"A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON THE KNOWLEDGE OF MOTHERS OF UNDER FIVE CHILDREN ON INCLUSION OF PROBIOTICS IN MANAGEMENT OF DIARRHEA IN SELECTED URBAN AREA, UTTARA KANNADA DISTRICT"

BY

Ms. ALANTA JOSEPH

Submitted to

Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka

Under Short term Research Grants for Undergraduate Students of Institutions Affiliated to RGHUS for the year 2024-25

And

In Partial fulfillment of the requirements for the degree of

Bachelor of Sciences in Nursing

Under the guidance of

Dr. Yashoda Sathish

St. Ignatius Institute of Health Sciences,

Honavar, Uttar Kannada

2024-25

DECLARATION BY THE CANDIDATE

I hereby declare that the project entitled **"A study to assess the effectiveness of planned teaching programme on the knowledge of mothers of under five children on inclusion of probiotics in management of diarrhea in selected urban area, Uttara Kannada District"** is a bonafide and genuine work carried out by me under the guidance of Dr. YASHODA SATHISH, Professor, St. Ignatius Institute of Health Sciences, Honavar.

Date: **Signature of the candidate**

Place: **Ms. Alanta Joseph**

CERTIFICATE BY GUIDE

This is to certify that the project entitled **"A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON THE KNOWLEDGE OF MOTHERS OF UNDER FIVE CHILDREN ON INCLUSION OF PROBIOTICS IN MANAGEMENT OF DIARRHEA IN SELECTED URBAN AREA, UTTAR KANNADA DISTRICT"** is a bonafide and genuine work carried out by **Ms. Alanta Joseph** under the Short-term Research Grants for Undergraduate Students of Institutions Affiliated to RGUHS for the year 2024-25.

Date:

Place:

Signature of the guide

Dr. Yashoda Sathish

Professor

Dept. of Child Health Nursing

ENDORSEMENT BY THE PRINCIPAL/ HEAD OF THE INSTITUTION

This is to certify that the project entitled **"A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON THE KNOWLEDGE OF MOTHERS OF UNDER FIVE CHILDREN ON INCLUSION OF PROBIOTICS IN MANAGEMENT OF DIARRHEA IN SELECTED URBAN AREA, UTTAR KANNADA DISTRICT"** a bonafide and genuine work carried out by **Ms. Alanta Joseph** under the Short-term Research Grants for Undergraduate Students of Institutions Affiliated to RGUHS for the year 2024-25 under the guidance of **Dr. Yashoda Sathish,** Professor, St. Ignatius Institute of Health Sciences, Honavar.

Date: **Seal & Signature of the Principal**

Place: **A. Sagaya Arockia Mary**

ST. IGNATIUS INSTITUTE OF HEALTH SCIENCES, HONAVAR

SHORT TERM RESEARCH GRANT FOR UNDERGRADUATE STUDENTS

2024-2025

FINAL REPORT

1.	**TITLE OF THE PROJECT**	**"A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON THE KNOWLEDGE OF MOTHERS OF UNDER FIVE CHILDREN ON INCLUSION OF PROBIOTICS IN MANAGEMENT OF DIARRHEA IN SELECTED URBAN AREA, UTTAR KANNADA DISTRICT"**
2.	**RGUHS PROJECT CODE**	**UG24NUR0609**
3.	**NAME OF THE STUDENT**	**MS. ALANTA JOSEPH**
	E-MAIL ID	**alantajoseph2003@gmail.com**
	MOBILE NUMBER	**9947983961**
4.	**NAME OF THE GUIDE**	**DR.YASHODA SATHISH**
	DESIGNATION	**PROFESSOR**
	E-MAIL ID	**yashodasathish91@gmail.com**
	MOBILE NUMBER	**9743581599**
5.	**NAME OF THE DEPARTMENT**	**NURSING**
6.	**DATE OF COMMENCEMENT OF THE RESEARCH ACTIVITY**	**31/12/2024**
7.	**DATE OF COMPLETION**	**04/04/2025**

8.	**OBJECTIVES STATED**	**The objectives of the study are:** 1) To assess the pre-test and post test knowledge level regarding inclusion of probiotics in management of diarrhea among mothers of under five children. 2) To determine the effectiveness of planned teaching programme on mean knowledge score on inclusion of probiotics in management of diarrhea among mothers of under five children. 3) To find the association between pre-test knowledge score of inclusion of probiotics in management of diarrhea with selected demographic variables of mothers of under five children.

9. Field/ Experimental work giving full details of summary of methods adopted supported by necessary tables, charts, diagrams and photographs.

Statement of the problem

"A study to assess the effectiveness of planned teaching programme on the knowledge of mothers of under five children on inclusion of probiotics in management of diarrhea in selected urban area, Uttara Kannada District"

Hypotheses

H_1: There is a significant difference in pretest and post knowledge regarding inclusion of probiotics in management of diarrhea among mothers of under five children

H_2: There is a significant association of pretest knowledge score regarding inclusion of probiotics in management of diarrhea with selected demographic variables of mothers of under five children

Research approach: Research approach used was Quantitative approach.

