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A descriptive study to assess the knowledge regarding nutrition among mothers of under five children in selected rural area Kanpur, U.P.

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ABSTRACT

Introduction: Nutritional status of children is a proxy indicator for assessing the entire population health status and one of the major predictors of child survival. Despite the various efforts, malnutrition among children is remaining as a major public health problem in Nepal. This study was conducted to assess the nutritional status of under-five year children.Malnutrition among under-five children is an important concern for the health authorities in India.

Aim: the aim of this study isassess the knowledge regarding nutrition among mothers of under five children in selected rural area Kanpur, U.P.

Methods: quantitative research approach was used for this study with aim to assess the level of knowledge among mothers of under five children. Non- probability convenient sampling technique was used to select the sample. Sample size consists of 60 samples and data were collected by using structured teaching programme.

Result: The result revealed that majority of the mothers (66%)inadequate, (34%) moderate knowledge, (0%) adequate knowledge in pre-test. In post-test(47%)inadequate ,(50%) moderate, (3%)adequateknowledge. The chi square value was found to be statistically non-significant at p-value.

Conclusion: Based on the findings of the study, the following conclusion were drawn that highest percentage of the mothers having low level of knowledge and minimum number of mothers having high level of knowledge. Therefore, it is important to provide them strategies to improve their level of knowledge.

Keywords:nutrition, mothers under five children

I. INTRODUCTION

Nutrition is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease. Nutritionists use ideas from molecular biology, biochemistry, and genetics to understand how nutrients affect the human body. Nutrition also focuses on how people can use dietary choices to reduce the risk of disease, what happens if a person has too much or too little of a nutrient, and how allergies work. Nutrients provide nourishment. Proteins, carbohydrates, fat, vitamins, minerals, fiber, and water are all nutrients. If people do not have the right balance of nutrients in their diet, their risk of developing certain health conditions increases.[1]

Children are future of society and mothers are guardian of that future," Foremost, health, safety and nutrition for the young child is written on behalf of young children everywhere. Ultimately, it is the children who benefit from having parents who understand and know how to protect and promote their safety and well-being by knowing regarding nutrition.[2]

Malnutrition among under-five children is a major public health problem in India. This is reflected by the fact that the prevalence of under-weight children in India is among the highest in the world, and is nearly double that of Sub-Saharan Africa. It is also observed that the malnutrition problem in India is a concentrated phenomenon that is, a relatively small number of states, districts, and villages account for a large share of the malnutrition burden — only 5 states and 50% of villages account for about 80% of the malnutrition burden. Each year approximately 2.3 million deaths among 6-60 months aged children in developing countries are associated with malnutrition, which is about 41% of the total deaths in this age group.[2] A recent study, among children aged between 3 months and 3 years of age conducted in 130 districts through Demographic and Health Surveys in 53 countries over a period from 1986 to 2006 found that — variance in mild under-weight has a larger and more robust correlation with child mortality than the variance in severe under-weight.[3]

A community-based cross-sectional study was conducted in 16 randomly selected clusters in two districts of Maharashtra state, India. Data were collected through house-to-house survey by interviewing mothers of under five children. Total 2929 mothers and their 3671 under five children were covered. Multivariate logistic regression

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analysis was carried out to identify the determinants of child nutritional status separately in urban and rural areas.[4]

Malnutrition is a serious medical condition marked by a deficiency of energy, essential proteins, fats, vitamins, and minerals in a diet. Malnutrition contributes to more than one-third of all deaths of under-five children worldwide. Currently, 195 million under-five children are affected by malnutrition; 90% of them live in sub-Saharan Africa and South Asia. At least 20 million children suffer from severe acute malnutrition (SAM), and another 175 million are undernourished. Overcrowding, poor housing, choked drains, high density of insects and rodents, lack of garbage disposal facilities, poor personal hygiene, and hygienic conditions are hall marks of urban slums in India. Children are the worst victims of these circumstances. Various studies from urban slums of India have shown a high burden of malnutrition among the under-five children (4-6). There is no significant reduction in prevalence of malnutrition in spite of various programmes.[2]

OBJECTIVES-

- To assess the level of knowledge of regarding nutrition among mothers of under five children.
- To assosciate the pretest knowledge score among mothers ofunder five children.

II. MATERIAL AND METHODS:

The quantitative research approach was adopted to assess the knowledge regarding nutrition among mothers of under five children in selected rural area Kanpur, U.P. the selected areas were rural areas of Kanpur for this study. Mothers of under five year children were selected in rural areas of Kanpur. the sample size was 60 mothers residing in selected areas selected by using Non-probability convenient sampling technique.

Socio-demographic data of the population were taken. Structured teaching programme is used to assess the knowledge regarding nutrition among mothers of under five children in selected rural area Kanpur, U.P.

III. RESULTS:

Section A: Comparison and distribution of pre to post-test knowledge level.

Table – 1: Comparison & Distribution of Pre to Post Test Knowledge Level

Knowledge Level	Pre Test		Post Test		chi sq test	
	No.	%	No.	%	chi sq	p-value
Adequate (>=67%)	0	0	3	3.0	9.24	**0.010**
Moderate Adequate (33% - 66%)	34	34.0	50	50.0		
Inadequate (<33%)	66	66.0	47	47.0		

At pre test 66% subjects showed inadequate knowledge level while 34% showed moderate adequate knowledge level. After post test 3% showed adequate knowledge level, 50% moderate adequate and 47% inadequate knowledge level. Hence proportion of inadequate knowledge level was decreased at post test. Thesignificant change was observed in knowledge level at post test (p=0.010).

