

Health Care Practices Of Parents On Child Care: A Familial Concern

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ABSTRACT

Background:

Childhood care practices or understanding and love for the child ages 1-3 is shown by giving all the freedom that can safely use in an environment. The child was dependent upon other for the satisfaction and by giving guidance in the changing social situation in which he feels to be focal point (Buenviaje, et al 2008). Identifying the importance of health care practices of parents among children is an important issue in counseling parents and development of appropriate plan for child care

Objectives:

The researchers involved in this study identified the alternative health care practices of parents among children. This study was conducted to: identify the health practices of parents regarding child care in terms of dietary consumption, management of illness and behavioral modalities; determine the effectiveness of health care practices given by parents among toddlers in term of social, psychological and financial; identify actions that may be proposed to improve the health care practices of parents among children.

Method:

The researchers used the descriptive method of research. Descriptive research tends to observe, describe, and document aspects of a situation as it naturally occurs. The subjects of the study were the fifty-nine(59) respondents from selected barangays in Batangas such as Sampaga(20), Saimsim(23), Calicanto(10) and San Teodoro(6). The main instrument that the researchers will use in data gathering with regard to the respondents is the questionnaire. The questionnaire was a self-made from the collaboration of ideas of the researchers and other

experts. The data gathered from the questionnaires were tallied, tabulated, analyzed and encoded using the SPSSv.18.

Findings:

The respondents sometimes practice the promotive and preventive measures in terms of dietary consumption, management of illness and behavioral modalities. The respondents identified effective health care practices done among toddlers only sometimes. Mothers perceived that their children know and were able to seek medical check-up; take medications properly and performed hand washing every time they touch dirty objects as one of the identified health care practices. Proposed enhancement activities to improve the health care practices of parents among children

KEYWORDS: Health Care Practices, Parents, Child Care, Familial Concern

INTRODUCTION

Health is freedom from any diseases, it is a process in which a person seeks to maintain an equilibrium that promotes stability and comfort. Health is always there when an individual moves toward integration of human functioning, maximizes human potential, which takes responsibility for health and has a greater awareness and self satisfaction.

Health is broadly defined as the condition of being sound in mind, body and soul, free from physical disease or pain or state of well being. Health can be achieved by an individual depends on the health care practices. Childhood care practices or understanding and love for the child ages 1-3 is shown by giving all the freedom that can safely use in an environment. The child was dependent upon other for the satisfaction and by giving guidance in the changing social situation in which he feels to be focal point (Buenviaje, et al 2008).

Toddlerhood can be a difficult time for family caregivers. Just as parents beginning to feel confident in their ability to care for and understand their child. The toddlers changes into a walking, talking person whose attitudes and behaviors disrupt the entire family. Accident proofing, safety measures and firm but gentle discipline are the primary tasks for caregivers of toddlers learning to discipline with patient and understanding is difficult but eventually rewarding. The toddler requires close supervision to prevent injury to self or objects in the environment (Pilliteri, 2010).

Two important aspects of health promotion and maintenance for the toddler are routine checkups and accident prevention. Routine checkups help protect the toddler's health and ensure continuing growth and development. The nurse can encourage good health through family teaching, support of positive parenting behaviors, and reinforcement of the toddler's achievements. Toddler's need a stimulating environment and the opportunity to explore it. This environment, however, must be safe to help prevent accidents and infection. Give caregivers information regarding accident prevention and home safety. Safety is a concern with all hospitalized children but safety promotion for a toddler maybe challenging because hospitalization is difficult and frightening for a child of any age. Toddler develops fears to

strangers and unfamiliar surroundings and these add to the inability to communicate well discomfort from pain and separation from the family (Pilliteri, 2010).

Identifying the importance of health care practices of parents among children is an important issue in counseling parents and development of appropriate plan for child care.

The researchers chose this topic because they are lined with health management, and this topic and beliefs regarding health care practices may serve as a basis for health promotion to those groups of people utilizing these health beliefs and practices among their child.

