



A Pre-experimental study to assess the effectiveness of sensitization program on knowledge regarding ill effects of child labor among parents of selected rural areas of Bareilly, U.P.

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Abstract: Child labour refers to the employment of children in hard work for low wages, which negatively affects their physical, mental, and social development. Despite government laws and standards aimed at eliminating child labour, it continues to increase. Major causes include poverty, parental illiteracy, unemployment, lack of educational opportunities, violation of children's rights, and socio-economic inequality between the rich and the poor. **Objectives:** To evaluate the effectiveness of a sensitization programme on knowledge regarding the ill effects of child labour among parents in a selected rural area. To determine the association between pre-test knowledge scores and selected demographic variables. **Materials and Methods:** A quantitative pre-experimental study was conducted in villages Bukhara and Barinagla. Sixty parents were selected using purposive sampling. Data were collected using a socio-demographic proforma and a structured knowledge questionnaire. **Results:** The mean pre-test score (8.82) increased to 20.23 in the post-test, showing significant improvement. The mean difference was 11.42, with a calculated t-value of 17.12 ($p < 0.00001$), indicating the sensitization programme was effective. Significant associations were found between pre-test knowledge and selected demographic variables.

Keywords: Child labour, Sensitization programme, Ill effects and prevention, Knowledge

Introduction:

The term "child labor" is generally defined as work that deprives children of power, ability and dignity and harms their physical and mental development. It refers to work that: is mental, physical, social or moral and is harmful to children; Combine training with long and hard work²

Child labor in India is caused by overpopulation, illiteracy, poverty, debt are some of the reasons for this problem. It is the psychological balance of the brain that is not ready for the difficulties of work or housework, which causes the child to have negative thoughts and emotions, because he does not understand the importance of a normal child who is overburdened, in debt, under the stress of his own problems. Domestic companies and many countries are still looking for junior workers in the garment industry to earn more work and less money, which is completely unfair.³

Poverty plays a significant role in child labor. In poor families, children are seen as a source of additional income. This family believes that all children are entrepreneurs, so they have many children. When children grow up, they should teach their parents their business. Illiteracy is an important cause of this problem. Illiterate parents view education as a burden because they have to invest more than the income they receive from their children. Child workers are exposed to unhealthy conditions, long working hours and many bad behaviors, and this directly affects their cognitive development. The fact that the child's mind is still young and immature and cannot cope with the situation causes stress and the body.⁴

Materials & Methods:

A quantitative pre-experimental one-group pre-test and post-test design was adopted for the present study. The target population comprised parents residing in selected rural areas, and the study was conducted in Village Bukhara and Barinagla. A non-probability purposive sampling technique was used to select 60 samples. Data were collected using a socio-demographic proforma and a structured knowledge questionnaire. Inclusion Criteria - Parents of child who are willing to participate in this study. Parents of child who lives in selected rural area. Exclusion Criteria - Parents of child who are not present at the time of data collection. The structured knowledge questionnaire consisted of two parts: Part I included seven items related to demographic variables such as age, gender, religion, educational status of parents, monthly family income, and type of family; Part II consisted of 30 multiple-choice questions assessing knowledge regarding the ill effects of child labour. Each item had four options with one correct answer, carrying one mark each. There was no negative marking, and the maximum possible score was 30.

Table 1: Level of knowledge and distribution of scores

SCORES	CRITERIA
1-10	Inadequate
11-20	Moderate Adequate
21-30	Adequate

Analysis and Interpretation:

Table 2: Comparison on pre-test and post-test level of knowledge regarding ill effects of child labour

N=60

Grading of Scores	Grading of knowledge	Pre test		Post-test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1-10	Inadequate	42	70 %	00	00%
11-20	Moderate Adequate	18	30%	26	43%
21-30	Adequate	00	00%	34	57%

Table 3: Mean and standard deviation of pretest and post-test knowledge

Test Type	Mean Score	Standard Deviation	Mean Difference	Calculated t-value	P value
Pre-Test	8.82	5.10	11.42	17.12	<0.00001
Post-Test	20.23	4.80			

df (59) = 2.000995 at 0.05 level of significance

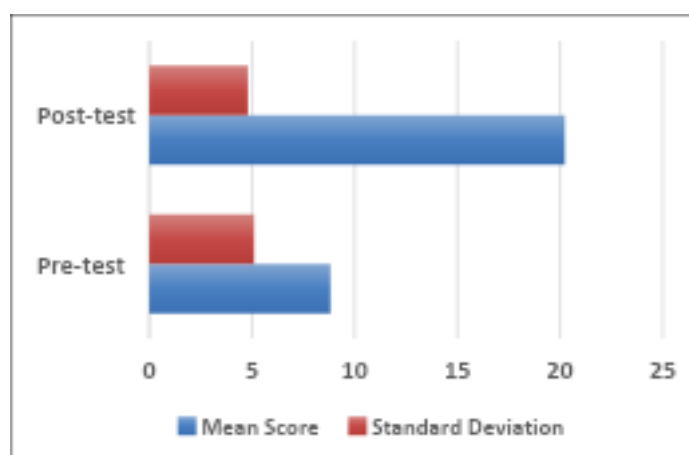
Table 4: Chi- Square test was used to describe the association between the pre-test knowledge score of selected demographic variables