Research design: Research design adopted was pre-experimental one group pre test and post test design.

Variables

Dependent variable: Knowledge regarding inclusion of probiotics in management of diarrhea.

Independent variable: Planned teaching programme on inclusion of probiotics in management of diarrhea.

Demographic variables: The demographic variables include age of mother, education of mother, occupation of mother, religion, type of family, family income per month, type of food pattern, number of under five children, previous knowledge on diarrhea, source of

knowledge, various home remedies practiced in management of diarrhea, previous knowledge on probiotics, children's consumption of outside food, number of times consuming food from outside and stomach upset among children.

Setting: The study was conducted in Prabhat Nagar and Gandhi Nagar at Honavar Taluk, Uttara Kannada District

Target population: Target population for the study was mothers of under five children

Accessible population: Accessible population for the study was mothers of under five children who were residing in Prabhat Nagar and Gandhi Nagar at Honavar Taluk, Uttara Kannada District.

Sample: The sample for the study was the mothers of under five children who are residing in Prabhat Nagar and Gandhi Nagar at Honavar Taluk, Uttara Kannada District and who fulfilled the inclusion and exclusion criteria

Sampling technique: The non probability convenience sampling technique was used.

Sample size: The sample size for the study was 100 mothers of under five children

Inclusion criteria

- Mothers who were having under five children.
- Mothers who were able to read Kannada or English.
- Mothers who were available at the time of study.

Exclusion criteria:

- Mothers who studied/ are studying medical and allied health sciences.
- Mothers who studied/are studying undergraduate degree in nutrition or diploma or working under nutritional department.
- Mothers who were having visual or hearing impairment.

- Mothers who were unable to comprehend and respond to the intervention.

Instrument used

Section A: Proforma to collect baseline variables of mothers of under five children

Demographic variables were age of mother, education of mother, occupation of mother, religion, type of family, family income per month, type of food pattern, number of under five children, previous knowledge on diarrhea, source of knowledge, various home remedies practiced in management of diarrhea, previous knowledge on probiotics, children's consumption of outside food, number of times consuming food from outside and stomach upset among children.

Section B: Structured knowledge questionnaire on inclusion of probiotics in management of diarrhea

Structured knowledge questionnaire on inclusion of probiotics in management of diarrhea consists of 20 multiple choice questions. Questions related to definition, causes, symptoms, and management of diarrhea as well as probiotics, its mechanism, uses and foods were included. Tool was translated in Kannada. Each question consists of a stem and 4 alternatives. In 4 alternatives 1 was correct response and other 3 were incorrect responses. The rating of the alternatives as follows, "Correct response = score of 1" and for "Incorrect response=score of 0". The maximum score was 20 (20 questions x 1 =20). To interpret the score, the scores were classified and interpreted into 3 categories i.e., Poor Knowledge (Scores between 0 – 10), Average knowledge (Score between 11 – 15) and Good knowledge (Score between 16 - 20)

Validity and reliability of the tool

The content validity was obtained for the tool and lesson plan on inclusion of probiotics in management of diarrheafrom 5 child health nursing experts. The reliability for the questionnaire was done using test and retest method, Karl Pearson's correlation co-efficient and spearman prophecy formula and r value was "0.67"

Data collection Method: Pilot study

The ethical clearance was obtained from institutional ethical committee. A formal permission was obtained from the Principal, St. Ignatius Institute of Health Sciences, Honavar and from Tahsildar, Honavar Taluk. The study was conducted from 06/02/2025 to 14/02/2025. Pilot study was conducted in Tonka under Honavar Taluk. 10 mothers of under five children were selected using non probability convenience sampling technique based on inclusion and exclusion criteria.

Pretest: The researcher introduced herself and explained about the study and its purpose. Written consent was obtained. Proforma was used to collect baseline variable, structured knowledge questionnaire on inclusion of probiotics in management of diarrhea was used to assess the knowledge. Tool was self-administered. 15-30 minutes was taken to administer the tool.

Administration of intervention: Mothers of under five children were taught about definition, causes, incidence, sign and symptoms and management of diarrhea as well as definition, mechanism, sources, benefits of probiotics for1 hour.

Post test: Post test was done after 7 days of teaching. Structured knowledge questionnaire on inclusion of probiotics in management of diarrhea was used to assess the knowledge. Tool was self-administered. 15-30 minutes was taken to administer the tool.

Data collection Method: Main Study

The ethical clearance was obtained from institutional ethical committee. A formal permission was obtained from the Principal, St. Ignatius Institute of Health Sciences, Honavar and from Tahsildar, Honavar Taluk. Study was conducted in Prabhat Nagar and Gandhi Nagar, under Honavar Taluk. 100 mothers of under five children were selected using non probability convenience sampling technique based on inclusion and exclusion criteria. 100 mothers of under five children were selected in 3 slots (1^{st} Slot – 30 mothers of under five children, 2^{nd} Slot – 35 mothers of under five children and 3^{rd} Slot – 35 mothers of under five children). For the 1^{st} Slot, the study was conducted from 19/02/2025 to 27/02/2025, 2^{nd} slot, the study was conducted from 28/02/25 to 08/03/25, 3^{rd} slot, the study was conducted from 09/03/25 to 17/03/25.