The purpose of this study is to educate the parents especially the mothers to open their minds and the proper health care practices nevertheless; the study aims to make them aware of the possible effect of continuing improper health care practices. The result of the study will be useful to provide insight on the health care practices that are detrimental to health of the child.

Conceptual Framework

Health care practices play a great role in the health of every toddler during their parenting. The good effect of these practices is usually felt and manifested by mothers and can be extended further, if the mother is able to utilize or avail other programs or services recommended by DOH and if parents are provided with motivation, adequate knowledge and material resources and support.

The study is anchored on the concept that although health services are being rendered in four (4) selected barangays, several problems were still encountered. The validity of this concept was tested through the study.

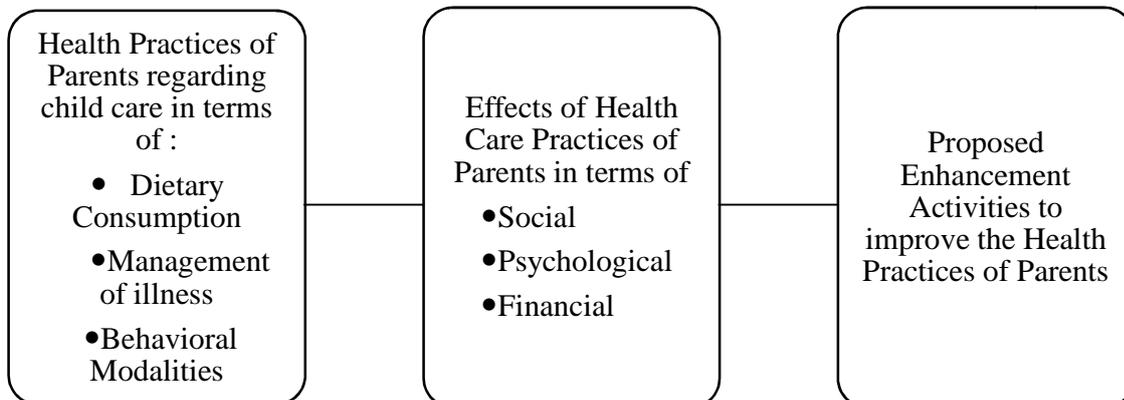


Figure 1
Conceptual Paradigm of the Study

The paradigm above focuses on health care practices of parents on child care in terms of dietary consumption, management of illness and behavioral modalities as well as the effect of health care practices of parents in terms of social, psychological and financial aspects. Program

of activities were proposed to improve the health practices of parents in caring for their children.

OBJECTIVES

The researchers involved in this study identified the alternative health care practices of parents among children. This study was conducted to: identify the health practices of parents regarding child care in terms of dietary consumption, management of illness and behavioral modalities; determine the effectiveness of health care practices given by parents among toddlers in term of social, psychological and financial; identify actions that may be proposed to improve the health care practices of parents among children.

METHODS

Research Design

The researchers used the descriptive method of research. Descriptive research tends to observe, describe, and document aspects of a situation as it naturally occurs. The descriptive of research seeks what is rather than predicts relations to be found. It is concerned with describing the characteristics of the population and it tries to find out the association of certain characteristics in the population (Polit & Beck, 2008). This type of research design was used to determine the Health Care Practices of Parents on Child Care: An issue of concern.

Participants

The subjects of the study were the fifty-nine(59) respondents from selected barangays in Batangas such as Sampaga(20), Saimsim(23), Calicanto(10) and San Teodoro(6).

Instruments

The main instrument that the researchers will use in data gathering with regard to the respondents is the questionnaire. The questionnaire was a self-made from the collaboration of ideas of the researchers and other experts.

Analysis

The data gathered from the questionnaires were tallied, tabulated, analyzed and encoded using the SPSSv.18.

