



**EFFECTIVENESS OF VIDEO ASSISTED PROGRAMME ON VITAMIN –A
DEFICIENCY AMONG MOTHERS OF UNDER FIVE CHILDREN**

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ABSTRACT

INTRODUCTION

Eyes are the parts of our body that perceive light. They allow us to see the world and to understand how objects relate to each other. We can distinguish far objects from close ones and determine their color and shape. The eye acts like a camera where the eye-lens is a replacement of camera-lens, eye-lid of shutter and retina of photographic film.

You should avoid putting your hands or any other object in the eyes. Wearing safety goggles when doing construction can protect your eyes from injury. You should not watch television or use a computer for long periods of time. You should keep books at a distance of about 25cm while reading.

OBJECTIVES OF THE STUDY

- ❖ To assess the level knowledge on Vitamin - A deficiency among mothers of under five children.
- ❖ To evaluate the effectiveness of video assisted programme on vitamin A deficiency among mothers of under five children.
- ❖ To find out the association between selective demographic variables and effectiveness of video assisted programme on vitamin - A deficiency among mothers of under five children.

RESEARCH DESIGN

One group pre test, post test Research design was used to assess the effectiveness of video assisted programme on Vitamin- A deficiency among mothers of under five children at Parukal village, kanchipuram district.

SETTING: In order to carry out the study, the investigator selected the Integrated child development scheme, Parukal village, Kanchipuram district.

POPULATION: The population of this study was selected from mothers of under five children who are attending to Integrated child development scheme, Parukal village.

FINDINGS OF THE STUDY

1. In pre test most of the mothers with under five children 18 (36%) were moderate knowledge, 32 (64%) were inadequate knowledge.
2. In the post test majority of the mothers with under five children 33 (66%) were in adequate knowledge, 17 (34%) in moderately adequate knowledge.
3. There is statistically highly significant improvement of knowledge regarding vitamin A deficiency among mothers of under five mothers.
4. There is no significant association between the level of knowledge on vitamin A deficiency with demographic variables such as age, religion, educational status, occupation, type of family, family income, number of children in family, knowledge of the health related information.
5. The researcher concluded that this video programme is very effective in improve the knowledge on vitamin A deficiency among mothers of under five children.

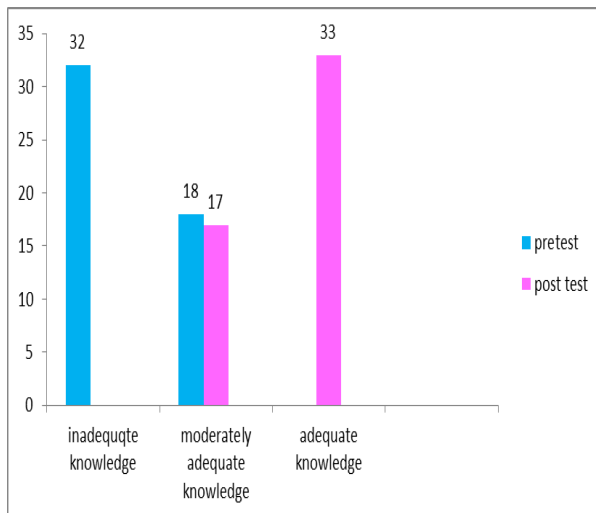


Figure 1: Comparison of pretest and post test level of knowledge on vitamin A deficiency among mothers of under five children.

RECOMMENDATION

Based on the research findings the following recommendations can be made

- Periodic eye examination can be conducted in school identifying vitamin A deficiency.
- A comparative study can be conducted between urban and rural school to assess the prevalence of vitamin A deficiency.
- A study can be done to assess the magnitude of vitamin A deficiency.
- Vitamin A deficiency awareness campaign can be conducted to create awareness among public.
- On going education programme with periodic monitoring should be done.
- In-service education to community health works regarding importance of vitamin A solution administration should be done.

CONCLUSION

Nursing care is the core of cure for any problem. The researcher concluded that this video programme is very effective in improve the knowledge on vitamin A deficiency among mothers of under five children. Nurse can be instrumental in helping the mother by teaching causes, clinical manifestation, treatment, and prevention. Nurses are in the best position to improve the knowledge of mothers and their families through health education. Nurses working in health care setting should practice health education an integral part of nursing profession.

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