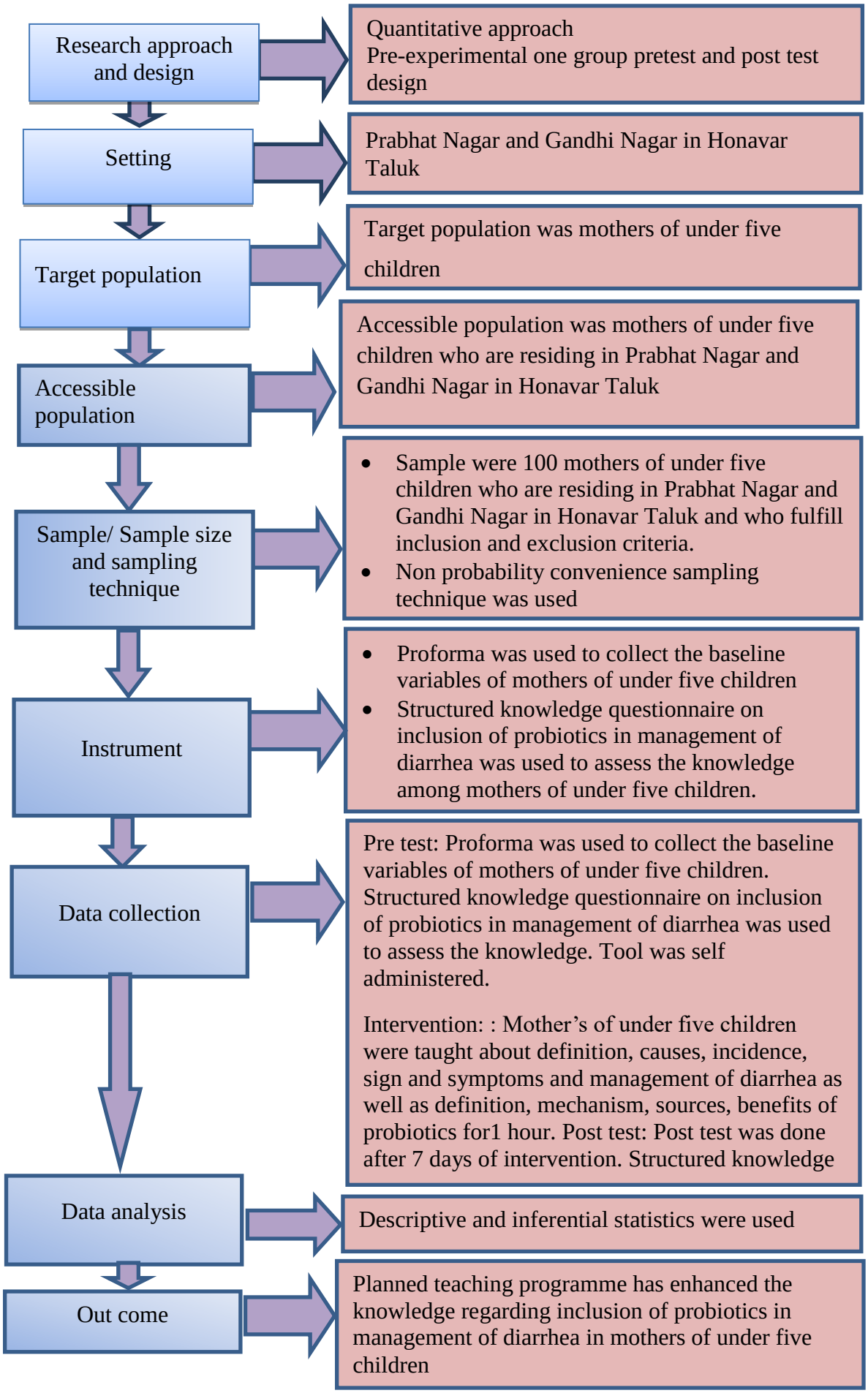
Pretest: The researcher introduced herself and explained about the study and its purpose. Written consent was obtained. Proforma was used to collect baseline variable, structured knowledge questionnaire on inclusion of probiotics in management of diarrhea was used to assess the knowledge. Tool was self-administered. 15-30 minutes was taken to administer the tool.

Intervention: Mothers of under five children were taught about definition, causes, incidence, sign and symptoms and management of diarrhea as well as definition, mechanism, sources, benefits of probiotics for1 hour.

Post test: Post test was done after 7 days of teaching. Structured knowledge questionnaire on inclusion of probiotics in management of diarrhea was used to assess the knowledge. Tool was self-administered. 15-30 minutes was taken to administer the tool.

