



“A Study to Assess the Knowledge Regarding Temper Tantrums and Its Management Among Under Five Mothers Visiting at Selected Hospital, Safedabad, Barabanki (U.P.)”

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Date of Publication: 21/08/2026

DOI [10.5281/zenodo.22046357](https://doi.org/10.5281/zenodo.22046357)

Abstract: Background: Temper tantrums are common behavioral and emotional outbursts seen among children aged one to five years. They usually occur when children are unable to express their needs, emotions, or frustrations effectively. Tantrums may include crying, screaming, kicking, hitting, throwing objects, breath-holding, and stubborn behavior. During early childhood, emotional control and communication skills are still developing, making children more prone to such reactions. Although temper tantrums are considered a normal developmental phenomenon, frequent or severe episodes may affect a child's emotional and social development.

Objectives and methods:

The study was conducted with the objective to assess the level of knowledge regarding temper tantrums and its management among under five mothers. Associate between the level of knowledge regarding temper tantrums and its management with their selected demographic variables. The researcher used descriptive research design. The research approach was quantitative research approach. The study was conducted at Hind Hospital, Safedabad, Barabanki. 95 samples were drawn using non-probability convenience sampling technique. The tool used were socio demographic profile and structured knowledge questionnaire.

Results:

The study findings revealed that majority 90 mothers (94.73%) had adequate knowledge, 3 mothers (3.15%) had moderately adequate knowledge and 2 mothers (2.10 %) had inadequate knowledge regarding temper tantrums and its management. Mean knowledge score was 24.75 with standard deviation of 3.38. The data shows that there was significant association between knowledge level regarding temper tantrums and occupation of mother and family income per month of mothers at 5% ($P < 0.05$) level of significance. Hence, the hypothesis H1 is retained for the above-mentioned variables.

Interpretation and conclusions

The overall findings of the study were majority 90 mothers had adequate knowledge regarding temper tantrums and its management.

Keywords: *Temper tantrums, Knowledge*

INTRODUCTION

Background of the study

Temper tantrums are common behavioral and emotional outbursts seen among children aged one to five years. They usually occur when children are unable to express their needs, emotions, or frustrations effectively. Tantrums may include crying, screaming, kicking, hitting, throwing objects, breath-holding, and stubborn behavior. During early childhood, emotional control and

communication skills are still developing, making children more prone to such reactions. Although temper tantrums are considered a normal developmental phenomenon, frequent or severe episodes may affect a child's emotional and social development. Understanding the concept of temper tantrums helps parents and healthcare professionals provide appropriate support and guidance to children during this important developmental stage¹.



Temper tantrums are highly prevalent among under-five children and are one of the most commonly reported behavioral concerns by parents. Research indicates that tantrums occur most frequently between the ages of two and three years when children seek independence but have limited emotional and language skills. Most children experience occasional tantrums, while some may exhibit frequent and intense episodes. The prevalence varies according to temperament, parenting style, family environment, and developmental factors. Understanding the prevalence of temper tantrums is important because it helps healthcare professionals identify normal developmental behavior and recognize children who may require additional support or intervention².

STATEMENT OF THE PROBLEM

A study to assess the knowledge regarding temper tantrums and its management among under five mothers visiting at selected hospital, Safedabad, Barabanki (U.P.)

OBJECTIVES OF THE STUDY:

1. To assess the level of knowledge regarding temper tantrums and its management among under five mothers.
2. To find out the association between the level of knowledge regarding temper tantrums and its management with their selected demographic variables.

AIM OF THE STUDY:

The aim of the study was to assess the level of knowledge regarding temper tantrums and its management among under 5 mothers visiting at selected hospital, Barabanki.

RESEARCH HYPOTHESIS:

H₁: There will be statistically significant association between knowledge level and their selected demographic variables.