N=60

S. No	Demographic Data	Level of Knowledge			Chi-Square	Df	P-Value Ns/S
		Inadequate	Moderate adequate	Adequate			
1	Age				52.873	3	0.0024 S
	a) Below 25 years	24	0	0			
	b) 26–30 years	2	14	0			
	c) 31–35 years	0	8	0			
	d) 36 years and above	0	12	0			
2	Gender				23.850	1	0.0137 S
	a) Male	26	12	0			
	b) Female	0	22	0			
3	Religion				40.621	3	0.0195 S
	a) Hindu	20	0	0			
	b) Muslims	6	23	0			
	c) Christians	0	4	0			
	d) Others	0	7	0			
4	Education of parents				56.084	3	0.003 S
	a) No formal education	25	0	0			
	b) Primary education	1	25	0			
	c) Secondary education	0	7	0			
	d) Graduation and above	0	2	0			
5	Income per Month				42.579	3	0.012 S
	a) Below ₹3000	15	0	0			
	b) ₹3001–₹5000	18	7	0			
	c) ₹5001–₹7000	0	13	0			
	d) Above ₹7000	0	7	0			
6	Type of Family				38.620	3	0.0045 S
	a) Nuclear family	19	0	0			
	b) Joint family	7	21	0			
	c) Broken family	0	7	0			
	d) Extended family	0	6	0			

NS= Not significant S= Significant

The Chi-square test was applied to determine the association between the pre-test level of knowledge and selected demographic variables among participants. The analysis revealed statistically significant relationships between all the considered demographic characteristics and knowledge levels at the 0.05 level of significance.

Figure 1: Bar diagram shows Mean and standard deviation of pre-test & post-test level of knowledge

Discussion:

The study findings clearly indicate that the sensitization programme was highly effective in improving parents' knowledge regarding the ill effects of child labour. Before the intervention, most participants exhibited inadequate knowledge, whereas after the programme none remained in this category and a substantial proportion achieved adequate knowledge levels. This improvement is strongly supported by the marked increase in mean knowledge scores from pre-test to post-test, with statistical analysis confirming a highly significant difference, leading to the acceptance of the research hypothesis (H1). Furthermore, the Chi-square analysis revealed significant associations between pre-test knowledge and selected demographic variables, including age, gender, religion, parental education, income, and family type, resulting in the acceptance of research hypothesis (H2). Overall, the findings affirm the effectiveness of the sensitization programme and highlight the importance of targeted educational interventions in enhancing parental awareness and supporting child welfare.

Nursing Implication

- The study highlights the importance of implementing sensitization programme to improve knowledge regarding ill effects of child labour among parents.
- Nursing professionals can utilize the findings to develop educational interventions that focus on enhancing child labour ill effects, law and regulation for children, penalties for child labour and child labour Act among nursing students.
- The study emphasizes the need for continuous training and updates in nursing education to ensure that students are equipped with the necessary knowledge to promote awareness regarding child labour in their future practice.
- The results provide evidence for the inclusion of ill effects of child labour and its prevention in nursing curricula, aiming to empower nursing students to promote and aware community people regarding child labour.
- The findings of the present study have significant implications for nursing practice, education, administration, and future research. The sensitization programme was effective in improving parental knowledge regarding the ill effects and prevention of child labour. Based on these findings, the following implications are draw

Implication for Nursing Practice

- The results highlight the significance of providing accurate information and guidance to parents regarding the laws and regulation of child labour.
- Nursing practitioners should ensure they are up-to-date with the latest guidelines and evidence-based practices related to ill effects of child labour and its prevention to effectively educate and support communities.
- Nurses working in the community and pediatric settings can play a key role in identifying families at risk of engaging in or being affected by child labour.
- This study supports the integration of preventive education into routine health visits, immunization camps, and community outreach.
- Health education sessions conducted by nurses can create awareness among vulnerable populations, especially in rural and low-income areas.

Implication for Nursing Education

- Curriculum planners should incorporate child rights, labour laws, and community advocacy strategies into nursing syllabi.
- Nursing students should be trained in conducting structured teaching programmes, Health education programme, sensitization programme, developing IEC materials, and engaging with families and communities.
- Fieldwork and clinical postings should encourage students to conduct community sensitization as part of their practicum.

Implication for Nursing Research

- Nursing administrators can promote in-service education programs to train nurses in family-focused health education, especially related to child protection and social determinants of health.
- Allocation of time and resources for community sensitization programmes should be encouraged under public health schemes.
- Collaboration with government departments (labour, child welfare, education) should be initiated through nursing outreach initiatives.

Implication in Nursing Administration

- Nursing administrators can promote in-service education programs to train nurses in family-focused health education, especially related to child protection and social determinants of health.
- Allocation of time and resources for community sensitization programmes should be encouraged under public health schemes.
- Collaboration with government departments (labour, child welfare, education) should be initiated through nursing outreach initiatives.

Recommendations

- Nursing institutions should integrate sensitization programs on ill effects of child labour into their curricula.
- Further research is needed to explore the long-term impact of sensitization programme on nursing students' knowledge, skills, and patient outcomes.
- Collaboration between nursing education institutions, clinical practice settings, and professional organizations is recommended to promote standardized laws & regulation of ill effects of child labour.
- Continuous professional development opportunities should be provided to nursing faculty to enhance their knowledge regarding ill effects and prevention of child labour.

Limitation

- Study is limited to selected rural area
- Study is limited to 60 sample

Conclusion:

To conclude the main aims to evaluate the effectiveness of sensitization program on knowledge regarding ill effects of child labour among parents. The study concludes that the sensitization programme was highly effective in enhancing parents' knowledge regarding the ill effects and prevention of child labour, as evidenced by a significant improvement between pre-test and post-test scores. The findings affirm the effectiveness of structured educational interventions and highlight the vital role of nurses in promoting community awareness and safeguarding child welfare.

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