

The above table depicts the overall pre-test, post-test knowledge of respondents. The mean pre-test knowledge was 29.61 with SD 4.261 whereas mean post-test knowledge was 42.27 with SD 4.029. The mean pre-test practice was 18.10 with SD 3.523 and post-test practice was 24.74 with SD 1.916.

The results of paired t test are shown in above table. P value is less than 0.05 which shows a significant difference in pre and post knowledge scores of respondents. All significant value of results is less than 0.05 shows the null hypothesis is rejected. **H₀**: There is no effectiveness of health education on knowledge and practices among mothers regarding prevention and management of diarrhea in under-five year age group children in rural community. So, alternative hypothesis is accepted and educational interventions regarding prevention and management of diarrhea in under five year children were effective. The statistical value is evidence that the structured teaching program was effective in enhancing the knowledge of mothers regarding prevention and management of diarrhea in under five year children. In this table further a mean difference between pre and post reading that is 12.657 and 6.643.

DISCUSSION

The present study “Effectiveness of health education on knowledge and practices among mothers regarding prevention and management of diarrhea in under-five year age group children in rural community” is based on 70 mothers of child under five years.

In this study good knowledge about definition of diarrhea 42.27%. Mothers have good knowledge and practices. In this study mothers have not good knowledge and practices about diarrheal management before health education. After health education mothers have good knowledge about danger signs of dehydration, importance of breast feeding during diarrhea, preparation of ORS, hand washing techniques and its importance and complications of diarrhea.

Social determinants in this study is showing that most of the mothers are illiterate, 34.35% mothers are

CONCLUSION

It is concluded that educational intervention in mothers of under five year children is much effective to improve knowledge and practice regarding prevention and management of diarrhea. Educational intervention related to diarrheal care has the potential to make a great impact on the health of children. In this study, health education accomplishes a significant effect on mothers in under-five year children.

primary education, 31.4 are secondary education and 2.9 mothers graduate. Similar study conducted about Mother’s showed that 72% of the mothers knew the correct definition of diarrhea which is higher than this study. Practice was 24.74 with SD 1.916. Similar study conducted Chauhan et al. to explore the effectiveness of health education about diarrhea prevention and management result showed that there was increased in level of knowledge. The selected practices showed there was increased in adequate level of practice. The study showed the effectiveness of health education programme.

knowledge, attitude and practice regarding prevention and management of diarrhea in children in Southern Odisha (Padhy, Sethi et al. 2017).

After four weeks of intervention knowledge of mothers improved and it ultimately improved the practices of mothers. Similar results are also seen in the study by Patric Kelly et al. in a study by Neelma Kunwar et al

A study conducted by (Joseph and Naregal 2014) about evaluation of diarrheal management education the data analysis revealed that the mean post score was higher than the mean pre-test score. The study concluded that health education is an effective method for providing knowledge with reference to prevention and home management of diarrhea. Through health education there is a significant improvement in mother knowledge and practice with respect to homecare of under-five children with diarrhea.

Diarrhea is the main reason of death in children under the 5 years of age in whole world after the pneumonia. Nigeria is the second largest country with the contribution of loses 2,300 under-fives death due to diarrhea daily. The 88% of the diarrhea load is due to the poor sanitation and unhygienic condition (Sohail 2017).

LIMITATIONS

- The sample was limited to only 70 mothers of under five year children, the finding could not be generalized beyond this geographical group.
- No attempt was made to follow-up to measure the retention of knowledge after the post test.
- Some of the mothers expressed hesitation as there was a lapse of continuity in their education.

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