

# “A Study to Assess the Effect of Health Teaching on Knowledge and Practice, Regarding Feeding Technique among Care Takers of Cerebral Palsy Children in Selected Orphanages in Palanpur.”

<sup>1</sup>Mr. Chetan Prakash Bardwal, <sup>2</sup>Ms. Nirma Pandya

<sup>1</sup>Associate Professor, Gokul Nursing College, Gokul Global University, Sidhpur

<sup>2</sup>M.Sc. Nursing, Gokul Nursing College, Gokul Global University, Sidhpur

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## ABSTRACT

A study conducted to assess the effect of health teaching on knowledge and practice, regarding feeding technique among care takers of cerebral palsy children in selected orphanages in Palanpur. **Material & Method:** The Evaluative approach and pre- experimental one group pre test post test design was adopted for this study. Non probability purposive sampling technique was used for sample selection. The data were collected from 30 care takers of cerebral palsy children. The study was conducted at smt. indumati rajnikant mehta 'anand nikan' School for the Mentally Divyang, Palanpur. Structured question for knowledge & Observational checklist for Practice tool was used to gather the data. Through SPSS, both descriptive and inferential statistics were used for data analysis. **Results:** Result showed that during pre-test majority 19 (63.3%) had poor knowledge, 11 (36.3%) had average knowledge & 22 (73.3%) had poor practice, 8 (26.7%) had average practice. where as in post-test maximum 22 (70.3%) had good knowledge, 8 (26.7%) had average knowledge & 21 (70%) had good practice, 9 (30%) had average practice regarding feeding technique among care takers of cerebral palsy children. Result on knowledge showed that post-test mean knowledge score  $16.43 \pm 3.05$  was higher than mean pre-test knowledge score  $8.53 \pm 2.45$  with mean difference of 7.90 with calculated value ( $t=16.05$  at  $df=29$ ,  $p=0.001$ ) was found significant. For practice post test mean practice score  $11.20 \pm 1.62$  & mean pre test practice score  $5.20 \pm 1.73$  with mean difference of 6.0 with calculated value ( $t=20.57$  at  $df=29$ ,  $p=0.001$ ) was found significant.

**Key word:** Assess, effect of health teaching, knowledge, practice, feeding technique, cerebral palsy children.

## INTRODUCTION

Children are the world's most valuable resource and its best hope for future. The concept of the importance of the child to society gradually emerged, as each group settled on an area fertile land. To bring out a healthy child in to this world, need to take at most care and concern from the time of conception itself. Children are more prone to acquire different conditions due to immaturity, birth injuries and different stages of growth and development. There are so many disorders of brain that is common in children. One of the most common disorders is Cerebral Palsy. Cerebral palsy is a group of non-progressive, non-contagious motor conditions that cause physical disability in human development, chiefly in the various areas of body movement.<sup>1</sup>

Cerebral refers to the cerebrum, which is the affected area of the brain refers to disorder of movement. Cerebral palsy is caused by damage to the motor control centers of the developing brain and can occur during pregnancy, during childbirth or after birth up to about age three. Resulting limits in movement and posture cause activity limitation and are often accompanied by disturbances of sensation, depth perception and other sight-based perceptual problems, communication ability; impairments can also be found in cognition, and epilepsy is found in about one-third of cases.<sup>2</sup>

Cerebral palsy is also more common in multiple births. Between 40% and 50% of all children who develop cerebral palsy were born prematurely. Premature infants are vulnerable, in part because their organs are not fully developed, increasing the risk of hypoxic injury to the brain that may manifest as cerebral palsy. Other causes

include toxins, severe jaundice, lead poisoning, physical brain injury, shaken baby syndrome, incidents involving hypoxia to the brain, and encephalitis or meningitis.<sup>3</sup>

### **Problem Statement**

A study to assess the effect of health teaching on knowledge and practice, regarding feeding technique among care takers of cerebral palsy children in selected orphanages in Palanpur.

