



## A study to assess the awareness regarding management of upper respiratory tract infections among the mothers of under five children in a selected community areas in Moradabad

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### Abstract

**Introduction:** Upper respiratory tract infections (URTI) are illnesses caused by an acute infection which involves the nose, sinuses, pharynx or larynx. This commonly includes nasal obstruction, sore throat, tonsillitis, pharyngitis, laryngitis, sinusitis, otitis media, and the common cold. Most infections are viral in nature and in other instances the cause is bacterial. Upper respiratory tract infections can also be fungal or helminth in origin, but these are far less common.

**Aim:** To assess the awareness regarding management of Upper Respiratory Tract Infection among the mothers of under five children in a selected community areas in Moradabad.

**Materials and methods:** Quantitative Research approach was selected for this study.

**Research Design:** The research design selected for the study was a Cross-sectional descriptive research design was adopted for the study.

**Setting Of the study:** selected community areas of Moradabad.

**Population:** In the present study the population includes Mothers who all having under five children with URTI,

**Sample and sampling technique:** Total 150 Mothers were selected by using convenience sampling technique.

**Results:** The study concluded that majority (40.9%) of the mothers had average knowledge and most (83.80%) of the mothers had favourable attitude towards URTI in under five children. Majority 136 (88.3%) of the sample took their children to hospital during illness.

**Conclusion:** The distance to the hospital was the main barrier for them to seeking medical advice. The factors which influenced the mothers for using home remedies were financial problems and family member's advice.

**Keywords:** awareness, management, upper respiratory tract infections, mothers of under five children

### Introduction

One of the most significant health problems among children and the common reason for their medical visit is Upper respiratory tract infections (URTI). The daily routines and functioning in the family can be disturbed for long period of time when the child in the family suffers from URTI. Some of the URTI among children may lead to severe complications such as otitis media, tonsillitis and sinusitis. In India acute respiratory tract infections is one of the leading causes of morbidity and mortality in young children. In acute respiratory tract infection, (ARTI) children usually have symptoms like loss of appetite, difficulty in breathing,

nasal blockage and also sucking difficulty in breastfed babies.

In recent years, epidemiologist and community researchers have directed their attention to explore the health seeking behavior associated with the causes of child mortality and morbidity due to acute respiratory tract infection. Many studies have reported that delay in health care seeking will contribute to increased number of child mortality. According to the WHO estimates, an appropriate health seeking behavior of the family members would reduce the rate of child mortality and morbidity caused by acute respiratory tract infection.

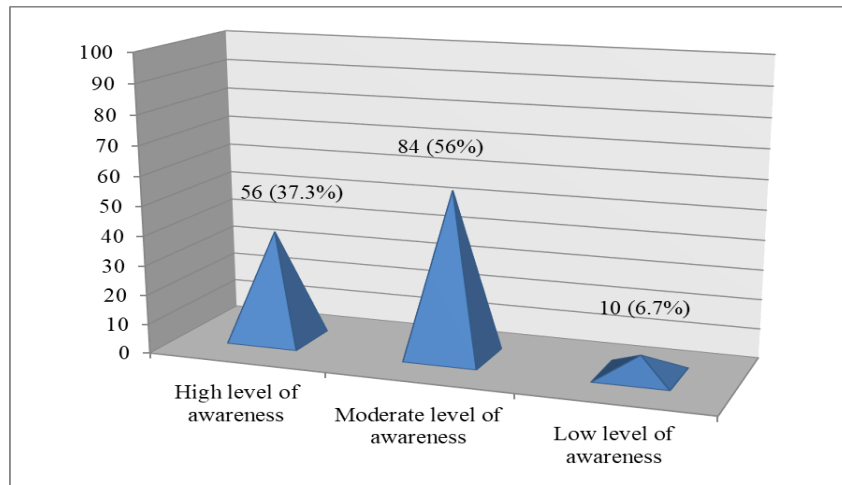
**Table 1:** Frequency and percentage distribution of sample characteristics (N = 150)

Sample characteristics	Frequency <i>f</i>	Percentage %
Age in year		
a) Bellow 20 years	0	0
b) 20 to 30 years	103	68.7
c) Above 30	47	31.3
Education of mother		
a. Doctorate	0	0
b. Graduate and post graduate	24	16.0
c. Intermediate and Diploma	29	19.3
d. Primary education	48	32.0
e. No formal education	49	32.7

Occupation status of mother		
a) Professor	0	0
b) Middle class (or) officer	8	5.3
c) Skilled worker	19	12.7
d) Unskilled worker	3	2
e) Home maker	120	80
Monthly Income		
a. < 5000	5	3.3
b. 5001 – 10,000	73	48.7
c. 10,001 – 15,000	58	38.7
d. Above 15,000	14	9.3
Source of information		
a) Mass Media	56	37.3
b) News Papers	26	17.3
c) Neighbors' and friends	26	17.3
d) Health care team	42	28

The Table 1 Revealed that majority of the sample 103 (68.7%) have 20-30 years of age, 49(32.7%) of the sample were getting No formal education, majority of the mothers 120 (80%) were home maker, with regard to the family

income most of the sample, 73(48.7%) hade monthly income above 5000(5001 - 10,000), most 56(37.3%) of the sample were getting information from mass media



**Fig 1:** Frequency and percentage distribution of the mother’s level of awareness regarding the management of upper respiratory tract infection. (N=150)

The data presented in the figure 1 revealed that majority 84 (56%) of mothers have moderate awareness, 56 (37.3%) of mothers had average awareness and 10 (6.7%) of mothers had a low awareness regarding management of upper respiratory tract infection in under five children.

**Discussion**

The obtained data was analyzed based on objective and hypothesis by using descriptive and inferential statistics and hypothesis were tested at 0.5 level of significance. The result of the study says that level of awareness regarding management of upper respiratory tract infection among 150 mothers of under five children that majority 84 (56%) of mothers have moderate awareness, 56 (37.3%) of mothers had average awareness and 10 (6.7%) of mothers had a low awareness.

There was association found between mothers awareness regarding management of upper respiratory tract infection and selected demographic variables such as education (p=0.01), occupation (p=.001), religion of family (p=.001) and The data presented in the table 2 revealed that there is not statistically significant association found between mothers awareness regarding management of upper respiratory tract infection and selected demographic

variables such as mothers age (p=0.034), family income (p=.777), age of the child (p=.988), gender of child (p=0.037), type of family (p=0.173), number of children (p=0.554), type of diet (p=0.173) and source of information (p=0.541).

**Conclusion**

The study concluded that majority (40.9%) of the mothers had average knowledge and most (83.80%) of the mothers had favourable attitude towards URTI in under five children. Majority 136 (88.3%) of the sample took their children to hospital during illness. The distance to the hospital was the main barrier for them to seeking medical advice. The factors which influenced the mothers for using home remedies were, financial problems and family member’s advice.

Mothers with graduation and above, middle class officers and those who were subscribing to newspaper had better knowledge and positive attitude than other mothers. The findings highlight that, the nurses and health care providers can play a significant role to educate the mothers’ regarding importance of seeking medical care and mode of transmission, early identification, management and prevention of URTI in under five children.

**Conflict of Interest:** There is no conflict.

**Source of Funding:** Self

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