

Research Article**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING TRYPANOPHOBIA AND ITS MANAGEMENT AMONG MOTHERS OF SCHOOL GOING CHILDREN AT SELECTED AREA KANPUR, UP****Aditi Gupta ,Aabshar,Aditi Tiwari, Akrati Yadav, Alisha Pathan⁽¹⁾**

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Mrs. Hina Parveen ⁽²⁾,Assistant professor, Department of Mental Health Nursing, Faculty of Nursing, Rama University. hinaparveen.rcn@ramauniversity.ac.in**ABSTRACT**

Trypanophobia, or fear of needles, is a specific phobia characterized by an intense, irrational fear of needles and medical procedures involving them, potentially stemming from negative experiences, family history, or learned behaviors. Trypanophobia, or the fear of needles, is a widespread and debilitating phobia that affects millions of people worldwide. A quasi-experimental study was conducted to assess the effectiveness of Structural Teaching Program on knowledge regarding Trypanophobia and its management among mothers of school going children at selected area, Kanpur (U.P).

A total 60 sample were collected by using purposive sampling techniques through self structured questionnaire,

the data collected and analysed and descriptive on inferential statistics. The result of the study shown post test mean score (19.83) was high as compared to pretest mean score at (12.13). The obtained 't' value 20.33 was greater than t value (2.00) & $p < 0.05$ level which shows significance differences between pre-test and post-test level of knowledge hence the formulated research Hypothesis H1 was accepted. The test revealed that there was no significant association of knowledge with selected demographic variables such as such as age of mother, age of children, religion, education of mother, occupation of mother, Offspring, type of family but there was no significant with other selected demographic variables, were found no significant at < 0.05 level of significance. The study concluded that

Structural Teaching Program was effective on knowledge regarding Trypanophobia and its management among mothers of school going children.

KEYWORDS- *Trypanophobia, Mothers of school going children, Structured teaching program, Children, Education.*

INTRODUCTION

“Fear is an insidious and deadly thing. It can warp judgment, freeze reflexes, breed mistakes. Worse, it’s contagious.”

Jimmy Stewart

Phobias are intense, irrational fears that can significantly impact daily life. As children grow, parents naturally worry about potential dangers, such as stranger danger, accidents, bullying, and phobias. A specific phobia is an anxiety disorder where a person has an intense, irrational fear of a particular thing, situation, or activity. This fear is excessive and overwhelming, leading to avoidance behaviors. The fear is often out of proportion to the actual risk or danger.⁽¹⁾

Trypanophobia, or the fear of needles, affects millions of people worldwide, causing significant distress and anxiety that can lead to avoidance of essential medical care, vaccinations, and health checkups. This phobia is particularly prevalent among children, including those in school, and can compromise their health and well-being. Mothers may experience a range of fears..⁽²⁾

Mothers play a vital role in shaping their children's attitudes and behaviours towards medical procedures. However, despite the prevalence and significance of trypanophobia, there is a lack of research on mothers' knowledge and attitudes towards this phobia in school-going children. Assessing mothers' understanding and attitudes towards trypanophobia is crucial for developing effective strategies to manage this phobia in children.⁽³⁾

NEED FOR THE STUDY

Trypanophobia, or the fear of needles, is a prevalent issue among children, affecting 63% of kids. This phobia can lead to missed vaccinations and delayed treatments. Research shows that trypanophobia can impact children as young as 7, with a lifetime prevalence rate of 19.3% among adolescents. The prevalence rates vary

by age- 21.6% for 13–14-year-olds, 18.3% for 15–16-year-olds, 17.7% for 17–18-year-olds. Trypanophobia has severe consequences, including delayed therapy and vaccine hesitancy. It's crucial for parents, caregivers, and healthcare professionals to recognize the prevalence and incidence of trypanophobia and develop strategies to address it.

Trypanophobia, a specific phobia, has a profound influence on health decisions. According to the Centers for Disease Control and Prevention (CDC), a staggering 16% of people in the US avoid vaccinations due to this fear, highlighting its significant impact on public health.⁽⁴⁾

This structural teaching program include knowledge regarding cognitive-behavioral therapy (CBT) and exposure techniques which helps to manage anxiety and prevent fainting during needle procedures, Use relaxation techniques, such as deep breathing or progressive muscle relaxation, Practice grounding techniques to focus on the present moment, Shift attention to surroundings, noticing, Sounds, voices, music, or background noises, Sights objects, colors, or patterns, Smells, scents or aromas in the air, Redirect

the focus away from the needle and onto these sensory experiences to reduce anxiety and stay calm. .⁽⁵⁾

PROBLEM STATEMENT

“A study to assess the effectiveness of Structured Teaching Program on knowledge regarding Trypanophobia and its management among mothers of school going children at selected area, Kanpur (U.P)”

OBJECTIVES OF THE STUDY

- To assess the existing level of knowledge regarding trypanophobia and its management among Mothers at selected areas of Kanpur (U.P).
- To evaluate the effectiveness of structural teaching program on knowledge regarding trypanophobia and its management among mothers of school going children at selected rural areas, Kanpur (U.P)
- To find out the association between the pre-test knowledge score with their selected socio demographic variables.

