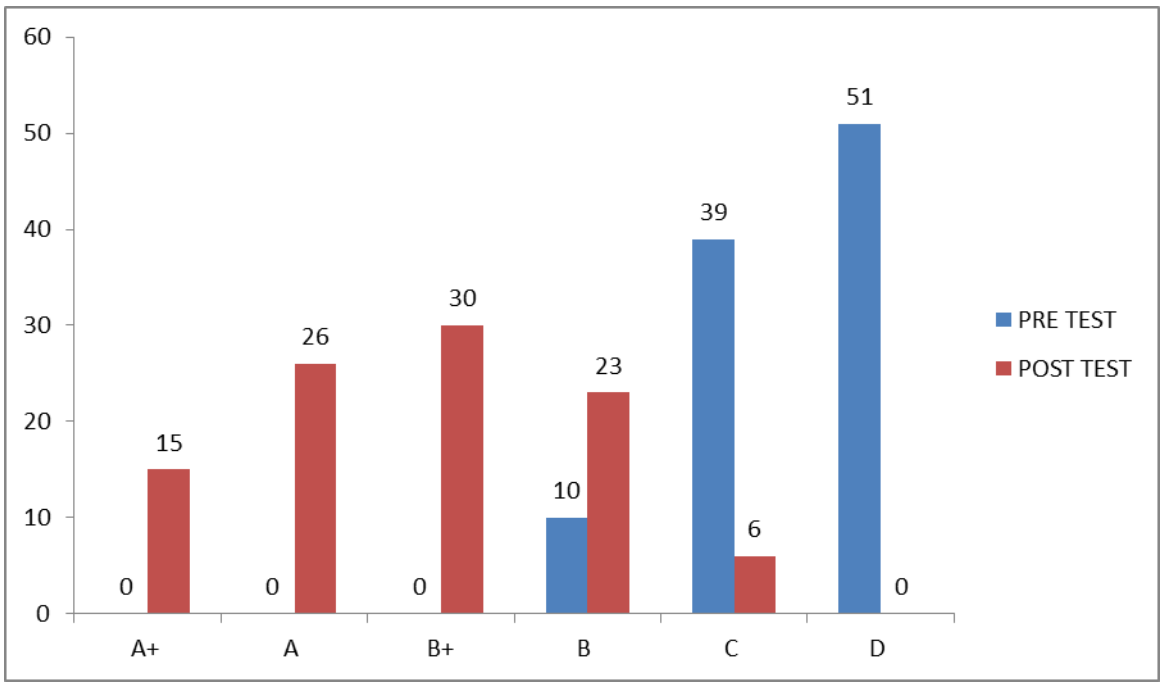


Fig no. 11: percentage distribution of mothers based on level of knowledge (pre and post test).

SECTION-III

Table No 12: Mean and standard deviation of level of knowledge regarding choking among mothers of under five children.

Category	Mean	Standard deviation
Pre test	5.03	10.95
Post test	2.05	2.29

Table 14: Describes that Pre test the mean is 5.03 and standard deviation is 10.95 and post test mean score is 2.05 and standard deviation is 2.29.

SECTION – IV

Table No. 15: Effectiveness of hands on training on choking first aid management among mothers of under five children.

(N=100)

Criteria	Mean	SD	PAIRED T- TEST
pre test	5.03	10.95	Cv=19.88 Tv=2.09 P=<0.005
post test	2.05	2.29	

Table No.14 shows that Mean and standard deviation, T test of pre test and post test of knowledge towards choking among mothers of under five children the Pre-test mean of knowledge was 5.03 with standard deviation is 10.95 and post test mean score is 2.05 with standard deviation is 2.29.

The calculated t value is 19.88 more than the tabulated value 2.09 at 0.005 level of significance. Thus From the confirmation of the result there was statistically significant difference from the pre and post test knowledge. Hence the null hypothesis was rejected, and research hypothesis accepted.

SECTION-V

Table No 13: Association between the pre test level of knowledge regarding choking first aid management among mothers of under five children with their selected socio demographic variables.

S. NO	Demographic variables		B	C		D		Chi square
1	Age	F	%	F	%	F	%	Cv=2.83 Tv=12.592 df=6 P=0.05 NS
	<20years	4	4%	10	10%	16	16%	
	21-25years	2	2%	17	17%	16	%	
	26-30 years	2	2%	6	6%	11	11%	
	>30 years							
		2	2%	6	6%	8	8%	
2	Gender of baby							Cv=2.11 Tv=5.991 df=2 P=0.05 NS
	Male	6	6%	25	25%	25	25%	
	Female	4	4%	14	14%	26	26%	
3	Age of baby							Cv=6.23 Tv=9.488 df=4 P=0.05 S**
	1-2 years	6	6%	20	20%	15	15%	
	3-4 years	2	2%	10	10%	21	21%	
	5 years	2	2%	9	9%	15	15%	
4	Religion							Cv=17.67 Tv=9.488 df=4 P=0.05 S**
	Hindu	3	3%	18	18%	13	13%	
	Christian	3	3%	18	18%	13	13%	
	Muslim	4	4%	3	3%	25	25%	
5	Educational qualification							Cv=8.56 Tv=12.592 df=6 P=0.05 NS
	Primary education	4	4%	17	17%	15	15%	
	Second education	2	2%	10	10%	21	21%	
	Graduate	2	2%	6	6%	13	13%	
	Post graduate	2	2%	6	6%	2	2%	
6	Occupation							Cv=10.71 Tv=12.592
	Housewife	4	4%	20	20%	19	19%	
	Employee	2	2%	5	5%	18	18%	df=6 P=0.05 NS
	Self employee	2	2%	7	7%	12	12%	
	Business	2	2%	7	7%	2	2%	