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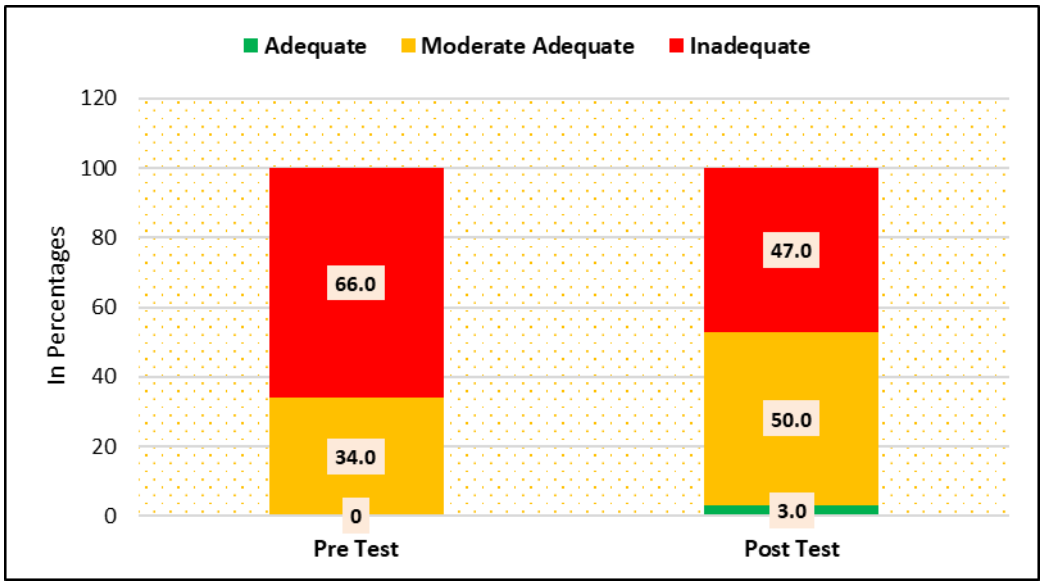

Section B: Association of demographic variables with pre-test knowledge level.

Demographic Variable		Pre Test				chi sq	p-value
		Moderate Adequate (33% - 66%)		Inadequate (<33%)			
		No.	%	No.	%		
Age	12 - 25 yr	3	33.3%	6	66.7%	7.67	0.053
	26 - 30 yr	4	36.4%	7	63.6%		
	31 - 35 yr	8	53.3%	7	46.7%		
	> 35 yr	1	6.7%	14	93.3%		
No of children	One	3	50.0%	3	50.0%	3.33	0.343
	Two	8	34.8%	15	65.2%		
	Three	5	31.3%	11	68.8%		
	Above three	0	0.0%	5	100.0%		
Type of family	Nuclear	4	19.0%	17	81.0%	2.79	0.095
	Joint	12	41.4%	17	58.6%		
Religion	Hindu	11	52.4%	10	47.6%	7.43	0.060
	Muslim	3	17.6%	14	82.4%		
	Christian	1	33.3%	2	66.7%		
	Other	1	11.1%	8	88.9%		
education	Illiterate	0	0.0%	5	100.0%	3.14	0.370
	Primary	4	28.6%	10	71.4%		
	Intermediate	9	37.5%	15	62.5%		
	Other	3	42.9%	4	57.1%		
employment status	Govt Employee	2	28.6%	5	71.4%	4.83	0.185
	Housewife	14	40.0%	21	60.0%		

	Pvt worker	0	0.0%	3	100.0%		
	Self employed	0	0.0%	5	100.0%		
Any history of nutritional deficiency in children	No	12	38.7%	19	61.3%	1.69	0.194
	Yes	4	21.1%	15	78.9%		
Family income	10000 - 20000	2	28.6%	5	71.4%	0.67	0.881
	20000 - 30000	7	28.0%	18	72.0%		
	30000 - 40000	6	40.0%	9	60.0%		
	Above 40000	1	33.3%	2	66.7%		
Previous information regarding nutritional deficiency under five children	No	11	34.4%	21	65.6%	0.23	0.631
	Yes	5	27.8%	13	72.2%		

No significant association of pre test knowledge level was found with age (p=0.053), no. of children (p=0.343), type of family (p=0.095), religion (p=0.060), education (p=0.370), employment status (p=0.185), history of nutritional deficiency in children (p=0.194), family income (p=0.881) and Previous information regarding micronutrient deficiency under five children (p=0.631)

IV. DISCUSSION

It was found the majority of mother have low knowledge regarding nutrition in under five year children.At pre test 66% subjects showed inadequate knowledge level while 34% showed moderate adequate knowledge level. After post test 3% showed adequate knowledge level, 50% moderate adequate and 47% inadequate knowledge level. Hence proportion of inadequate knowledge level was decreased at post test. The significant change was observed in knowledge level at post test (p=0.010). No significant association of pre test knowledge level was found with age (p=0.053), no. of children (p=0.343), type of family (p=0.095), religion (p=0.060), education (p=0.370), employment status (p=0.185), history of nutritional deficiency in children (p=0.194), family income (p=0.881) and Previous information regarding micronutrient deficiency under five children (p=0.631)

The present study aimed to assess the knowledge regarding nutrition among mothers of under five children in selected rural area Kanpur, U.P. the structured teaching programme was found the effective in assessing the knowledge of mothers under five children regarding nutrition.

V. CONCLUSION

The present study was designed to assess the effectiveness of STP on knowledge regarding nutrition among mothers of under five children selected rural area Kanpur,U.P. The quantitative research approach was used, samples were selected by non-probability convenient sampling technique. Structured teaching programme were used to collect the data. Inferential statistics were discussed in relation to the objectives and hypothesis respectively.

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