### **Objectives**

- To assess the knowledge and practice regarding feeding technique of children with cerebral palsy among care takers.
- To evaluate the effect of health teaching on knowledge and practice of the care takers regarding feeding techniques of cerebral palsy child.
- To find out the association between the level of knowledge and practice with selected socio-demographic variables.

## **MATERIALS AND METHOD**

### **Research Approach**

The research approach adopted for present study was evaluative research approach.

### **Research Design**

In this study pre-experimental one group pre-test post-test design. was adopted to assess the knowledge.

### **Population**

The population of the present study comprises the care takers of cerebral palsy children in selected orphanages in Palanpur.

- **Target population-** It was comprised of the all-care takers of cerebral palsy children in selected orphanages in Palanpur.
- **Accessible population-** The Accessible population was the care takers who are in the age group between 21 -50 years.

### **Research setting:**

The study was conducted smt. indumati rajnikant mehta 'anand niketan' School for the Mentally Divyang, Palanpur.

### **Sample Size**

A total sample for this study was 30 care takers of cerebral palsy children.

### **Sampling Technique**

Non probability convenient sampling technique was used to select the sample for this study.

### **Sampling criteria**

### **Inclusion criteria**

- Care givers who are caring cerebral palsy children between 3-14 years.

- Care givers who are available at the time of data collection.

**Exclusion criteria:**

- Care givers who are not willing to participate in this study.
- Care givers who cannot understand Hindi & English.

**Ethical Considerations**

- The permission was obtained from ethical committee of Gokul Global University, Sidhpur.
- Permission was obtained from concerned orphanages authority for conducting the research study.
- The consent was taken from the subjects attendees. To gain their confidence, they were ensured that research data will be kept confidential and will be used for only research purpose.
- The purpose of the study will be explained to the subjects attendees. They were also informed about their right to refuse from participation in the study.

**Plan for data analysis:** The data analyses were done according to the study objectives by using descriptive and inferential statistics. The plans of data analysis were as follows:

- Frequency, percentage, mean, and standard deviation was calculated.
- The chi-square test was used for association with demographic variables.

**RESULTS AND DISCUSSION**

**Section - I**

Table 1: Frequency and percentage distribution of the Socio-demographic variables N=30

S. No	Demographic Variables	Frequency	Percentage
1	<b>Age in years</b>		
	a. 21-30 years	5	16.7
	b. 30-40 years	10	33.3
	c. 40-50 years	11	36.7
	d. Above 50 years	4	13.3
2	<b>Gender</b>		
	a. Male	13	43.3
	b. Female	17	56.7
3	<b>Education level</b>		
	a. Illiterate	5	16.7
	b. Primary school	5	16.7

	c. Secondary school	8	26.7
	d. Higher secondary	8	26.7
	e. Graduation	4	13.2
4	<b>Experience of care taker working with cerebral palsy children</b>		
	a. 0-6 months	8	26.7
	b. 7-12 months	5	16.7
	c. 13-18 months	6	20
	d. > 19 months	11	36.6
5	<b>Do you have previous information about feeding technique of child with cerebral palsy</b>		
	a. Yes	5	16.7
	b. No	25	83.3
6	<b>Source of information</b>		
	a. Health worker or nurse	3	60
	b. Newspaper and health magazine	2	40
	c. T.V, Internet, mass media	0	0
	d. Friends or family member	0	0

## Section – II

Table 2: Distribution of pre-test and post-test level of knowledge regarding feeding technique among care takers of cerebral palsy children N=30

Level of knowledge	Pre-test		Post-test	
	f	%	f	%
<b>Poor knowledge</b>	19	63.3	0	0
<b>Average knowledge</b>	11	36.7	8	26.7
<b>Good knowledge</b>	0	0	22	73.3

Result showed that distribution of pre-test and post-test level of knowledge regarding feeding technique among care takers of cerebral palsy children. Result showed that during pre-test majority 19(63.3%) had poor knowledge and 11(36.7%) had average knowledge where as in post-test maximum 22(73.3%) had good knowledge and 8(26.7%) had average knowledge regarding feeding technique among care takers of cerebral palsy children.