REVIEW OF LITERATURE

Begum N, Dr. Bordoloi B and lawim R (2025) conducted a descriptive study to assess the knowledge and attitude regarding management of Toddler's temper tantrums among mothers of Kamrup, Assam. A descriptive co-relational research design was used to assess knowledge and attitude of mother. Probability sampling techniques used under which multistage random sampling technique was used to select 123 subjects in total. Structured interview schedule and 5-point Likert scale was developed to gather data and analysis was done by using descriptive and inferential statistics. The result revealed that out of 123 subjects, majority of subjects 86 (69.9%) had inadequate knowledge, 22 (17.8%) had moderate knowledge and 15 (12.2%) had adequate knowledge. Findings revealed that majority of subjects 74 (60%) had positive attitude, only 12 (10%) had

negative attitude and 37 (30%) had neutral attitude. Researcher concluded that majority of mothers had inadequate knowledge³.

Asian [2025] -Conductive Or Descriptive Study on Regarding To Assess Mean of Correlation Between Mothers Knowledge Level and Handling Temper Tantrums In Preschool Children the study was connected among 52 mothers using total sampling technique finding short 22 (42.3) percentage mothers had moderate knowledge and 90 (36.5) percentage showed moderate management the research concluded there was significant relationship between mothers knowledge in handling of temper tantrums⁴.

METHODS

RESEARCH APPROACH:

In present study, a quantitative research approach was used to assess the knowledge regarding temper tantrums and its management among mothers of under-five children.

RESEARCH DESIGN

The present study aimed to assess the knowledge regarding temper tantrums and its management among mothers of under-five children; therefore, a descriptive research design was considered appropriate.

RESEARCH VARIABLES

Research variables are characteristics or attributes that are observed and measured during the study.

DEMOGRAPHIC VARIABLES :

The demographic variables considered in the present study are: Age of mother, educational status of mother, Occupation of mother, Type of family (nuclear/joint), Number of children, Monthly family income and Residence (urban/rural).

RESEARCH SETTING :

Research setting refers to the physical location where data collection is conducted. The present study was conducted at selected hospital, Barabanki.

POPULATION Population refers to the entire group of individuals possessing specific characteristics relevant to the study. In present study, population was mothers of under five children.

Target population: All mothers of under-five children visiting in the selected hospital, Barabanki.

Accessible Population

Mothers of under-five children who were available during the period of data collection and meet the inclusion criteria.

SAMPLE AND SAMPLE SIZE

Sample:



According to **Polit and Hungler (1999)**, a sample is a subset of a population selected to participate in a research study⁵¹.

For the present study, the sample consists of mothers of under-five children age [0-5] years residing in the selected hospital , Barabanki.

Sample Size

The sample size was calculated based on previous research studies using **Cochran's formula: $n = Z^2pq/L^2$**

The calculated sample size was **n = 95 mothers**.

SAMPLING TECHNIQUE

Non Probability convenience sampling technique was used to select the samples for this study.

CRITERIA FOR SAMPLE SELECTION:

The sample was selected according to the following predetermined criteria during the period of study.

Inclusion Criteria

The study included mothers who were:

- Mothers of children aged below 5 years.
- Residing in the selected area during the study period.
- Able to understand and respond to the questionnaire.
- Willing to participate in the study.

Exclusion Criteria

The study excluded mothers who were:

- Not available at the time of data collection.
- Not willing to participate in the study.

DESCRIPTION OF THE TOOL AND SCORING PROCEDURE

The tool consists of three sections:

Section-I: Demographic data:

SECTION-I

DESCRIPTION OF SOCIO-DEMOGRAPHIC VARIABLES

Table 1: Table showing frequency and percentage distribution of samples according to socio- demographic variables.

n=95

S.NO.	DEMOGRAPHIC DATA	CATEGORY	FREQUENCY (f)	PERCENTAGE (%)
1.	Age of Mother	a)21-25	26	27.36
		b)26-30	34	35.79
		c)31-35	29	30.52
		d)36-40	6	6.31

- Age of mother
- Educational status
- Occupation
- Type of family
- Number of children below five years
- Monthly family income
- Religion
- Area of residence (urban/rural)

Section-II: Structured Knowledge Questionnaire on Temper Tantrums and Its Management

The Structured Knowledge Questionnaire was developed to assess the knowledge of mothers regarding temper tantrums and their management among under-five children. The questionnaire consists of 30 multiple-choice questions. Each question has one correct answer and carries one mark. The maximum score is 30 marks

RESULTS

ORGANIZATION OF THE DATA:

The collected data was analysed and interpreted under the following headings:-

SECTION 1: Socio demographic data of Mothers of Under five children.