Data analysis plan

- The frequency and percentage was used to describe the baseline variables of mothers of under five children.
- The Frequency, percentage, mean, SD and Mean% was used to assess the knowledge score regarding inclusion of probiotics in management of diarrhea among mothers of under five children.
- Paired ‘t’ test was used to determine the effectiveness of planned teaching programme on knowledge score regarding inclusion of probiotics in management of diarrhea among mothers of under five children.
- Chi Square was used to find the association of pre-test knowledge score regarding inclusion of probiotics in management of diarrhea with selected demographic variables of mothers of under five children.


Research approach and design
Quantitative approach
Pre-experimental one group pretest and post test design
Setting
Prabhat Nagar and Gandhi Nagar in Honavar Taluk
Target population
Target population was mothers of under five children
Accessible population
Accessible population was mothers of under five children who are residing in Prabhat Nagar and Gandhi Nagar in Honavar Taluk
Sample/ Sample size and sampling technique
Sample were 100 mothers of under five children who are residing in Prabhat Nagar and Gandhi Nagar in Honavar Taluk and who fulfill inclusion and exclusion criteria.
Non probability convenience sampling technique was used
Instrument
Proforma was used to collect the baseline variables of mothers of under five children
Structured knowledge questionnaire on inclusion of probiotics in management of diarrhea was used to assess the knowledge among mothers of under five children.
Data collection
Pre test: Proforma was used to collect the baseline variables of mothers of under five children. Structured knowledge questionnaire on inclusion of probiotics in management of diarrhea was used to assess the knowledge. Tool was self administered.
Intervention: : Mother's of under five children were taught about definition, causes, incidence, sign and symptoms and management of diarrhea as well as definition, mechanism, sources, benefits of probiotics for1 hour. Post test: Post test was done after 7 days of intervention. Structured knowledge
Data analysis
Descriptive and inferential statistics were used
Out come
Planned teaching programme has enhanced the knowledge regarding inclusion of probiotics in management of diarrhea in mothers of under five children

10. Detailed analysis of results: This section deals with the analysis and interpretation of data collected to assess the effectiveness of planned teaching programme on the knowledge of mothers of under five children on inclusion of probiotics in management of diarrhea in selected urban area, Uttara Kannada District.

Presentation of data

Section1: Description of baseline variables of mothers of under five children.

Section 2: Description of Knowledge regarding inclusion of probiotics in the management of diarrhea among mothers of under five children.

Section3: Determining the effectiveness of planned teaching programme on knowledge regarding inclusion of probiotics in management of diarrhea among mothers of under five children.

Section 4: Association of pre-test knowledge score regarding inclusion of probiotics in management of diarrhea with selected demographic variables of mothers of under five children.

Section 1: Description of baseline variables of the mothers of under five children

Table1a: Frequencyandpercentagedistributionof the baseline variables such as age of mother, education of mother and occupation of mother

n=100

S No	Baseline Variables	Frequency (f)	Percentage (%)
1	**Age of mother**		
	19-24 Year	15	15
	25-34 Years	48	48
	35-44 Years	30	30
	45 years and above	7	7
2	**Education of mother**		
	Primary	33	33
	High School	36	36
	Pre university	21	21
	Graduate	10	10
	Post graduate	0	0
3	**Occupation of mother**		
	Home makers	52	52
	Self employed	33	33
	Private employee	14	14
	Government employee	1	1

Table 1a indicates that 48 % of subjects belong to the age group of 25-34 years. 36% of subject's education is high school and 52% subjects are unemployed.

Table1b: Frequencyandpercentagedistributionof the baseline variables such as religion of mother, type of family and family income/per month

n=100

S No	Baseline Variables	Frequency (f)	Percentage (%)
1	**Religion of mother**		
	Hindu	61	61
	Muslim	19	19
	Christian	20	20
2	**Type of family**		
	Joint family	64	64
	Nuclear family	35	35
	Extended family	1	1
3	**Family income per month**		
	Upto 10000	32	32
	Rs 10001-15000	28	28
	Rs15001 – 20000	21	21
	Above Rs. 20000	19	19

Table 1b indicates that 61% subjects belong to Hindu religion. 64% subjects are living in joint family and 32% subjects' family income per month is upto Rs.10000.

Table1c: Frequencyandpercentagedistributionof the baseline variables such as type of food pattern, number of under five children, knowledge on diarrhea and sources of knowledge

n=100

S No	Baseline Variables	Frequency (f)	Percentage (%)
1	**Type of food pattern**		
	Vegetarian	15	15
	Mixed	85	85
2	**Number of under five children**		
	1-2	78	78
	3-4	19	19
	Above 5	3	3
3	**Previous Knowledge on diarrhea**		
	Yes	76	76
	No	24	24
4	**Sources of knowledge on diarrhea**		
	Traditional practice of family	44	44
	Books	17	17
	Internet	13	13
	Others	2	2
	Unknown	24	24

Table 1c indicates that 85% subjects consume mixed food. 78% subjects are having 1-2 under five children and 76% subjects know about diarrhea through traditional practice of family, books, internet and others sources.