HYPOTHESIS

Positive Hypothesis

- **H1:** There will be a significant difference between pre-test and post-test level of knowledge regarding trypanophobia and its management among mothers of school-going children at selected rural areas of Kanpur (U.P).
- **H2:** There is significant association between the pre-test level knowledge regarding trypanophobia and its management among mothers of school going children with their selected socio-demographic variables.

Null Hypothesis

- **H0₁:** There is no significant difference between the pre-test and post-test level of knowledge regarding trypanophobia and its management among mothers of school going children at selected rural areas of Kanpur, Uttar Pradesh.
- **H0₂:** There is no significant association between the pre-test level of knowledge regarding trypanophobia and its management among mothers of

school going children with their selected socio-demographic variables.

RESEARCH APPROACH

Quantitative evaluative research approach chosen for the study.

RESEARCH DESIGN

The research design used in quasi experimental one group pre-test and post-test used in the current study.

VARIABLES

Dependent Variables

Knowledge regarding Trypanophobia and its management among mothers of school going children.

Independent Variables

Structured teaching program on knowledge regarding trypanophobia and its management among mothers of school going children.

POPULATION

Target population: -

Mothers of school going children (6-14) years who were available during the time of data collection at rural areas.

Accessible population: -

Accessible population of present study consisted of mothers of school going children (6-14 years) at selected rural area Kanpur, Uttar Pradesh.

Sample:-

The sample used for this study was mothers of school going children (6-14) years who are meet the inclusion criteria.

Sample size:-

The sample size of this study is consisting of 60 mothers of school going children (6-14).

Sample technique:-

Purposive sampling techniques was used to select the sample.

INCLUSION CRITERIA:

The study includes -

- Mother of school going children at Ramnagar, Kukradav, Kanpur, U.P

Exclusion criteria:

The study excludes:

- Mothers who were not available at the time of data collection.
- Mother who were not willing to participate in study.

METHODS OF DATA

COLLECTION:-

DESCRIPTION OF THE TOOL

A tool were developed to assess the effectiveness of Structured teaching program on knowledge regarding trypanophobia and its management.

The tool consists of two sections-

Part 1- Demographic variables

Part 2- Self structured knowledge questionnaire

RESULTS AND FINDINGS:

SECTION A:

The major findings of the present study were:

- Majority of the mothers of school going children(6-14), (26.67%)were having age group of 26-27 years, (58.33%) were having age group 28-29 years and (15%) were having age group of 30 years and above.
- Majority of children where of age (60%) children of age group 6-8 years,(18.33%)children of age group 9-12yrs, (21.67%) children of age group 13-14 yrs.
- Majority of the mothers 30% (18) mothers were 10th pass, 60% (36) mothers were 12th pass and 10% (6) mothers were Graduate pass.
- Majority of mothers belong from type of family where 56.6% (34) belonged from nuclear family, 43.33% (26) belonged from joint family.
- Majority of mothers were of religion where 66.67% (40) were Hindu, 33.33% (20) were Muslims.
- Majority of mothers occupation of mothers where 50% (30) were Housewife, 50% (30) were in private job.

- Majority of mothers were having children, 41.67% (25) had 3 children, 13.33% (8) had more than 3 children. where 8.33% (05) were had 1 child, 36.67% (22) had 2 children.

Section B: -

TABLE.11: DISTRIBUTION OF MOTHERS OF SCHOOL GOING CHILDREN ACCORDING TO THE PRE-TEST AND POST-TEST LEVEL OF KNOWLEDGE REGARDING TRY PANOPHOBIA AND ITS MANAGEMENT. n=60

Level of knowledge	Percentage	Pre-test	Percentage	post-test
	%	Frequency	%	Frequency
Inadequate knowledge	65%	39	0%	0
Moderate knowledge	35%	21	21.67%	13
Adequate knowledge	0%	0	78.33%	47
Total	100%	60	100%	60