SECTION 2: Knowledge assessment regarding Temper tantrums and its management.

SECTION 3: Association between the level of knowledge and their selected demographic variables.



2.	Educational of Mother	(a) No formal education (b) Primary (c) Higher secondary (d) Graduate and above	17 44 22 12	17.89 46.31 23.15 12.63
3.	Occupation of mother	(a) Private Employee (b) Government Employee (c) Self Employee (d) No Occupation	34 8 13 40	35.78 8.42 13.68 42.10
4.	Type of family	(a) Nuclear (b) Joint (c) Extended	51 36 38	53.68 37.89 8.42
5.	Number of children(<5 year)	(a) 1 (b) 2 (c) 3 (d) Above 3	30 41 11 13	31.57 43.16 11.57 13.68
6.	Family income per month	(a) Below ₹5,000 (b) ₹5,001–₹10,000 (c) ₹10,001–₹20,000 (d) Above ₹20,000	14 26 36 19	14.73 27.36 37.89 20
7.	Religion	(a) Hindu (b) Muslim (c) Christian (d) Other	78 17 0 0	82.11 17.89 0 0
8.	Area of Residence	(a) Urban (b) Rural (c) Semi-urban	23 50 22	24.21 52.63 23.15

Table 1: The table summarized that among 95 mothers regarding age majority 34 mothers (35.79%) belong to the age group of 26-30 years. According to educational status, majority 44 mothers (44.31%) had primary education, occupation of mother majority 40 mothers (42.10%) had no occupation. Type of family majority 51 mothers (53.68%) lived in nuclear family and number of children majority 41 mothers (43.16%) had 2 children under 5 years of age as per in family income per month majority 36 mothers (37.89%) had family income of (10,000 to 20,000). Regarding religion 78 mothers (82.11%) belong to Hindu religion, and residence of 50 mothers (52.63%) were residing in rural area.

SECTION-2

KNOWLEDGE ASSESSMENT REGARDING TEMPER TANTRUMS AND ITS MANAGEMENT



Table 2: Table showing the level of knowledge regarding temper tantrums.
n= 95

KNOWLEDGE LEVEL	SCORE	FREQUENCY	PERCENTAGE (%)
Inadequate	0-10	2	2.10
Moderately adequate	11-20	3	3.15
Adequate	21-30	90	94.73
TOTAL		95	10

Table 2 indicates the overall knowledge regarding temper tantrums and its management in which majority 90 mothers (94.73%) had adequate knowledge, 3 mothers (3.15%) had moderately adequate knowledge and 2 mothers (2.10 %) had inadequate knowledge regarding temper tantrums and its management.

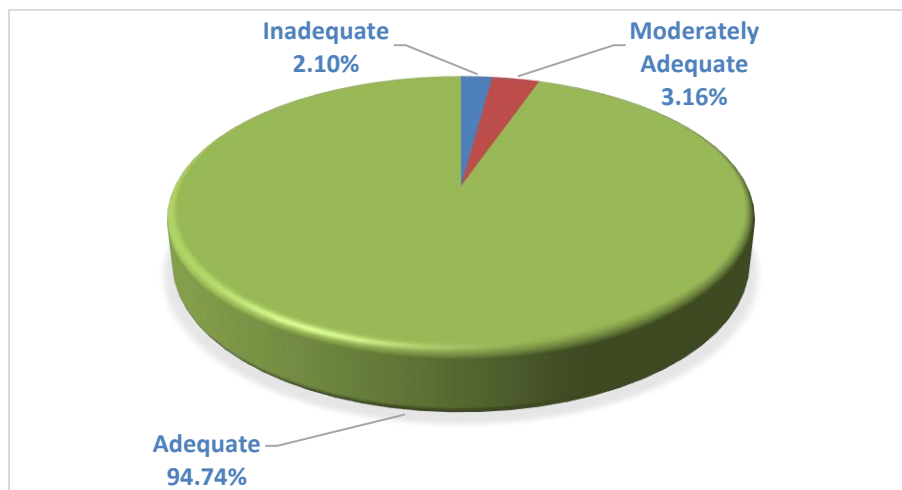


Figure 9: Shows the level of knowledge regarding Temper Tantrums and its management among Under five mothers.