Table 1d: Frequency and percentage distribution of the baseline variables such ashome remedies to manage diarrhea, children consumption of outside food and number of time-consuming outside food in a week

n=100

S No	Baseline Variables	Frequency (f)	Percentage (%)
1	**Home remedies to manage diarrhea**		
	Yes	53	53
	No	47	47
2	**Children consumption of outside food**		
	Yes	58	58
	No	42	42
3	**Number of time-consuming outside food in a week**		
	Daily	8	8
	2 times in a week	39	39
	More than 3 times in a week	11	11
	Never	42	42

Table 1d indicates that 53% subjects follow home remedies to manage diarrhea. 58% children consume food from outside, In that 39 children consume outside food for 2 times in a week.

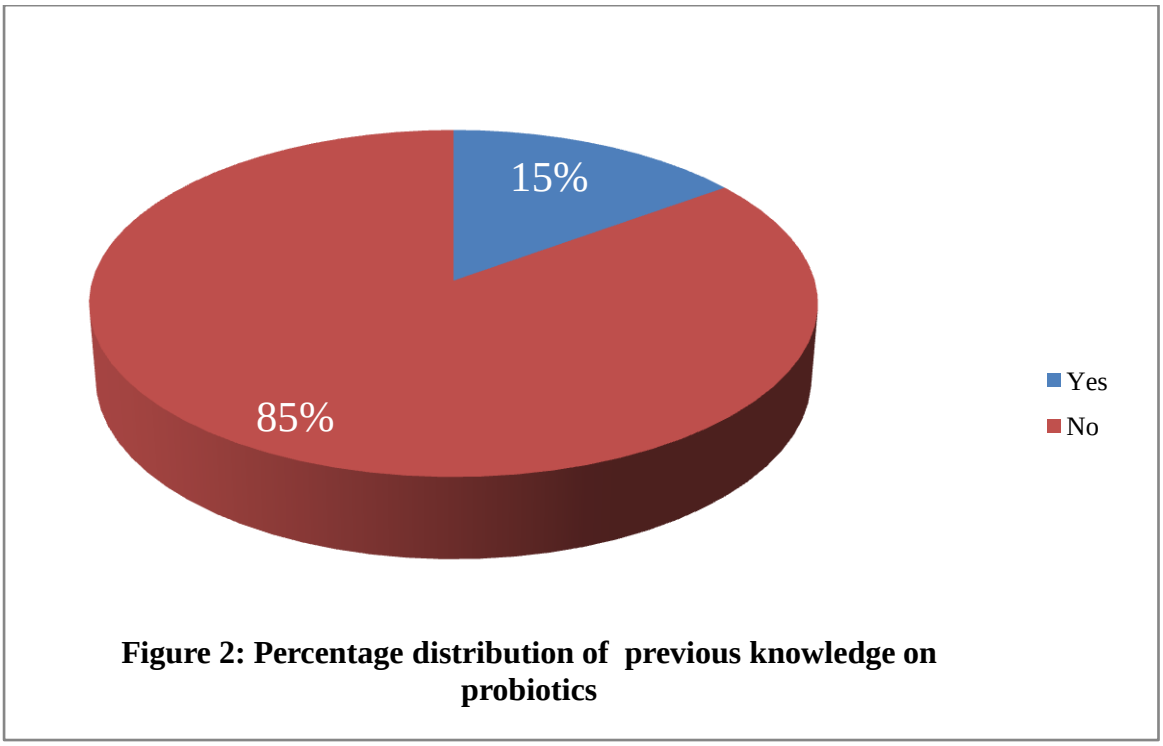


Figure 2: Percentage distribution of previous knowledge on probiotics

Figure 2reveals that only 15% of the subjects know about probiotics.