RESULTS AND DICUSSION

1. Health Practices of Parents regarding Child Care

Table 1.1
Weighted Mean Distribution on Health Practices of Parents regarding Child Care: Dietary Consumption

Items	Weighted Mean	Verbal Interpretation	Rank
1. I allow my child to eat fried foods like chicken, pork and hotdogs.	3.22	Sometimes	5
2. I prepare grilled meat for my child/ children.	2.78	Sometimes	7
3. I serve pasta like spaghetti, macaroni, and pancit.	2.86	Sometimes	6
4. I let my child drink 2 glasses of milk every day.	3.56	Often	4
5. I serve rice with fish and green leafy vegetables for my child.	3.92	Often	2
6. I allow my child to eat meals bought from fast food chains.	2.61	Sometimes	8
7. I select foods rich in carbohydrates like bread, noodles, etc.	3.73	Often	3
8. I serve rice more than 1 serving for my child.	4.05	Often	1
9. I let my child eat junk foods like "Piatos, Nova, Tattoos, SweetCorn, etc.	2.34	Seldom	10
10. I allow my child to eat sweet foods like chocolates, ice cream, candies, etc.	2.54	Sometimes	9
Composite mean	3.16	Sometimes	

Table 1.1 presents the health practices of parents regarding child care in terms of dietary consumption. The over-all assessment of the respondents was 3.16 and verbally interpreted "Sometimes". The uppermost result is they "often" serve rice more than 1 serving obtained a mean value of 4.05, then they "often" serve rice with fish and green leafy vegetables (3.92), lastly they "often" select foods rich in carbohydrates like bread, noodles, etc. (3.73).

The results revealed that most of the respondents offered rice and give more than one serving during meal time; this is true because in the Philippine culture rice is the primary main course in the table.

The results imply that they "sometimes" allow to eat meals brought from fast food chains (2.61) and to eat sweet foods like chocolates, ice cream, candies, etc. (2.54). But they "seldom" let their child eat junk foods like "Piatos, Nova, Sweetcorn, etc." which obtained the least mean value of 2.34.

Parents usually brought their child in fast food chains because their child seeks for their favorite foods. And some parents nowadays are not that familiar in cooking foods that their children wants so that they buy in fast food chain for easy access.

Table 1.2
Weighted Mean Distribution on Health Practices of Parents regarding Child Care: Management of Illness

Items	Weighted Mean	Verbal Interpretation	Rank
1. I consult “albularyos” and “hilots” rather than medical doctors when my child is sick.	2.85	Sometimes	8
2. I believe more in the ability of faith healers to cure illnesses than what modern medicine can do.	2.37	Seldom	10
3. I give my child herbal medicines for cough and colds.	3.32	Sometimes	5
4. I pray to God whenever my child is sick.	4.69	Always	1
5. I ensure that my child drinks plenty of fluid when he is sick.	4.54	Always	2
6. I practice self medication to treat my child at home.	3.39	Sometimes	4
7. I bring my child to a well- baby clinic once a month.	3.05	Sometimes	7
8. I use generic drugs for my child’s treatment.	3.22	Sometimes	6
9. I apply sponge/towel dampened on tap water to my child when he/she has fever.	3.73	Often	3
10. I bathe my child with lukewarm water whenever he/she is sick.	2.78	Sometimes	9
Composite Mean	3.39	Sometimes	

From table 1.2 it can be gleaned that from among the variables, praying to God got the highest score with a weighted mean of 4.69 and verbally interpreted as “always”, which is followed by ensuring that the child drinks plenty of fluid with weighted mean of 4.54 and verbally interpreted as “always”, and lastly by applying sponge/towel dampened on tap water with a weighted mean of 3.73 and verbally interpreted as “often”. The over-all evaluation of the respondents was 3.39 and rated “Sometimes”.

Filipinos are known to be very religious. They always pray to God whenever they have problems encountered. They have strong faith that believing in God will keep them safe from harm and will protect their family.

Ensuring that the child drinks plenty of fluids when the child is sick posted a second rank, because the researchers assumed that parents or guardians aware about the importance of replacing fluids especially when someone is sick, water, juices of any kind is more affordable than buying expensive medications to treat the problem.

