

KNOWLEDGE ABOUT MALNUTRITION ITS PREVENTION AND CONTROL AMONG MOTHERS OF UNDER FIVE CHILDREN IN RURAL AREA

Asu Vasava¹, Sanjay S. Shinde², Roma Patel³

¹Post graduate student, Department of Child Health Nursing, Parul Institute of Nursing, Parul University, Vadodara, Gujarat, India

²Professor, Department of Child Health Nursing, Parul Institute of Nursing, Parul University, Vadodara, Gujarat, India

³Assistant Professor, Department of Child Health Nursing, Parul Institute of Nursing, Parul University, Vadodara, Gujarat, India

Email: patelrp2306@gmail.com

DOI: 10.47750/pnr.2022.13.S01.133

Abstract

Background: Malnutrition is one kind of crucial trouble among the little ones in India. The most of the children are suffering from malnutrition due to inadequate knowledge of parents about nutrition. Objectives of the study to assess the knowledge and find out the association between the knowledge regarding malnutrition its prevention and control among mothers of under five children with selected socio demographic variables. The health promotion model (HPM) proposed by Nola J Pender (1982; revised, 2002) was used in the study. A quantitative research approach, descriptive study was conducted at rural area among 100 mothers of under five children at rural area. Non-probability purposive sampling technique was used in the study. The self structured questionnaire was designed to assess the knowledge level of malnutrition its prevention and control. The collected data were analyzed by using frequency, percentage and chi square test. **Result:** The study findings revealed that out of 100, majority of the mothers of under-five children had average (77%) score ranges from 9 to 16. The mean knowledge score is 2.09 with a standard deviation of 0.47344. It was also concluded from Chi square test that was no significant association found between knowledge score of Malnutrition its prevention and control with socio demographical variables. **Conclusion:** The results indicated that the importance of awareness regarding malnutrition its prevention and control preserve and secure the health of the children in India. Thus, it was recommended to include these issues in the training programs for awareness of prevention and control of Malnutrition.

Keywords: Knowledge, Malnutrition, Prevention, Control, Mothers of under five children, Rural area.

INTRODUCTION

R Children are the backbone of our nation. They are the future generation and hold the key to prosperity of the nation. The first few years of childhood especially the underfive period is the most pivotal and formative period of life. [1]Malnutrition is not a simple problem with a single and simple solution. Multiple and hierarchically interrelated determinants are involved in causing malnutrition. [2] The cascading effects of childhood malnutrition include diminished immune functioning; which leads to greater susceptibility to infection, especially gastrointestinal and respiratory infections; which leads in turn to increased child mortality. Even mild to moderate malnutrition significantly undermines a child's health and chances of survival. Community level socioeconomic factors like Gender inequality, education, poverty, sanitation and safe water access are some considerable socioeconomic factors to determine health outcomes in many developing and underdeveloped countries. [3] Mother as well as other family members is not even aware that there exists a problem which requires urgent attention and intervention, as most of the children around them have same problem and it is considered as normal to have a child who is underweight and/or stunted. [4]

Purpose of the study

Child under nutrition is a significant global health problem and one of the leading risk factors for child mortality and morbidity worldwide. [5]Over 33 lakh children in India are malnourished and more than half of them fall in the severely malnourished category with Maharashtra, Bihar and Gujarat topping the list, the WCD ministry has said in response to an RTI query. Services like ICDS (Integrated Child Development Scheme) and midday meals in schools have become irregular during the prolonged closure of schools. The need of the study to assess the burden of malnutrition its prevention and control among mothers of

under five children because it is extremely important for a child to have access to good quality health and nutritional facilities even before it is born to ensure its proper physical and mental development.[6]

MATERIALS &METHODS

Non experimental descriptive study design was adopted in the study.The statistical population consisted of the mothers of under five children living in the rural area.The main study variable in the study is knowledge regarding malnutrition its prevention and control among mothers of under five children. Non probability purposive sampling technique was used to select 100 mothers.