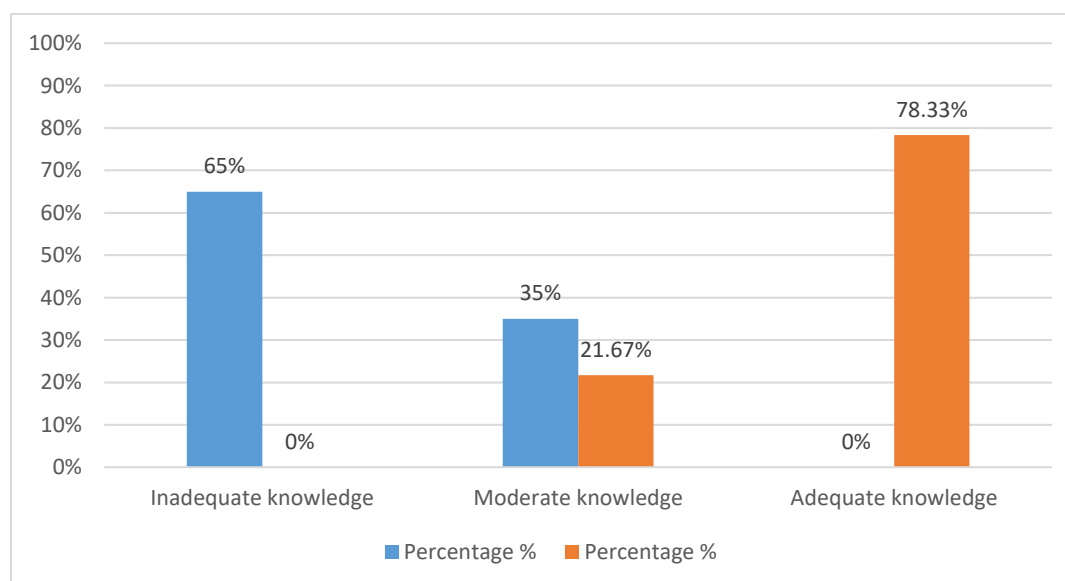


Figure.9. Bar diagram showing frequency and percentage wise distribution of pre-test and post-test level of knowledge.

In Pre-test, out of 60 samples 39 sample (65%) had inadequate level of knowledge, 21 samples (35%) had moderate level of knowledge, no one

had adequate level of knowledge and in post-test out of 60 samples,

No one had inadequate level of knowledge, 13 samples had (21.67%) moderate level of knowledge and 47

samples (78.33%) had adequate level of knowledge.

SECTION-C

Comparison of pre-test and post-test level of knowledge regarding trypanophobia and its management among mothers of school going children.

The post-test last mean score (19.83) was high as compared to the pre-test mean (12.13) score of knowledge.

Mean of pre-test (12.13) and post-test (19.83) and mean percentage of pre-test (20.21%) and mean percentage of post-test (33.05%), Standard deviation of pre-test (2.46) and post-test (2.19).

SECTION- D

Effectiveness of structured teaching programme regarding trypanophobia and its management among mothers of school going children.

TABLE.11. FREQUENCY, MEAN, MEAN DIFFERENCE, PAIRED'-TEST OF STRUCTURAL QUESTIONNAIRE.

S.no.	Level of Knowledge	Mean	Mean difference	SD value	Paired t	Table value
1.	Pre-test	12.13	7.7	2.46	20.33	2.00 At 0.05level of
2.	Post-test	19.83		2.19		

The structured teaching program has been developed to impart knowledge among students. The effectiveness of Structured teaching programme was tested and found effective. The Mean scores difference and after administration of structured teaching programme has shown significant difference. The Mean value of pre-test was 12.13 which has been increased to 19.83 in the post-test. The paired t-test value was 20.33 at the level of 0.05. From the above interference, it is made clear that structured teaching programme has positive impact on

knowledge among mothers of school going children. There is a significant difference between the pre-test and post-test level of knowledge regarding Trypanophobia and its management. **Hence H₀₁ is accepted.**

NURSING IMPLICATION

Nursing Education

Location of the study can be seen in the area of nursing services, nursing education, nursing administration, nursing research, community health nursing.

Nursing Administration -

- The implication of nursing services that the nurses play an important role in the awareness structured teaching program help the mothers of school going children.
- That has to encourage further study regarding Trypanophobia and its management.
- The study finding help to motive and initiate for the research related to the effectiveness of the awareness structured teaching program regarding Trypanophobia and its management.

Nursing Education

- The nurse educates can recommend this topic to the students for health education activities of community to increase the knowledge level of mothers of school going children regarding Trypanophobia and its management.
- The findings will help the nursing students to understand the need to be equipped with adequate knowledge.

Nursing administration

- The findings of the study help the nurse administration to take appropriate measures about providing knowledge to mothers of school going children regarding Trypanophobia and its management.
- Continuous quality assessment can be done to assist the quality of education provide to the mothers of school going children

Nursing research

- Nursing practices need to be based on scientific knowledge because nurses are facing lots of challenges while delivering health services the people.

Community Health Nursing

- Nurse have expanded and extended role of promotion prevention, curative and rehabilitation of individual family and community level.
- Nurse can provide centralise approach regarding Trypanophobia and its management by taking action to impart knowledge to the committee people.

Recommendation

- On the basis of the findings of the study following recommendations put forward for further research.
- A similar study can be replicated on large sample to generalize the findings.
- A similar study can be conducted loaded by including additional or different demography.
- A similar study can be conducted by using true experimental approach.
- Can be better to have as Explorative study.

CONCLUSION

The findings of the study following conclusion were drawn where study was conducted in rural area Ramnagar and Kukradev were sample size 60, in the pre-test knowledge based on selected areas Kanpur Uttar Pradesh regarding Trypanophobia and its management among mothers of school going children. Mothers of school going children 21 (35%) had inadequate knowledge 39 (65%) had moderate knowledge and no one had adequate knowledge in pre-test and 26 (43.33%) had adequate knowledge 34 (56.67%) had moderate knowledge and 0 (0%) had inadequate knowledge in post-test. It was inferred that, most of the mothers of school going children in rural area had moderate knowledge in pre-test and most of had adequate.

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