As revealed from the table of the management of illness the lowest is by believing more in the ability of faith healers than the modern medicine with a weighted mean of 2.37 as verbally interpreted as seldom, followed by bathing with lukewarm water with a weighted mean of 2.78 as verbally interpreted as sometimes, and lastly consulting the “albularyo” than in medical doctors with a weighted mean of 2.85 as verbally interpreted as sometimes.

In terms of managing illness the respondents’ seldom sought the faith healers to cure the illness. Thou they believed to the ability of the faith healer still they do not exclude the thought of what the modern medicine can do to cure the problem or the illness.

Some parents known that modern medicine and high technology is more effective than faith healers. Modern technology can easily detect the illness of their child. They believe more in the ability of the doctors than faith healers.

Table 1.3
Weighted Mean Distribution on Health Practices of Parents regarding Child Care: Behavioral Modalities

Items	Weighted Mean	Verbal Interpretation	Rank
1. I let my child cry whenever he/she will be given medication.	2.59	Sometimes	4
2. I allow my child to play while I'm feeding him.	2.12	Seldom	8
3. I do not allow my child to shout and show anger whenever he/she will receive injections.	1.95	Seldom	10
4. I allow my child to have tantrums when I bring him to the doctor.	1.98	Seldom	9
5. I forced my child to go to the hospital.	2.27	Seldom	6
6. I let my child show his or her real emotions whenever he or she is afraid to see doctors or nurses wearing white uniform.	2.24	Seldom	7
7. I still bring my child to the doctor for consultation even if he/she is afraid.	3.14	Sometimes	2
8. I bring my child to the hospital for confinement even if he/she refused.	2.95	Sometimes	3
9. I bring my child to the quack doctor even though he/she refuses to.	2.44	Seldom	5
10. I encourage my child to drink herbal medicines.	3.51	Often	1
Composite Mean	2.52	Sometimes	

Table 1.3 shows the health practices of parents regarding child care in terms of behavioral modalities. The over-all survey of the respondents was 2.52 and interpreted as “Sometimes”. Encouraging the child to drink herbal medicines got the highest score with the weighted mean of 3.51 and interpreted as “often”, followed by they “sometimes” bring their child to the hospital for consultation and they bring their child to the hospital for confinement got a weighted mean of 3.14 and 2.95 respectively.

Parents do believe that herbal medicines are still effective in curing their child illness so that they are still encouraging their child to drink herbal medicines and they know that it is safe. Herbal medicines are very affordable because they can easily find it in the backyard or everywhere.

Based on the results, the lowest score is by allowing to shout and show anger with a weighted mean of 1.95 as verbally interpreted as seldom, followed by allowing to have tantrums with a weighted mean of 1.98 as verbally interpreted as seldom, lastly by allowing to play while feeding with a weighted mean of 2.12 as verbally interpreted as seldom. Parents talk first and convince their child not to shout and show anger during medical check-ups or in front of the doctor whenever they will receive injections, because some parents failed to recognize that tantrums is just normal at this age. The child does not fully understand the purpose why they have to suffer from pain and needle prick or injections.

2. Effects of Health Care Practices given by Parents among Toddlers in term of Social, Psychological and Financial

Table 2.1

Weighted Mean Distribution on Effects of Health Care Practices of Parents: Social

Items	Weighted Mean	Verbal Interpretation	Rank
My Child:			
1. refused to socialized/play with other kids when he is sick.	2.68	Sometimes	9
2. hides and cries every time he/ she will be seen by an "albularyo".	1.92	Seldom	10
3. likes to be seen by his/her doctor when he/she is not feeling well.	3.27	Sometimes	4
4. shows a liking for drinking different herbal medicine when he/she is sick.	2.85	Sometimes	8
5. washes his/her hand whenever he/she touches dirty objects.	4.47	Often	1
6. takes his/her medicine properly.	4.34	Often	2
7. shows anger when I left him/her with other people aside from the members of the family.	2.78	Sometimes	7
8. does not go near people who are sick.	3.05	Sometimes	6
9. feels good if he is seen by the "albularyo/hilot".	3.07	Sometimes	5
10. participates while having medical check-up.	4.05	Often	3
Composite Mean	3.25	Sometimes	