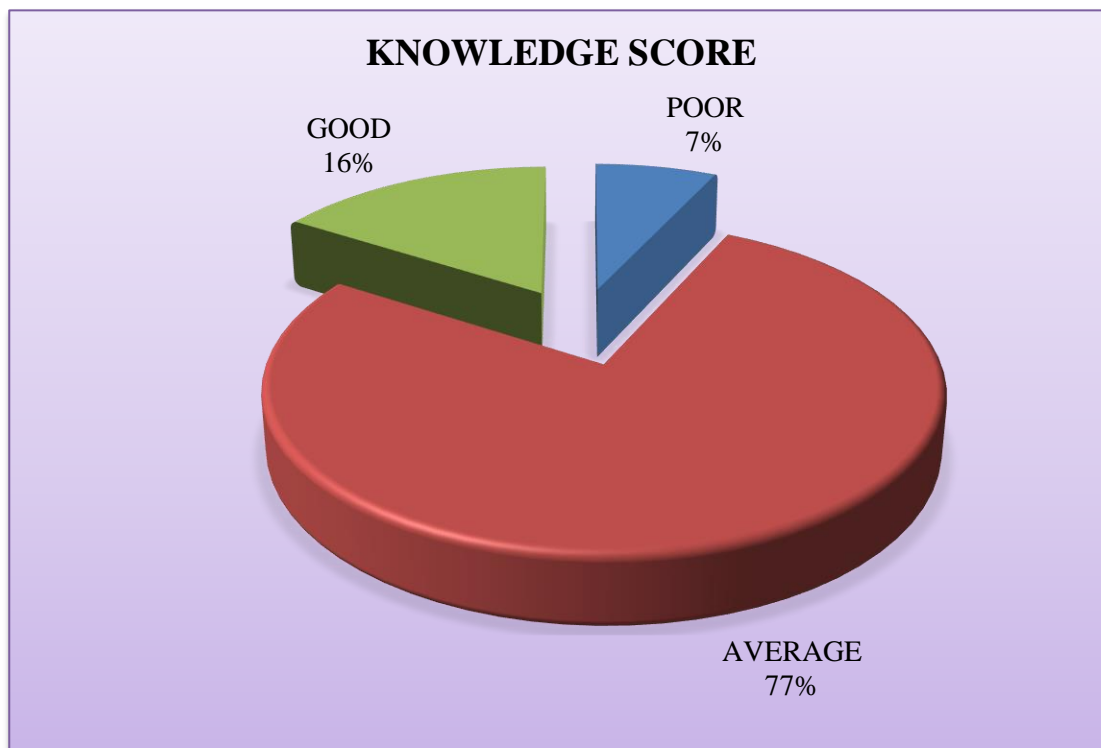
Instruments

For the data collection, the researcher used self structured knowledge questionnaire. Demographic variables included the Age of the mother, Educational status of mother, Occupation of mother, Family income per month in Rs., Number of children,Religion, Type of family, Types of food consuming and Duration of breast feeding. Structured knowledge questionnaire comprises of multiple-choice questions about the basic information regarding malnutrition, its impact over population, different types of malnutrition, risk factors and etiological factors, its effect on the children and about the control, prevention and management of malnutrition.

RESULT

Section 1: Frequency and percentage distribution of knowledge score of mothers of under five children regarding malnutrition its prevention and control

n=100



Section 2: Associations between Knowledge score of malnutrition its prevention and control with socio demographical variable of mothers of under five children

n=100

SOCIO DEMOGRAPHIC VARIABLES		KNOWLEDGE SCORE			TOTAL	χ^2 df	P value
		POOR	AVERAGE	GOOD			
Age of mother	18-22	3	10	2	15	8.523 ^a 6	0.202
	23-27	3	42	6	51		NS
	28-32	0	19	5	24		
	33-38	1	6	3	10		
Educational status	No formal education	1	7	5	13	10.092 ^a 8	0.259
	Primary	1	12	4	17		NS
	Secondary	0	17	2	19		
	Higher education	3	26	4	33		
	Graduate and above	2	15	1	18		
Occupation	Housewife	4	44	12	60	3.059 ^a 4	0.548
	Private job	2	29	3	34		NS
	Government job	1	4	1	6		
Family income	5000-10000	3	16	4	23	9.385 ^a 6	0.153
	10001-15000	1	33	10	44		NS
	15001-20000	1	20	2	23		
	Above 20001	2	8	0	10		
Total child	One	3	22	5	30	8.185 ^a 6	0.225
	Two	1	38	8	47		NS
	Three	2	16	3	21		
	More than three	1	1	0	2		
Religion	Hindu	5	54	9	68	4.637 ^a 4	0.327
	Muslim	1	19	7	27		NS
	Christian	1	4	0	5		
Type of family	Nuclear family	3	36	7	46	2.287 ^a 4	0.683
	Joint family	4	35	9	48		NS
	Extended family	0	6	0	6		
Type of food	Vegetarian	2	23	6	31	0.660 ^a 4	0.956
	Non-vegetarian	1	8	1	10		NS

