

Impact of Educational Intervention on Knowledge of Mothers Regarding Childcare and Nutrition in Himachal Pradesh

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ABSTRACT The study aimed at providing educational intervention to mothers regarding knowledge on childcare and nutrition. The study adopted a pretest-posttest research design. A total sample of 150 mothers was selected from two villages, one of which served as experimental group and the other acted as control group. The tool consisted of a self-structured questionnaire schedule covering aspects of childcare and nutrition. All mothers were first pre-tested regarding their knowledge on nursing, neonatal and infant care, health, child's growth, behaviour and nutritional aspects. Intervention consisted of educating mothers in the experimental group for a period of one and a half years. All the mothers were then post-tested on the above aspects. Significant differences were seen in all the aspects of childcare and nutrition between experimental and control group mothers during post-testing