

# Efficacy Of Educational Module on Behavioural Problems Of Children Among Primary School Teachers at Selected Schools in Lucknow.

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## Introduction

Schools have an unprecedented opportunity to improve young people's lives. As nations commit to universal education, schools are finding it necessary to broaden their roles by providing health services to address factors that interfere with learning.

With various languages that must be learned and an increasingly heavy load of syllabus, the years of primary, secondary, and high school education become increasingly burdensome and stressful. It is in this context that the importance of a teacher becomes critical in safeguarding the mental health of children. This is especially true in India, where there is a significant shortage of mental health facilities for children. Teachers' perspectives are critical in the planning and implementation of life skill education, mental health education, psychosocial intervention, and professional referral as needed.

Teachers have been used in school health programmes for health assessment and education. Because there is a significant shortage of mental health professionals, Primary School Teachers can make significant contributions to the promotion of children's mental health. Teachers' opportunities for interpersonal relationships have a significant impact on children's mental health.

School teachers, who spend the majority of the child's working hours interacting with and observing them, have the ability to detect changes in their behaviour. To do this effectively, all teachers should be trained in positive interaction techniques that boost children's self-esteem and foster positive relationships with children and their parents. If the teacher is well-versed in child development and interpersonal processes, he or she will be able to play an important role in resolving children's behavioural issues.

School-based intervention can be either environment- or child-centered, and one may lead to the other. An environment-centered programme may also aim to improve administrators', teachers', and support staff's ability to deal with specific types of behaviour.

Early intervention may help to avoid more serious problems later in life, such as school failure, dropouts, delinquency, and low adult learning levels. Individuals, families, and communities bear a disproportionate share of the burden of these issues.

A mental health programme should be part of a comprehensive health programme that includes health education for teachers at all levels from primary to secondary school, easily accessible health services, a nurturing and safe environment, and interaction with family and community organisations. Some of the available comprehensive health initiatives have resulted in increased school attendance, improved academic performance, fewer school dropouts, and decreased criminal behaviour.

Among the many opportunities in the field of mental health nursing, nurses play an important role in educating teachers about children's behaviour problems. There have been very few studies conducted to date, and none of these have been handled by nurses. The current study is an attempt to promote primary prevention of child behaviour problems by educating teachers in early detection of such problems using acquired knowledge through a structured teaching programme.

## Methodology

The current study assessed school teachers' knowledge and practise regarding behavioural problems in children and discovered that they had insufficient knowledge. The knowledge of Primary School Teachers has significantly improved following a structured teaching programme on behavioural problems in children. The study concluded that the structured teaching programme was effective in improving knowledge about children's behavioural problems. The research design for this study was pre-experimental, and the research approach was to evaluate the educative approach. The convenient sampling method resulted in a sample size of 100 teachers. Teachers were chosen for specific schools in the Lucknow District.

The structured questionnaire, which has two sections, was used to collect data.

### Section I - Demographic Factors

Section II - Knowledge Questionnaire The following were the study's findings.

### Results

The majority of the samples (48%) were in the age group 31-40 years, 56 percent were female, and 64 percent had completed B.Ed., 50 percent of the samples are married, and 54 percent of samples have children under the age of six. In the pretest, (93 percent) of primary School Teacher had inadequate knowledge, (9% had moderate knowledge), and none had adequate knowledge. In the posttest, none of primary School Teachers had inadequate knowledge, (10 percent) had moderate knowledge, and (96 percent) had adequate knowledge. The difference in overall pre-test and post-test knowledge mean difference scores was 16.17, indicating the effectiveness of the structured teaching programme on children's behavioural problems. As a result of their exposure to the structured teaching programme on behavioural problems of children, school teachers' knowledge of behavioural problems of children increased significantly. The paired 't' test was also used to determine whether there was a significant difference between the overall pre-test and post-test knowledge score. At  $p < 0.05$ , the 't' value of 38.29 was significant. As a result, there was a significant difference between pre-test and post-test knowledge score, and that difference was due to the school teachers' exposure to structured teaching programmes. There was a significant relationship between age knowledge and certain demographic variables. The difference in overall pre-test and post-test knowledge score was due to the school teachers' exposure to structured teaching programme. There was a significant relationship between age knowledge and certain demographic variables.

**CONCLUSION:** The researcher is completely satisfied with the study's paediatric age group focus. The expert opinions and guidance from the guide, as well as assistance from psychiatric authorities, made the study useful.

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