Table 2.1 demonstrates the effects of health care practices given by parents among toddlers in terms of social aspect. The over-all evaluation of the respondents was 3.25 and rated as "Sometimes". The highest score we've got through tallying is by washing their hands whenever they touches dirty object with a weighted mean of 4.47, it was followed by taking their medicines properly with a weighted mean of 4.34 and lastly by participating in having medical check-up with a weighted mean of 4.05 and they are all rated as "often".

Parents teach their child to wash their hands before and after eating, whenever they touch dirty objects and told them the reason why washing their hands is important to prevent illness and to remove microorganisms that can be acquired in the environment, this is one of the most common teachings a parent give to their children.

It can be noted from the table that hiding and crying whenever they see a quack doctor obtained the lowest rank with a weighted mean of 1.22 which is interpreted as "seldom", followed by refusing to play with other kids and shows liking for drinking herbal medicines when they sick with a weighted mean of 2.68 and 2.85 which is interpreted as "sometimes".

Parents do not usually seek quack doctors whenever their child is sick. So that, in times that they bring their child to quack doctors the child will start to hide and cry because they are not that familiar in the rituals that the quack doctors do.

Table 2.2 illustrates the effects of health care practices given by parents among toddlers in terms of psychological aspects and the over-all appraisal of the respondents was 3.47 which interpreted as "Sometimes". Based on the result, the highest score we've got through tallying is when a toddlers accepts that if he drinks plenty of fluids his feeling will be alright with the weighted mean of 4.22, followed by when toddlers are seen by the doctor his ailments will be gone with a weighted mean of 4.20 and lastly toddlers believes that through praying their ailments will be gone with a weighted mean of 4.14 which they all interpreted as "often".

Table 2.2

Weighted Mean Distribution on Effects of Health Care Practices of Parents: Psychological

Items	Weighted	Verbal	Rank
	Mean		
My Child:			
1. is ready to participate on any rituals performed by the “ <u>albularyo</u> ”.	2.63	Sometimes	10
2. think that he/she will be alright if he/she is be seen by a quack doctor.	3.02	Sometimes	8
3. believes in the power of the herbal leaves or medicines.	3.22	Sometimes	7
4. readies himself from any diagnostic procedures when needed.	3.76	Often	4
5. thinks that seeing the doctor will make his/her ailments gone.	4.20	Often	2
6. knows that if he/she will play with sick children he/she will acquire the disease.	3.25	Sometimes	6
7. believes that if he/she will sleep early, he/she will not get sick.	3.42	Sometimes	5
8. does not cry if he/she is hurt.	2.88	Sometimes	9
9. believes that if he/she will pray his/her illness will be gone.	4.14	Often	3
10. accepts that if he/she will drink plenty of fluids he/she will feel alright.	4.22	Often	1
Composite Mean	3.47	Sometimes	

Among the items that obtained, the lowest is their child was ready to participate in any rituals performed by the quack doctor with a weighted mean of 2.63, second is their child does not cry when got hurt with a weighted mean of 2.88, and lastly their child thinks that they will be alright when seen by the quack doctor with a weighted mean 3.02, and all are interpreted as “sometimes”.

The toddlers don’t like the rituals that are being performed by quack doctors. They think that it can harm them. The trust of the child is not easily build with quack doctors because they also think that quack doctors are strangers.

