

# **Assessing the Impact of Aalambana Mobile App on Knowledge Levels of Anganwadi Workers and Rural Mothers**

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## **ABSTRACT**

The current study was undertaken to test the efficacy of the developed Mobile App Aalambana in enhancing the knowledge levels of rural mothers and Anganwadi workers in the area of child health, nutrition and development. The sample consist of 120 (60 Rural mothers and 60 Anganwadi workers), where in 60 participants were taken as experimental group (30 Rural mothers and 30 Anganwadi workers) and 60 as control group (30 Rural mothers and 30 Anganwadi workers). A pre-post experimental design was adopted for the study. The experimental group were educated for a period of six months by using mobile App Aalambana. The knowledge of rural mothers and anganwadi workers was assessed before the education programme in the areas of health, nutrition, development and life skills were the standardized questionnaire. The experimental group was educated for period of six months by using mobile App. After six months post test was done to both experimental and control groups to assess the in knowledge levels. Results indicated a significant improvement in the knowledge levels of experimental group respondents. The developed mobile App Alambana was found to be useful in enhancing the knowledge levels of Rural mothers and Anganwadi workers.

**Keywords:** *Aalambana, Anganwadi workers, Development, Health, Life skills components, Mobile App, Nutrition and Rural mothers.*