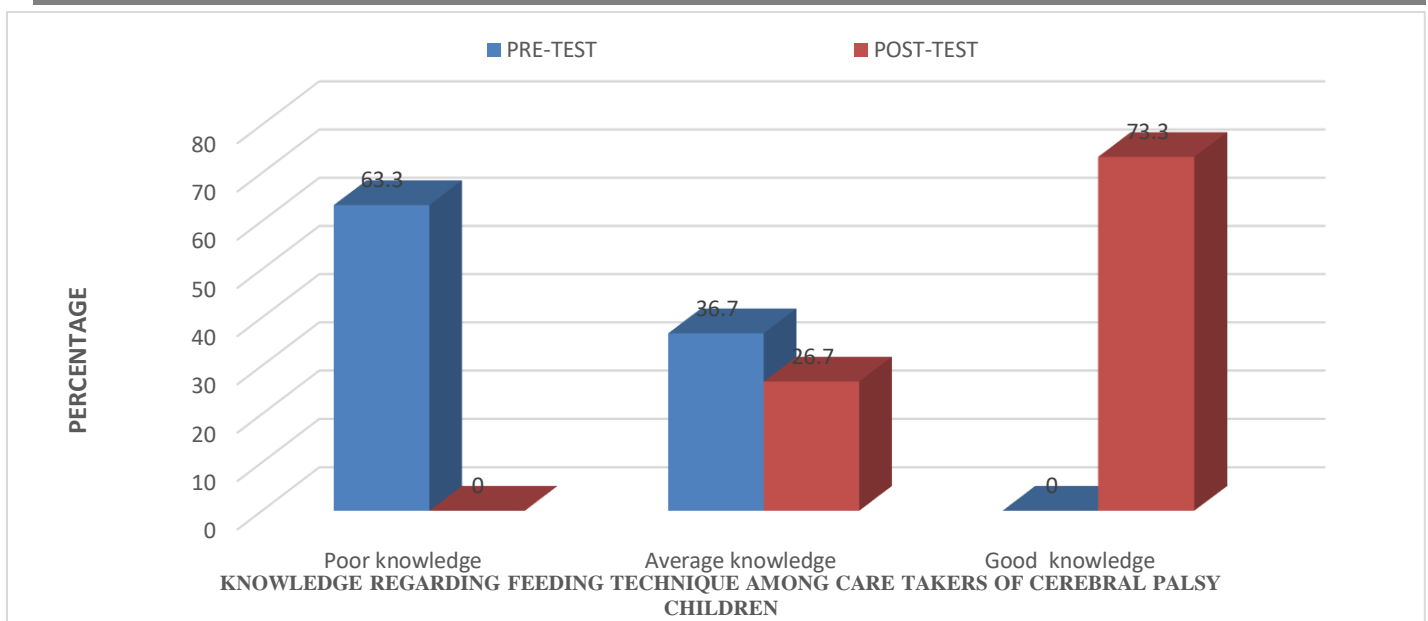
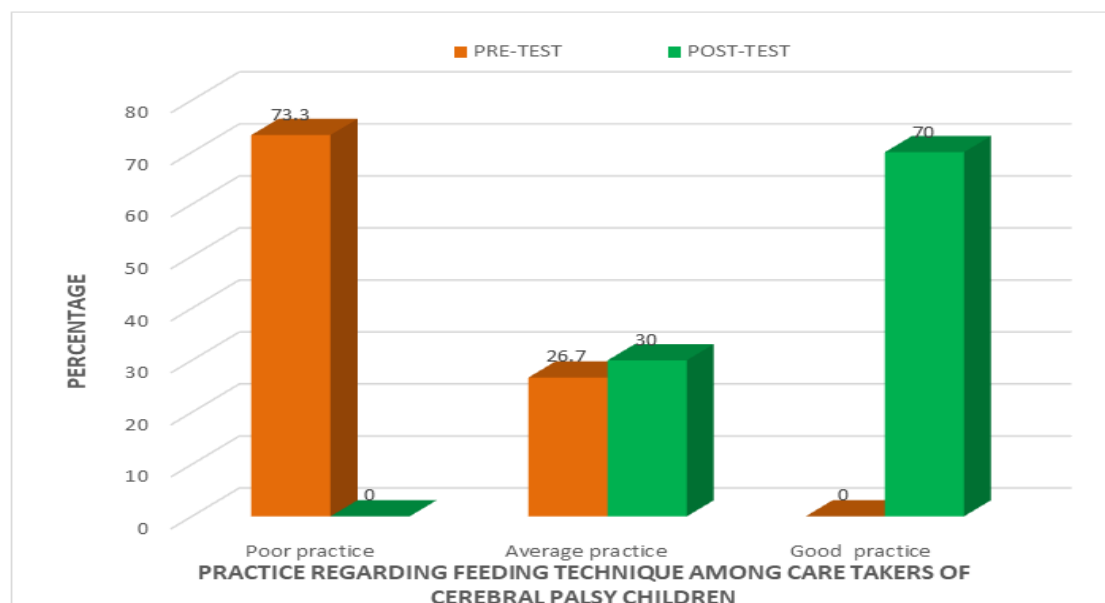


