



**A STUDY TO ASSESS THE EFFECTIVENESS OF DESIGNED INSTRUCTION
PROGRAMME REGARDING CHILD EXPLOITATION IN TERMS OF
KNOWLEDGE AND ATTITUDE AMONG MOTHERS WITH UNDER FIVE
CHILDREN IN SELECTED AREAS OF VADODARA, GUJARAT**

Mr. Rajesh P

Research Scholar, Malwanchal University, Indore, M.P.

INTRODUCTION

Children constitute the foundation of any nation's future, representing not only the continuation of society but also its economic, social, cultural, and moral strength. The well-being of children is universally recognized as a key indicator of national development. Healthy, protected, and nurtured children grow into productive adults who contribute positively to society. Conversely, when children are exposed to exploitation, neglect, and abuse, the consequences extend far beyond the individual child, affecting families, communities, and the nation as a whole.

Child exploitation is a multidimensional social and public health issue that violates the fundamental rights of children. It encompasses a wide range of harmful practices, including physical abuse, emotional abuse, sexual exploitation, child labor, trafficking, neglect, and exposure to unsafe environments. Children under five years of age are particularly vulnerable to exploitation due to their complete dependence on adults for care, protection, nutrition, and emotional support. At this developmental stage, children lack the cognitive, emotional, and communicative abilities to recognize exploitation or seek help.

In the Indian context, mothers are traditionally regarded as the primary caregivers and protectors of young children. From birth through early childhood, mothers play a central role in feeding, nurturing, disciplining, educating, and safeguarding their

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children. A mother's knowledge, awareness, and attitude toward child protection significantly influence the safety and well-being of her child. Inadequate knowledge or negative attitudes can unintentionally place children at risk of exploitation, even within their own homes or communities.

Despite the existence of several child protection laws, policies, and welfare schemes in India, child exploitation remains widespread. This paradox highlights the gap between policy formulation and community-level awareness and implementation. Many cases of child exploitation go unreported due to lack of knowledge, social stigma, fear of legal consequences, and cultural silence. Mothers, especially those from socioeconomically disadvantaged backgrounds, often lack access to accurate information regarding child rights, signs of exploitation, and available support systems.

Designed instruction programmes are structured educational interventions developed to impart knowledge and shape attitudes in a systematic manner. In the field of community health nursing, such programmes are widely used to address gaps in knowledge and promote positive behavioral change. By empowering mothers with appropriate information and fostering a protective attitude, designed instruction programmes can serve as an effective preventive strategy against child exploitation.

This study focuses on assessing the effectiveness of a designed instruction programme regarding child exploitation in terms of knowledge and attitude among mothers with under five children in selected areas of Vadodara, Gujarat. The findings of this study are expected to contribute valuable insights for nursing practice, education, and community-based child protection initiatives.

OBJECTIVE

- To assess the pretest knowledge scores and attitude scores regarding child exploitation among mothers with under five children.
- To assess the post test knowledge scores and attitude scores regarding child exploitation among mothers with under five children.
- To compare the pre test and post test knowledge scores regarding child exploitation among mothers with under five children.

- To compare the pre test and post test attitude scores regarding child exploitation among mothers with under five children.
- To correlate the post test knowledge scores and attitude scores regarding child exploitation among mothers with under five children
- To find out association between post test knowledge scores with their selected demographic variables.

HYPOTHESIS

All hypothesis at 0.05 level of significant

- H₁ - The mean posttest knowledge score is significantly higher than the pre test knowledge score regarding child exploitation among mothers with under five children.
- H₂ - The mean posttest attitude score is significantly higher than the pre test attitude score regarding child exploitation among mothers with under five children.
- H₃- There will be a significant relationship between the post test knowledge score and attitude score regarding child exploitation among mothers with under five children.
- H₄ - There will be a significant association between the posttest knowledge scores regarding child exploitation among mothers with under five children with their selected demographic variables

OPERATIONAL DEFINITION:

EFFECTIVENESS:

It means producing an intended result. In this study effectiveness refers to gained level of knowledge as determined by significant difference between pre and post test knowledge scores and attitude scores among mothers with under five children regarding child abuse, which is measured in terms of statistical measurement.

DESIGNED INSTRUCTION PROGRAMME :

It refers to a planned series of information to the group of people so as to help them to learn something. In this study, it refers to a structured set of information for 45 minutes by using flash cards to create awareness and spread knowledge to the mothers regarding child abuse. It includes definition, types, etiology, risk factors, signs of abuses, management, effects and prevention of child exploitation.

KNOWLEDGE :

- It means level of understanding. In this study it refers to the verbal response of the mothers and their level of understanding about child exploitation, which is measured by structured interview schedule and its scores.
- **ATTITUDE :**
- It means a way of thinking or feeling about someone or something. In this study it refers to the verbal response of the mothers and their feeling about child exploitation, which is measured by Five point Likert scale and its scores.
- **CHILD EXPLOITATION :**
- Child exploitation is any form of intentional physical abuse, physical neglect, emotional abuse, and emotional neglect and sexual abuse of children.
- **MOTHERS OF UNDER FIVE CHILDREN:**
- Mothers who have children with 0-5 years of age.
- **EFFECTIVENESS :**
- It means producing an intended result. In this study effectiveness refers to gained level of knowledge as determined by significant difference between pre and post test knowledge scores and attitude scores among mothers with under five children regarding child abuse, which is measured in terms of statistical measurement.