Table 2.3
Weighted Mean Distribution on Effects of Health Care Practices of Parents: Financial

Items	Weighted	Verbal	Rank
	Mean		
1. We can save more money for other necessities.	3.03	Sometimes	7
2. We can buy healthy foods for our child’s consumption.	3.83	Often	2.5
3. We can have enough money to use in case of emergency.	3.29	Sometimes	4
4. We can afford to buy vitamins for our child.	3.83	Often	2.5
5. We can have extra money to buy new toys for our child.	2.86	Sometimes	9
6. We can afford to send our child to the private hospital if he gets sick.	2.88	Sometimes	8
7. We can afford to have our child be vaccinated and complete doses as needed.	3.95	Often	1
8. We can save money by using herbal medicines.	2.68	Sometimes	10
9. It lessen the possibility of hospital confinement, thus we can save money for other necessities.	3.14	Sometimes	6
10. It helps to sustain our finances, because it lessen the chance of spending it from purchasing the medicines.	3.25	Sometimes	5
Composite Mean	3.27	Sometimes	

As seen from the Table 2.3, the over-all assessment of the respondents on the effects of health care practices given by parents among toddlers in terms of financial aspect was 3.27 and verbally interpreted as “Sometimes”. According to the result the parents can afford their child to be vaccinated got the highest rank with a weighted mean of 3.95 and verbally interpreted as “often” and the next is that parents can afford to buy healthy foods and vitamins for their child with a weighted mean of 2.5 and interpreted as “often” and the last is they have enough money to use in case of emergency with a weighted mean of 3.29 and interpreted as “sometimes”.

The DOH implemented that there should be free vaccination in every barangays for the child. The parents can avail their child to be immunized because it is free. They know that vaccinations are important to their child.

The least among the items mentioned is they can save money by using herbal medicines was 2.68 weighted mean, followed by having an extra money to buy toys and they can confine their child in a private hospital with a weighted mean of 2.86 and 2.88, and it was all interpreted as “sometimes”.

Parents know that herbal medicines are easily affordable and they can save money by using it. If they have save money they can buy some extra supplies that their child wants and needs.

3. Proposed Enhancement Activities to Improve the Health Care Practices of Parents among Children

General Objective: To maintain the children’s peak of wellness.

Key Result Area	Specific Objectives	Specific Objectives	Person/s Responsible	Expected Parameters
I. Social Aspect	The child will understand the importance of establishing good relations with other people aside from his family.	Conduct health teaching about on how to improve the social relations of the child with other people through: <ul style="list-style-type: none"> • Orientation of the child in the importance of being good to other people • Let the child feel that he is being cared for to make him feel better • Ask the child about his feelings and his insight about his illness • Spend money 	<ul style="list-style-type: none"> • Student Nurses • Parents of the Toddlers from Sampaga, Saimsim, Calicanto and San Teodoro. • Barangay Health Workers 	The family will be able to demonstrate understanding and knows the importance of proper Health Practices to their child.

<p>II. Financial Aspect</p>	<p>To manage the finances effectively</p>	<p>wisely by buying only immediate necessities</p> <ul style="list-style-type: none"> • Save even small amount of money out of the family income for emergency use • Advise the mother to sustain good health practices to lessen the chances of child's hospitalization through giving nutritious food and with the aid of vitamin supplement 	<ul style="list-style-type: none"> • Clinical Instructors • Barangay Captain • NGO 	
<p>III. Dietary Consumption</p>	<p>The child will be able to know possible effect of eating too much junk foods.</p>	<ul style="list-style-type: none"> • Explain to the child that eating too much junk foods can lead to some diseases • Encourage the child to eat nutritious foods such as fruits & vegetables rather than junk foods. 		

CONCLUSIONS

Based on the findings, the following conclusions were drawn:

1. The respondents sometimes practice the promotive and preventive measures in terms of dietary consumption, management of illness and behavioral modalities.
2. The respondents identified effective health care practices done among toddlers only sometimes. To this, the mothers perceived that their children know and were able to seek medical check-up; take medications properly and performed hand washing every time they touch dirty objects as one of the identified health care practices.
3. Proposed enhancement activities to improve the health care practices of parents among children were presented in table 3 (page 31).

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