Fig 1: Distribution of pre-test and post-test level of knowledge regarding feeding technique among care takers of cerebral palsy children

Table 3: Distribution of pre-test and post-test level of practice regarding feeding technique among care takers of cerebral palsy children N=30

Level of practice	Pre-test		Post-test	
	f	%	f	%
Poor practice	22	73.3	0	0
Average practice	8	26.7	9	30
Good practice	0	0	21	70

Table 3- depicts the distribution of pre-test and post-test level of practice regarding feeding technique among care takers of cerebral palsy children. Result showed that during pre-test majority 22(73.3%) had poor practice and 8(26.7%) had average practice where as in post-test maximum 21(70%) had good practice and 9(30%) had average practice regarding feeding technique among care takers of cerebral palsy children.



**Section III**

Table 4: Descriptive statistics of pre-test and post-test scores of knowledge regarding feeding technique among care takers of cerebral palsy children N=30

Descriptive statistics	Pre-test	Post-test
Minimum	5	10
Maximum	14	21
Range	9	11
Mean	8.53	16.43
Median	8	18
Mode	8	18
Std. Deviation	2.45	3.05

Table 4: Descriptive statistics of pre-test and post-test scores of practice regarding feeding technique among care takers of cerebral palsy children N=30

Descriptive statistics	Pre-test	Post-test
Minimum	3	8
Maximum	9	14
Range	6	6
Mean	5.20	11.20
Median	5	11
Mode	4	12
Std. Deviation	1.73	1.62

**Section - IV**

Table 5: Effect of health teaching on knowledge and practice regarding feeding technique among care takers of cerebral palsy children N=30

Variables	Pre-test Mean±SD	Post-test Mean±SD	Mean D	t value	df	p value
Knowledge	8.53±2.45	16.43±3.05	7.90	16.05	29	0.001*
Practice	5.20±1.73	11.20±1.62	6.0	20.57	29	0.001*

\*P<0.05 level of significance    NS-Non significance

Result on knowledge showed that post-test mean knowledge score 16.43±3.05 was higher than mean pre-test knowledge score 8.53±2.45 with mean difference of 7.90 with calculated value (t=16.05 at df=29, p=0.001) was found significant.

Result on practice showed that post-test mean knowledge score  $11.20 \pm 1.62$  was higher than mean pre-test knowledge score  $5.20 \pm 1.73$  with mean difference of 6.0 with calculated value ( $t=20.57$  at  $df=29$ ,  $p=0.001$ ) was found significant.