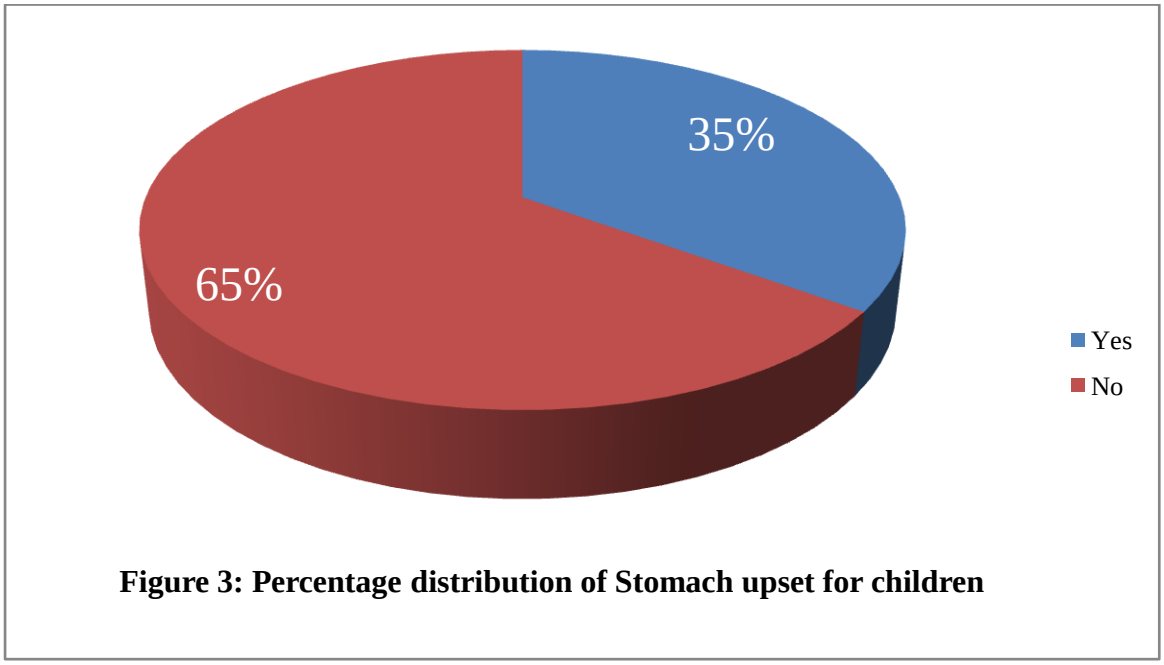


Figure 3: Percentage distribution of Stomach upset for children

Figure 3 reveals that 35% of children suffer from stomach upset.

Section 2: Description ofKnowledge regarding inclusion of probiotics in the management of diarrhea among mothers of under five children

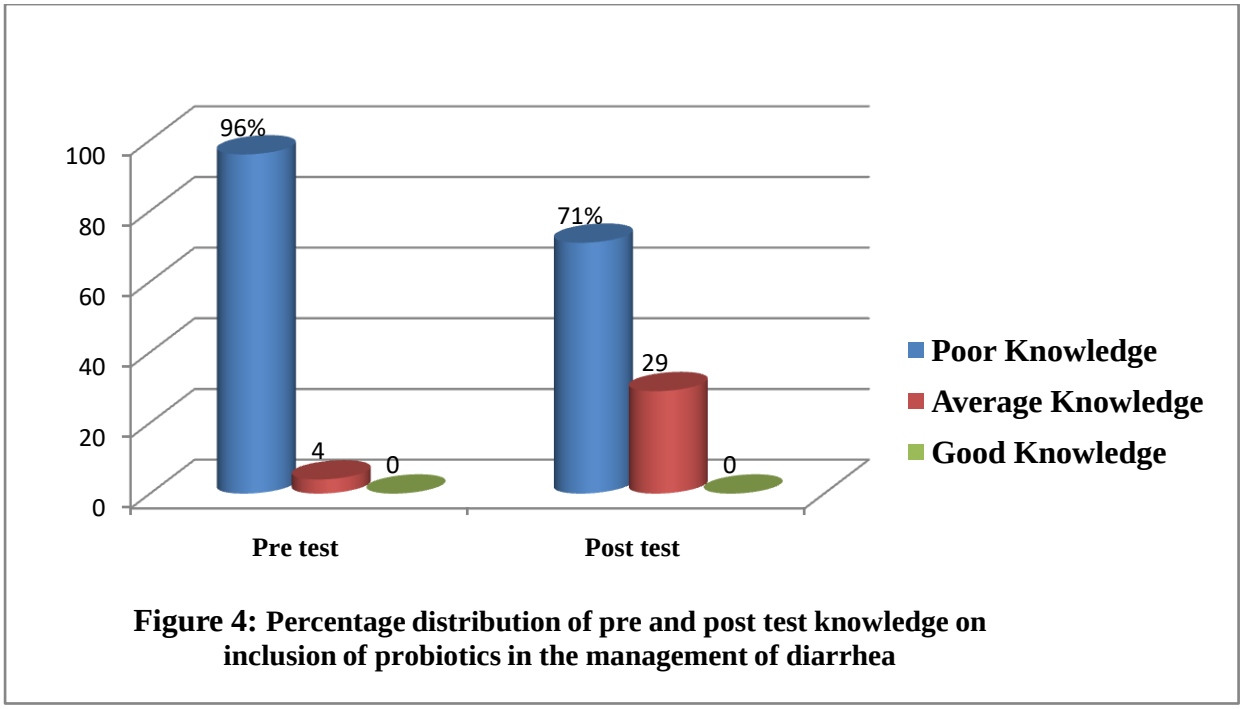


Figure 4: Percentage distribution of pre and post test knowledge on inclusion of probiotics in the management of diarrhea

Figure 4 reveals that in pre test, 96% subjects have poor knowledge on inclusion of probiotics in the management of diarrhea. In Post test 29% subjects have average knowledge on inclusion of probiotics in the management of diarrhea and only 71% have poor knowledge.

