

# Effectiveness of Video Assisted Teaching on Knowledge Regarding Maintenance of Sleep Pattern Among Mothers With Multiple Disabled Children With Sleep Disturbances in Selected Institution at Chennai

R. P. Sweetlin Sheeba<sup>1</sup>, Mary Minolin .T<sup>2</sup>, Dr. P. Mangala Gowri<sup>3</sup>

<sup>1</sup>II Year M.Sc (N), Saveetha College of Nursing, Chennai, India

<sup>2</sup>Guide, Saveetha College of Nursing, Chennai, India

<sup>3</sup>Principal, Saveetha College of Nursing, Chennai, India

**Abstract:** A Pre- experimental study was done to assess the effectiveness of video assisted teaching on knowledge regarding maintenance of sleep pattern among mothers with multiple disabled children with sleep disturbances. Purposive sampling technique was used and 60 mothers were selected at "NIEPMD" (National Institute for Empowerment of person with Multiple disabilities)-Chennai. Demographic variables were collected and structured questionnaire on maintenance of sleep pattern was used to assess the knowledge of mothers. Descriptive and inferential statistics was used for the analysis of data. The findings of the study are, In the pre test, out of 60 samples 4 (6.66%) had moderate knowledge regarding maintenance of sleep pattern and 56 (93.3%) had inadequate knowledge regarding maintenance of sleep pattern. In the post test, majority of the samples had adequate knowledge regarding maintenance of sleep pattern. About 50 (83.3%) had adequate knowledge and 10 (16.6%) had moderate knowledge. The  $\chi^2$  test shows that the educational status, income and family history of disability has no statistical significance at  $p < 0.05$ .

**Keywords:** Effectiveness, Multiple disabled children, Knowledge among mothers, sleep pattern, (Positive Routines with faded bedtime, Extinction with parental Presence)

## 1. Introduction

Sleep is a most common problem among multiple disabled children. Effects of sleep disorders on the health of the multiple disabled children may include poor growth, adverse behavioral problems and it affects the child and the entire family. It also causes worsened mental health and poor quality of life in later years. Therefore sleep is a high risk factor for adverse outcome in life. Hence the investigator felt that some intervention will help these multiple disabled children to maintain their sleep pattern. So, the investigator was introduced to give Video assisted teaching on sleep interventions which maintains the sleep pattern of multiple disabled children with sleep disturbance.

## 2. Statement of the Problem

"Effectiveness of video assisted teaching on knowledge regarding maintenance of sleep pattern among mothers with multiple disabled children with sleep disturbances in selected Institution at Chennai"

## 3. Objectives

The objectives of the study

- To assess the pretest level of knowledge regarding maintenance of sleep pattern among mothers with multiple disabled children with sleep disturbances.

- To determine the effectiveness of video assisted teaching on level of knowledge regarding maintenance of sleep pattern among mothers with multiple disabled children with sleep disturbances.
- To associate the selected demographic variables with the posttest level of knowledge regarding maintenance of sleep pattern among mothers with multiple disabled children with sleep disturbances with the selected demographic variables

## Hypotheses

- There is a significant increase in the level of knowledge regarding maintenance of sleep pattern among mothers with multiple disabled children with sleep disturbances than before.

## Methodology

A pre experimental one group pretest posttest design was used for this study. Purposive sampling technique was used and 60 mothers of multiple disabled children with sleep disturbances were selected, at National Institute for Empowerment of Persons with Multiple Disabilities, Chennai. The Data was collected, organized and analyzed in terms of both descriptive and inferential statistics.

## 4. Major Findings of the Study

- In the pre test, out of 60 samples 4 (6.66%) had moderate knowledge regarding maintenance of sleep pattern and 56

(93.3%) had inadequate knowledge regarding maintenance of sleep pattern.

- In the post test, majority of the samples had adequate knowledge regarding maintenance of sleep pattern. About 50 (83.3%) had adequate knowledge and 10 (16.6%) had moderate knowledge.

## 5. Conclusion

The study findings reveals that video assisted teaching was effective in improving the knowledge regarding maintenance of sleep pattern among mothers with multiple disabled children with sleep disturbances and there was a significant association between age, and type of marriage and there was no significant association between educational status, income and family history of disability.

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