### Section - V

Table 6: Association between the pre-test level of knowledge regarding feeding technique among care takers of cerebral palsy children N=30

Demographic variables	Pre-test knowledge		$\chi^2$ value	df	p value
	Poor	Average			
Age in years					
a. 21-30 years	2	3	5.318	3	0.150 <sup>NS</sup>
b. 30-40 years	8	2			
c. 40-50 years	8	3			
d. Above 50 years	1	3			
Gender					
a. Male	9	4	0.344	1	0.558 <sup>NS</sup>
b. Female	10	7			
Education level					
a. Illiterate	1	4	9.007	4	0.061 <sup>NS</sup>
b. Primary school	3	2			
c. Secondary school	8	0			
d. Higher secondary	5	3			
e. Graduation	2	2			
Experience of care taker working with cerebral palsy children					
a. 0-6 month	5	3	2.209	3	0.530 <sup>NS</sup>
b. 7-12 month	2	3			
c. 13-18 months	5	1			
d. > 19 months	7	4			
Do you have previous information about feeding technique of child with cerebral palsy					
a. Yes	4	1	0.718	1	0.397 <sup>NS</sup>
b. No	15	10			

\*P<0.05 level of significance

NS-Not significant

Table 4.7 depicts the association between the pre-test level of knowledge regarding feeding technique among care takers of cerebral palsy children with selected demographic variables which was tested by using chi square test. Result showed that demographic variables such as age, gender, education level experience working with cerebral palsy children and previous information were found to be non significant at  $p < 0.05$  level with pre-test level of knowledge regarding feeding technique among care takers of cerebral palsy children.

Table 7: Association between the pre-test level of practice regarding feeding technique among care takers of cerebral palsy children with selected demographic variables N=30

Demographic variables	Pre-test practice		$\chi^2$ value	df	p value
	Average	Good			
Age in years					
a. 21-30 years	4	1	5.524	3	0.137 <sup>NS</sup>
b. 30-40 years	8	2			
c. 40-50 years	9	2			
d. Above 50 years	1	3			
Gender					
a. Male	10	3	0.151	1	0.697 <sup>NS</sup>
b. Female	12	5			
Education level					
a. Illiterate	2	3	4.943	4	0.293 <sup>NS</sup>
b. Primary school	3	2			
c. Secondary school	7	1			
d. Higher secondary	7	1			
e. Graduation	3	1			
Experience of care taker working with cerebral palsy children					
a. 0-6 month	6	2	1.007	3	0.800 <sup>NS</sup>
b. 7-12 months	3	2			
c. 13-18 months	4	2			
d. > 19 months	9	2			
Do you have previous information about feeding technique of child with cerebral palsy					
a. Yes	4	1	0.136	1	0.712 <sup>NS</sup>
b. No	18	7			

\* $P < 0.05$  level of significance

NS-Non significance

**Table 4.9** depicts the association between the pre-test level of practice regarding feeding technique among care takers of cerebral palsy children with selected demographic variables which was tested by using chi square test. Result showed that demographic variables such as age, gender, education level experience working with cerebral palsy children and previous information were found to be non significant at  $p < 0.05$  level with pre-test level of practice regarding feeding technique among care takers of cerebral palsy children.

## CONCLUSION

Result on knowledge showed that post-test mean knowledge score  $16.43 \pm 3.05$  was higher than mean pre-test knowledge score  $8.53 \pm 2.45$  with mean difference of 7.90 with calculated value ( $t = 16.05$  at  $df = 29$ ,  $p = 0.001$ ) was found significant.

Result on practice showed that post-test mean knowledge score  $11.20 \pm 1.62$  was higher than mean pre-test knowledge score  $5.20 \pm 1.73$  with mean difference of 6.0 with calculated value ( $t = 20.57$  at  $df = 29$ ,  $p = 0.001$ ) was found significant.

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