Table 2a: Scale score, Range of score, Mean, Mean% and SD of pre and post test knowledge on inclusion of probiotics in the management of diarrhea among mothers of under five children

n=100

Assessment	Scale score	Range of score	Mean	SD	Mean%	Mean% difference
Pre test	0-20	3-12	6.46	1.31	32.3	16.1
Post test	0-20	6-15	9.68	1.68	48.4	

Table 2a depicts that the pre test mean score ± SD is 6.46±1.31 with the range of score is 3-12 , the mean% is 32.3% and the post test mean score ± SD is 9.68 ±1.68 with the range of score is 6-15 , the mean% is 48.4%. The mean difference of pre and post test is 16.1

Section3: Determining the effectiveness of planned teaching programme on knowledge regarding inclusion of probiotics in management of diarrhea among mothers of under five children.

Table 3: Mean, SD and t value, df and table value to determine the effectiveness of planned teaching programme on knowledge regarding inclusion of probiotics in management of diarrhea among mothers of under five children.

n=100

Assessment	Mean	SD	t-value	df	Table value
Pre test	6.46	1.31	**10.64*** S	99	1.66
Post test	9.68	1.68			

***S: Significant at 0.05 level**

Table 3 depicts that the pre test, mean score ± SD is 6.46±1.31, post test mean score ± SD is 9.68 ±1.68, t value is "10.64" which is more than the table value (1.66; df=99 at 0.05 level). Hence **H_1:** There is a significant difference in pre test and post knowledge score regarding inclusion of probiotics in management of diarrhea among mothers of under five childrenis **accepted.**

Section 4: Association of pre-test knowledge score regarding inclusion of probiotics in management of diarrhea with selected demographic variables of mothers of under five children.

Table 4a: Frequency, chi square value, df and table value to associate the pre-test knowledge regarding inclusion of probiotics in management of diarrhea with age of mother in year, family income per month and type of food pattern

n=100

Demographic Variable	Frequency	Knowledge Score		Chi Square value	df	Table value
		< Mean Score 6.46	≥ Mean Score 6.46			
Age of mother						
19-35 years	73	39	34	**7.59*S**	1	3.84
Above 35 Years	27	17	10			
Family income per month						
Upto 15000	56	28	28	**0.202 NS**	1	3.84
>Rs. 15000	44	24	20			
Type of food pattern						
Vegetarian	17	9	8	**0.751 NS**	1	3.84
Mixed	83	45	38			

***S: Significant at 0.05 level; NS: Not Significant**

Table 4a depicts that, there is a statistically significant association of pre-test knowledge score regarding inclusion of probiotics in management of diarrhea with age of mother in year, since the Chi-square value = "7.59" that is more than table value (3.84; df 1: at 0.05 level).

H_2: There is a significant association of pre test knowledge regarding inclusion of probiotics in management of diarrhea with selected demographic variables of mothers of under five children is **accepted.**

Table 4b: Frequency, chi square value, df and table value to associate the pre-test knowledge regarding inclusion of probiotics in management of diarrhea with previous knowledge on diarrhea, home remedies to manage diarrhea, children consumption of outside food and stomach upset among children

n=100

Demographic Variable	Frequency	Knowledge Score		Chi Square value	df	Table value
		< Mean Score 6.46	≥ Mean Score 6.46			
Previous knowledge on diarrhea						
Yes	76	42	34	**52.10*S**	1	3.84
No	24	13	11			
Home remedies to manage diarrhea						
Yes	55	30	25	**0.0095 NS**	1	3.84
No	45	25	20			
Children consumption of outside food						
Yes	62	32	30	**0.716 NS**	1	3.84
No	38	21	17			
Stomach upset among children						
Yes	41	21	20	**0.049 NS**	1	3.84
No	59	32	27			

***S: Significant at 0.05 level; NS: Not Significant**

Table 4b depicts that, there is a statistically significant association of pre-test knowledge score regarding inclusion of probiotics in management of diarrhea with previous knowledge about diarrhea, since the Chi-square value = "52.10" that is more than table value (3.84; df 1: at 0.05 level). **H_2:** There is a significant association of pre test knowledge score regarding inclusion of probiotics in management of diarrhea with selected demographic variables of mothers of under five children is **accepted.**

Association of pre test knowledge score regarding inclusion of probiotics in management of diarrhea education of mother, occupation of mother, religion, type of family, number of under five children, knowledge on probiotics among children could not be done since all the categories do not have frequency of 5.

11. Contributions made towards increasing the state of knowledge in the subject

Nursing Practice: The findings of the study

- Emphasises that staff nurse need to educate the mothers of under five children regarding benefits of probiotics in the management of diarrhea.
- Emphasises that nursing staff working in paediatric setting need to have knowledge on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health.
- Emphasis the need for displaying the educational material on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health in the OPD and IP setting to create awareness to the public.
- Emphasis the need for distributing the educational material on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health to public in community area to create awareness.
- Emphasises that the nursing staff need to give health counselling regarding the probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health to the OPD and IP patients who are in need.
- Revealed that in pre test, 96% subjects have poor knowledge on inclusion of probiotics in the management of diarrhea so the result emphasises that nursing staff should conduct periodical mass health education on probiotics and its sources, mechanism and uses in the management of diarrhea for benefit of the mothers with under five children.