SECTION 3

ASSOCIATION BETWEEN THE KNOWLEDGE LEVEL AND SELECTED DEMOGRAPHIC VARIABLES.

Table:3 ASSOCIATION BETWEEN THE KNOWLEDGE LEVEL AND SELECTED DEMOGRAPHIC VARIABLES

n=95

S.no.	Demographic Variables	Inadequate	Moderately adequate	Adequate	df	Calculated Value(x ²)	'p' value
1.	Age of Mother						
	(a) 21-25	2	3	21			
	(b) 26-30	0	1	33	6	10.94	12.59



	(c) 31-35 (d) 36-40	0 0	0 0	29 6			
2.	Educational of Mother (a) No formal education (b) Primary (c) Higher secondary (d) Graduate and above	0 2 0 0	0 3 1 0	17 39 21 12	6	4.485	12.59
3.	Occupation of mother (a) Private Employee (b) Government Employee (c) Self Employee (d) No Occupation	1 0 1 0	1 1 1 1	32 7 11 39	6	13.82	12.59
4.	Type of family (a) Nuclear (b) Joint (c) Extended	1 1 0	2 0 2	48 35 6	4	10.56	9.49
5.	Number of children(<5 year) (a) 1 (b) 2 (c) 3 (d) Above 3	1 0 0 1	1 1 0 2	28 40 11 10	6	8.542	12.59



6.	Family income per month	0	1	13	6	66.29	12.59
	(a) Below ₹5,000	2	1	23			
	(b) ₹5,001–₹10,000	0	2	34			
	(c) ₹10,001–₹20,000	0	0	19			
	(d) Above ₹20,000	0	0	19			
7.	Religion	1	3	74	6	1.661	12.59
	(a) Hindu	1	1	15			
	(b) Muslim	0	0	0			
	(c) Christian	0	0	0			
	(d) Other	0	0	0			
8.	Area of Residence	2	1	20	4	7.833	9.49
	(a) Urban	0	3	47			
	(b) Rural	0	0	22			
	(c) Semi-urban	0	0	22			
		0	0	22			

Significant, at $p > 0.05$ level. The data presented in the table shows that there was significant association between knowledge level regarding temper tantrums and occupation of mother, Family income per month of mothers at 0.05 level of significance. Hence, the hypothesis H1 is retained for the above mentioned variables.

DISCUSSION

The findings of the study are discussed under the following headings:

FIRST OBJECTIVE:

To assess the level of knowledge regarding temper tantrums and its management among under five mothers.

In present study, the level of knowledge regarding temper tantrums and its management was

overall knowledge regarding temper tantrums and its management in which majority 90 mothers (94.73%) had adequate knowledge, 3 mothers (3.15%) had moderately adequate knowledge and 2 mothers (2.10%) had inadequate knowledge regarding temper tantrums and its management.

The study findings were consistent with the Begum N, Dr. Bordoloi B and lawim R who conducted a descriptive study to assess the knowledge and attitude regarding management of Toddler's temper tantrums among mothers of Kamrup, Assam. The result revealed that out of 123 subjects, majority of subjects 86 (69.9%) had inadequate knowledge, 22 (17.8%) had moderate knowledge and 15 (12.2%) had adequate knowledge. Findings revealed that majority of subjects 74 (60%) had positive attitude, only 12 (10%) had negative attitude and 37 (30%) had neutral



attitude. Researcher concluded that majority of mothers had inadequate knowledge.

SECOND OBJECTIVE:

Associate the level of knowledge regarding temper tantrums and its management with their selected demographic variables.

The study findings shows that there was significant association between knowledge level regarding temper tantrums and occupation of mother, Family income per month of mothers at 0.05 level of significance. Hence, the hypothesis H1 is retained for the above mentioned variables.

The study were consistent with findings of **Afifah Harahap N and Baturba** who conducted a research study regarding the relationship between maternal knowledge and incidence of temper tantrums in toddlers at Putumbak Health Centre in 2024. The results showed that the majority of mother's knowledge about

temper tantrums at Putumbak Health Centre was poor knowledge (52.7%), 19 people (34.5%) had sufficient knowledge, and 15 people (27.3%) had good knowledge. From the result of the Spearman test, the value $P = 0.002$ (<0.05) was obtained.

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