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- **MOTHERS OF UNDER FIVE CHILDREN:**

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ASSUMPTIONS:

- Mothers with under five children may have less knowledge about child abuse.
- Structured teaching program may help the mothers with under five children to improve their knowledge and develop desirable attitude regarding child exploitation.

RESEARCH METHODOLOGY

The evaluative approach was used to conduct the present study to assess the effectiveness of designed instruction programme regarding child exploitation in terms of knowledge and attitude among mothers with under five children. The design of the study was one group pre test and post test pre experimental design. The study was conducted in rural village of Vadodara, Gujarat. The total population is 4922 out of these 210 mothers are having under five children. Most of the mothers are house wives. Some mothers are going for agricultural work and private companies. The target population of the study are mothers with under five children who are residing in selected villages of Vadodara, Gujarat. The sample of the study are mothers who are having children with 0-5 years of age, residing in selected villages of Vadodara, Gujarat. The sample size consists 100 mothers with under five children. Purposive sampling technique was used to select the samples for the study.

RESULT

The mothers with under five children who belonged to the age group of 18-22 years were only 25(25%), 23 – 27 years of mothers with under five children were 26(26%), majority of the mothers with under five children 30(30%) were in the age group of 28–32 years, 33 – 37 years of mothers with under five children were 19(19%).

There were 14(14%) mothers with under five children were in no formal education, 22(22%) of the mothers with under five children were studied primary education, 36(36%) of the mothers with under five children were studied secondary education and 21(21%) of the mothers with under five children were studied higher secondary. Very few 7(7%) mothers with under five children were graduate.

Regarding occupation 23(23%) of mothers with under five children were Daily wages worker, 11(11%) of mothers with under five children were business, 26(26%) of mothers with under five children were private employee, 7(7%) of mothers with under five children were government employee and majority 33(33%) of mothers with under five children were house wives.

Regarding family monthly income, 30(30%) of the mothers with under five children had income less than Rs.3,000 and 30(30%)of the mothers with under five children had

income between Rs.3,001 – Rs.6,000, 17(17%) of mothers with under five children had income between Rs.6,001-Rs.10,000 and 17(17%) of mothers with under five children had income between Rs.10,001-15,000 and 6 (6%) of mothers with under five children had income above Rs.15,001.

The highest number 69(69%) of mothers with under five children were Hindus, 16(16%) of the mothers with under five children were Christians and 15(15%) of mother with under five children were in Muslims.

Majority of 72(72%) the mothers with under five children belonged to Nuclear family where as 28(28%) of the mothers with under five children belonged to Joint family.

The data showed that, the age of the child 16(16%) of children were in the age group of below 1 year, 22(22%) of children were in the age group of 1 year- 2 years, 38(38%) of children were in the age group of 2-3 years, 12(12%)of children were in the age group of 3-4 years and 12(12%) of children were in the age group of 4-5 years.

Knowledge scores among 100 mothers with under five children regarding child exploitation, in pretest majority 82 (82%) of the mothers with under five children had inadequate knowledge and 18(18%) of mothers had moderately adequate knowledge and no mothers had adequate knowledge and in posttest majority 67(67%) of the mothers with under five children had adequate knowledge, 33(33%) of mothers had moderately adequate knowledge and no mothers had inadequate knowledge.

DISCUSSION

The data analysis showed that the knowledge regarding child exploitation among mothers with under five children in pre test knowledge 82(82%) had inadequate knowledge, 18 (18%) had moderately adequate and in pre test attitude 81(81%) had unfavorable attitude, 19 (19%) had moderately favorable attitude (table 3). From the (table 2) and (table 3) it revealed that there was a need for designed instruction programme for mothers with under five children regarding child exploitation.

This finding is consistent with the study findings of Kuo-rong Chio (2009) who conducted study on disciplining the child among parents result showed that 64% parents had lack of parenting knowledge.

The data analysis showed that the post test knowledge regarding child exploitation among mothers with under five children 67 (67%) had adequate knowledge and 33(33%) had moderately adequate knowledge and no mothers had inadequate knowledge (table 2). Assessment of posttest attitude regarding child abuse 89(89%) had favorable attitude and 11 (11%) had moderately favorable attitude and no mothers had unfavorable attitude (table 3). After being exposed to designed instruction programme showed that knowledge and attitude scores had been markedly increased.

CONCLUSION

The study findings revealed that there was a significant improvement in knowledge and attitude scores. The designed instruction programme significantly increased the knowledge ('z' value 30.06) and attitude ('z' value 44.58) among mothers with under five children regarding child exploitation. Thereby mothers can apply the knowledge effectively which in turn to promote children's wellbeing.

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