Nursing Education: The findings of the study

- Enlighten the nursing educators regarding probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health
- Emphasises the need for conducting the academic sessions on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health as the part of nursing course.
- Emphasises the need for preparing the nursing student to provide health education regarding probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health to the mothers of under five children and to general public
- Emphasises the need for motivating the nursing students to prepare the written educational material on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health that can be displayed and made available in the outpatient and inpatient department to create awareness in mothers of under five children and public and even can be distributed to community area to create awareness to the general public.

Nursing Administration: The findings of the study

- Emphasises the need for incorporating the concept of probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health in nursing curriculum.
- Emphasises the need to take initiative in organizing awareness programmes on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health in hospital and community settings

- Emphasises the need for conducting academic sessions on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health to the nursing staff and nursing students.

Nursing Research: The study findings

- Enable nursing students and professional to undertake more researchers in the area of developing and implementation of more educational material on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health
- Emphasises on conducting qualitative studies to know the perception of general public aboutprobiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health
- Emphasises on conducting more interventional studies to increase the awareness among public regarding probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health

12. Conclusions, summarizing the achievements and indication of scope for future work:

Conclusion, summarizing the achievements

The findings of the study revealed that in pre test, 96% subjects had poor knowledge on inclusion of probiotics in the management of diarrhea. In Post test 29% subjects had average knowledge on inclusion of probiotics in the management of diarrhea and only 71% had poor knowledge. The pre test, mean score ± was 6.46±1.31, post test mean score ± was 9.68 ±1.68, t value was “10.64” which was more than the table value (1. 66; df=99 at 0.05 level) indicated that planned teaching programme enhanced the knowledge on inclusion of probiotics in management of diarrhea in mothers of under five children. By conducting this study, the researcher identified that most of the mothers were not aware about probiotics and

its sources, mechanism, benefits in management of diarrhea, so the planned teaching programme on inclusion of probiotics in management of diarrhea was useful to them and mothers of under five will utilize this knowledge in management of diarrhea if their children if they suffer from diarrhea.

13. Indication of scope for future work

- Interventional studies with the use of educational material can be conducted to increase the awareness on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health to the needed sector of public.
- A study can be conducted among staff nurses, nursing students, treating team and all health professionals to assess their knowledge on probiotics and its sources, mechanism and uses in the management of diarrhea and in maintaining the health
- A similar study can be conducted among mothers who are having children at the age of 5 years and above the age of five years and in general public
- Similar study can be conducted in large sample, other settings and diverse set of people who are in need.

14. Abstract (300 words for possible publication in *RGUHS Journals/Other Journals*).

Introduction: *Diarrhea is a significant issue for children worldwide, particularly in low-income countries. Probiotics has expanded quickly, revealing that they can enhance overall health and help to prevent and treat various illnesses, particularly those related to gut. Probiotics are becoming increasingly important for managing diarrhea in young children in India.*

Objective: *To determine the effectiveness of planned teaching programme on knowledge regarding inclusion of probiotics in management of diarrhea among mothers of under five children.*

Methodology: *Quantitative pre-experimental one group pre test and post test design was used. 100 mothers of under five children were selected by using non probability convenience sampling technique. The study was conducted in Prabhat Nagar and Gandhi Nagar at Honavar Taluk. Written consent was obtained. Pretest was done using baseline proforma and structured knowledge Questionnaire on inclusion of probiotics in the management of diarrhea. Tool was self-administered. Mothers of under five children were taught about definition, causes, incidence, sign and symptoms and management of diarrhea, definition, mechanism, sources, benefits of probiotics for1 hour. The post test was done after 7 days using same tool.*

Result: *The findings revealed that in pre test, 96% subjects had poor knowledge on inclusion of probiotics in the management of diarrhea. In Post test 29% subjects had average knowledge only 71% had poor knowledge. The pre test, mean score ± SD was 6.46±1.31, post test mean score ± SD was 9.68 ±1.68, t value was "10.64" which was more than the table value (1. 66; df=99 at 0.05 level) indicated that planned teaching programme enhanced the*

knowledge on inclusion of probiotics in management of diarrhea in mothers of under five children.

Conclusion: *The findings of the study concluded that planned teaching programme was effective in enhancing the knowledge on inclusion of probiotics in the management of diarrhea.*

Key words: *Planned Teaching Programme, Probiotics, Diarrhea*

Name and signature with date

1. ALANTA JOSEPH
(Name of the student)

2. Yesherdai J.
(Name of the Guide)

(Head of the Institution)

PRINCIPAL
ST. IGNATIUS INSTITUTE
OF HEALTH SCIENCES
PRABHAT NAGAR
HONAVAR - 581 334 (N.K.)