	Mix	4	46	9	59		
Duration of breastfeeding	Less than 6 month	3	20	2	25	5.618 ^a	0.230
	6 month-1 year	2	37	12	51	4	NS
	More than 1 year	2	20	2	24		

The findings reveals that, there was no significant association found between knowledge score of mothers of under five children about malnutrition its prevention and control with socio demographical data such as age, educational status of mother, occupation of mother, family income, total child, religion, type of family, type of food and duration of breastfeeding.

DISCUSSION

This study aims to assess the knowledge of mothers regarding malnutrition its prevention and control. Total samples of 100 mothers of children of age group between 5 years were selected by using non probability purposive sampling technique. The finding of the present study shows that the mothers of under-five children had average knowledge on malnutrition its prevention and control. 77% mothers of under five children had average knowledge score range from 9 to16.

Another study was conducted to assess the knowledge of mothers regarding malnutrition..In their research they proved that 50% of the mothers had average knowledge and 30% of mothers had poor knowledge, while 20% of mothers had good knowledge. Hence it can be interrupted that most of the mothers having average knowledge regarding malnutrition. [7]

Another study was conducted to assess the knowledge of mothers regarding malnutrition, its prevention and control.It revealed that no significant association was found between the knowledge score of mothers regarding malnutrition, its prevention and control with their socio demographic variables. [8]

CONCLUSION

Malnutrition is one of the leading causes of childhood morbidity and mortality rate in India. Since mothers are the primary caretakers of children, their knowledge regarding the care of children with malnutrition its prevention and control is very vital in reducing the mortality and morbidity rate. It is the responsibility of nursing personnel to update the knowledge of mothers about malnutrition at every level.

ACKNOWLEDGEMENT

The researcher's would like to thank all the participants and everyone who contributed directly or indirectly in the progress of research work.

CONFLICT OF INTEREST

All author declare no conflict of interest.

AUTHOR`S CONTRIBUTION

All authors contributed equally to this work.

FUNDING

This research was self-finance by the researcher.

ETHICAL STATEMENT

The research is approved by the ethical committee at Parul university institutional ethical committee for human research (ethics code: PUIECHR/PIMSR/00/081734/4102).

INFORMED CONSENT

All participants were above the 18 years and willingly participated in the study. Written informed consent was taken from the participants before collecting the data.

DATA AVAILABILITY

We do not wish to share our data before we have thoroughly analyzed it. All data sources described in this study are directed at the corresponding author.

REFERENCES

1. Kadri AM, IAPSM's Textbook of Community Medicine, Jaypee Brothers Medical Publishers; 2019 Jun 30.
2. Bantamen G, Belaynew W, Dube J, Assessment of factors associated with malnutrition among under five years age children at MachakeWoreda, Northwest Ethiopia: a case control study, *Journal of Nutrition & Food Sciences*. 2014 Jan 1;4(1):1.
3. World Health Organization, Turning the tide of malnutrition: Responding to the challenge of the 21st century, World Health Organization; 2000.
4. Mishra A, Bhardwaj UD, Rani S., Knowledge regarding Malnutrition and Its Prevention – A Study on Slum Dwelling Mothers, *Int J Nurs Midwifery Res* 2017; 4(2): 32-37.
5. Tette E, Sifah EK, Nartey ET, Factors affecting malnutrition in children and the uptake of interventions to prevent the condition, *BMC pediatrics*. 2015 Dec;15(1):1-1.
6. Bhandari L, Zaidi L, Analytics I, Reviewing the costs of malnutrition in India, Department of Women and Child Development, Government of India. New Delhi. India. 2004 Nov.
7. Kavitha M., Assess the knowledge on malnutrition among mothers in Vinayaka Mission Hospital, Salem. *IOSR Journal of Nursing and Health Science*. 2015;4(4):27-35.
8. Chetan Bharmu Ambupe, A Descriptive Study to Assess the Knowledge regarding Malnutrition, its Prevention and Control among Mothers of under-Five Childrens in Selected Areas of Ratnagiri City, *International Journal of Science and Research (IJSR)*, Volume 9 Issue 7, July 2020, 295 – 298.