7	Income per month							Cv=5.898 Tv=12.592 df=6 P=0.05 NS
	>51, 646	4	4%	8	8%	22	22%	
	25,81151,645	2	2%	12	12%	10	10%	
	19,351-25, 809	2	2%	13	13%	13	13%	
	12,890-19, 350	2	2%	6	6%	6	6%	
8	No of children							Cv=5.44 Tv=9.488 df=4 P=0.05 NS
	1	4	4%	19	19%	17	17%	
	2	2	2%	9	9%	22	22%	
	3	4	4%	11	11%	12	12%	
9	Source of information							Cv=25.20 Tv=12.592 df=6 P=0.05 S**
	Family members	4	4%	12	12%	10	10%	
	Mass media	2	2%	15	15%	12	12%	
	Friends and neighbors	2	2%	3	3%	27	27%	
	Health care professional	2	2%	9	9%	2	2%	
10	Attending educational program on choking							Cv=8.04 Tv=5.991 df=2 P=0.05 S**
	Yes	6	6%	15	15%	10	10%	
	No	4	4%	24	24%	41	41%	

NOTE
C = calculated value p= probability value
T = Table value S = significant
NS= non -significant df= degree of freedom

Table 13.
Discriminate that knowledge choking among mothers of under five children with their selected socio demographic variables.

➢ With regards to Age of mothers the calculated value is 2.83 and the table value is 12.592 at p=> 0.05 level the calculated value is lesser than table value so there is no significant.

➢ With associated to Gender of baby the calculated value is 2.11 and the table value is 5.991 at p=> 0.05 level. The calculated value is lesser than table value so there is no significant.

➢ With associated to Age of baby the calculated value is 6.23 and table value is 9.488 at p=> 0.05. The calculated value is greater than table value so there is significant.

➢ With associated to religion the calculated value is17.67and the table value is 9.488 at p=> 0.05 the calculated value is greater than table value so there is significant.

➢ With regards of Education al qualification of mothers the calculated value is 8.56 and table value is 12.592 at p=> 0.05 level the calculated value is lesser than table value so there is no significant.

➢ With description of occupation of mother the calculated value is 10.71 and the table value is 12.592 at p=> 0.05 level. The calculated value is lesser than table value so there is no significant.

➢ With description of income per month the calculated value is 5.898 and the table value is 12.592 at p= 0.05 level. The calculated value is lesser than table value so there is no significant.

➢ With regards to the number of children the calculated value is 5.44 and the table value is 9.488 at p= 0.05 level. The calculated value is lesser than table value so there is no significant.

➢ With associates to source of information of mother the calculated value is 25.20 and table value is 12.592 at p=> 0.05 level the calculated value is greater than table value so there is significant.

➢with association to the responses in attending the choking program the calculated values is 8.04 and table value is 5.99 p=> 0.05 levels. The calculated value is greater than table value so there is significant.

IMPLICATIONS TO NURSING PROFESSION
The findings of the study have several implications for nursing practice, nursing evaluation, nursing Administration and nursing research.

NURSING PRACTICE
The study will help to enhance the knowledge among mothers there by reducing the incidence of choking.

The dissemination of knowledge regarding choking among mothers can reduce morbidity and mortality rate from preventable causes.

NURSING EDUCATION
The nursing education enables communication to mothers and educating them helps the mothers to develop more insight on new knowledge regarding choking. Education program should emphasize more on teaching of mothers to improve knowledge regarding choking and its incidence among mother's of under five children.

NURSING ADMINISTRATION
The nursing administrator should conduct awareness programs regarding choking among mothers of under five children.

Nursing administrator should develop certain plans and policies implemented to improve the knowledge

regarding choking and its management among mother's of under five children in selected community area venkatachelam. Nursing administrator also should undergo training in service education program for upgrading knowledge regarding choking among mothers of under five children.

NURSING RESEARCH

The essence of research was to build up the body of knowledge in nursing as an involving the profession. It can help to increase the body of knowledge which improves the care provided. The findings of the study can generalize to increase the body of knowledge in nursing field, continuing research and health education will make the public general and health professional to understand the importance of choking and to give information to the public regarding health issues that can be caused due choking.

The study will be valuable reference and path way for future reference...

RECOMMENDATIONS

Based on the findings of the following recommendations suggested for further research.

RECOMMENDATION FOR THE FUTURE RESEARCH

Based on the study recommendations are,

• A similar study can be conducted on large sample for better generalization.

• A similar study can be conducted to assess knowledge regarding choking among mothers of under five children in different setting.

An experimental study was done to assess the effectiveness on hands on training program regarding choking. A comparative study was undertaken to compare the knowledge of mothers.

CONCLUSION

The study was conducted to evaluate the effectiveness of hands on training programs among mothers of under five children in rural areas. The mean 5.03 and standard deviation 10.95 in pre test and in post test scores is 2.05 and standard deviation is 2.29 the variables of age of baby, religion, source of information, attending any educational program on choking among mothers of under five children showed a significant association at the level of p=<0.005. The result of the study indicated that hands on training programme was very effective in reducing choking. Therefore, the investigator felts that more importance should have been given to this programme. The calculated Cv value 19.88 and the tv value 2.09 p =< 0.005 level of significance. From the confirmation of the result there will be significant effectiveness in the pre and post test knowledge. Hence the null hypothesis was rejected, and research hypothesis accepted.

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