

To Assess the Effectiveness of An Information Booklet Related to Protein Energy Malnutrition in Terms of Knowledge among Anganwadi Workers Working in Selected Urban Areas of Ahmedabad City

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Abstract: Nutrition is the most important factor which affects the health of a person. Good nutrition is the corner stone for survival health and development for current succeeding generation, nutrition and health are the most important contributing factors for human resource development in the country but still malnutrition continue to be a major public health issue. The present study is aimed at developing and determining the effectiveness of an information booklet regarding protein energy malnutrition. The Researcher has adopted the Pre experimental Research Approach. The pre experimental research design usually entails the manipulation of independent variable but limited control over extraneous variables, no randomization and control group is there. It may lead to theories of hypothesis to be tested experimentally. In the present study, the investigator selected Pre Experimental One group Pre- test Post-test Design. Keeping in view the objective of the study, the investigator has developed structured questionnaire for evaluation of pre-test post-test One group Pre-test - Post- test design is an experimental design in which data are collected from research subjects both before and after introducing an intervention with applying a treatment inbetween. Using non probability convenient sampling technique data was collected from 20 Samples, to assess the effectiveness of an Information booklet related to protein energy malnutrition in terms of knowledge among anganwadi workers. Experimental and inferential statistical method were used to analyze the data. For knowledge the calculated 't' (2.79) is significantly greater than the tabulated 't' (2.09) so there was the significant increase in the knowledge of samples after the administration of the Information booklet related to protein energy malnutrition.

Keywords: Assess, Knowledge, Effectiveness, Information Booklet, Protein Energy Malnutrition, Anganwadi Workers

1. Introduction

The world health organization (WHO) define malnutrition as "It is a pathologic state resulting from absolute deficiency or excess of one or more essential nutrients." Protein Energy Malnutrition is defined as "Prolonged inadequate intake of bodybuilding and/or energy-giving food in the diet. It is a common nutritional problem among the children. It refers to class of clinical conditions that may result from lack of protein and energy." Protein energy malnutrition affects the most of children because they have less protein intake. The few are cases found in the developed world are almost entirely found in small children as a result of ignorance of the nutritional need of protein & energy.

Need of the Study

Marasmus most commonly occurs in children younger than 5 year. This is characterized by increases energy requirement and increase susceptibility to viral and bacterial infection. Weaning is not sudden withdrawal of child of the 6 months because of the mother milk along is not sufficient foods rich in protein and other nutrition. It continues till the child is completely of the breast feed. Weaning is often complicated by geography, economy, hygienic public health culture and diets. It can be ineffective when the food introduced provide inadequate nutrition when the food and water are contaminated when the assess the health care is adequate and when the patient cannot access or purchase proper nourishment. In India there is 150 million (26.7%)

preschool children are underweight while 182 million (32.5%) are stunted. In India, there has been a significant decline in severe protein energy malnutrition (classical kwashiorkor and extreme forms of marasmus) over past few decades.

Statement of the Problem

"A study to assess the effectiveness of an information booklet related to protein energy malnutrition in terms of knowledge among anganwadi workers working in selected urban areas of ahmedabad city"

Objectives

To assess the knowledge of anganwadi workers before and after administration at an informational booklet related to protein energy malnutrition among anganwadi workers in selected areas of ahmedabad city

Hypothesis

There will be significant increase in mean post test knowledge score of anganwadi workers after administration of information booklet on protein energy malnutrition prevention of protein energy malnutrition as evident from structured knowledge questionnaires at 0.05 level of significance.

Research Approach: The Researcher has adopted the Pre experimental Research Approach.

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Research Design

In the present study, the investigator selected Pre Experimental One group Pre- test Post-test Design.

Variables

Independent Variable: In this study, the independent variable is an information booklet on protein energy malnutrition.

Dependent Variable: In this study, the dependent variable is knowledge of anganwadi workers of protein energy malnutrition.

Research Setting

The study was conducted at different areas of Ahmedabad district.

Target Population

In this study, the target population consists of the Anganwadi workers of Ahmedabad district.

Sample Size and Sampling Technique

In this present study, investigators have selected 20 samples of anganwadi workers of selected jodhpur urban health center Ahmedabad city. The sampling technique used in this study was non probability convenient sampling method.

Criteria for sample selection:

- 1) Samples who are working in Ahmedabad district.
- 2) Samples those are willing to participate in study.
- 3) Samples those are available at the time of data collection.

Description of the tool

Section 1: This section includes items seeking information on Demographic profile of sample such as age, education, religion, experience, training, participation of was taken or not. It consists total four items.

Section 2: It comprises question on following broad aspects:

- 1) Introduction
- 2) Causes of protein energy deficiency
- 3) Sign & Symptoms
- 4) Growth & Development assessment
- 5) Preventive Measures

In Section 2- this section comprises of 30 knowledge items with a maximum score categorized under two broad areas- one score was given for each correct response and zero for each wrong response.

2. Analysis and Interpretation

Section-1 Analysis and interpretation of the personal Data of the samples Such as Age, Education, Induction training and, Working Experience of samples.

Section-2 Analysis and interpretation of the data related to the knowledge of Anganwadi workers before and after administration of an Information booklet on protein energy malnutrition.

No	Variables	Frequency	Percentage
1	Age of Anganwadi worker is		
	a) 21 to 30 year	4	20%
	b) 31 to 40 years	13	65%
	c) 41 to 50 years	3	15%
2	Education of Anganwadi worker is		
	a) Up to primary education	2	10%
	b) Up to secondary education	3	15%
	c) Up to Higher secondary	10	50%
3	Induction training is taken		
	a) Yes	17	85%
4	Experience as an Anganwadi worker		
	a) >1 year	1	5%
	b) 1-5 years	11	55%
	c) 6-10 years	8	40%
	d) >10 years	0	0%

The table reveals that the distribution of Samples by age 04(20%) 21 to 30 years, 13(65 %) 31 to 40 years, 3(15%) 41 to 50 years, and 0 (0 %) 51 to 60 years. As regards Education of Sample 2(10%) were primary education , 3(15%) secondary education, 10 (50%) higher secondary, 5(25 %) were having education of graduation and diploma and regards Education training of samples. 17(85%) have taken training and 3(15%) have not taken induction training. Distribution of sample according to years of experience 1(5%) have below 1 year experience, 11(55%) have 1-5 years, 8(40%) have 6-10 years, 0(0%) have above 10 years of experience. Distribution of sample according to Religion 20(100 %) Hindu, 0(0%) Muslim, 0(0%) Christian, 0(0%) Other. Distribution of sample according to Activity organized by ICDS 18(90%) have organized activity by ICDS. 2(10%) have not organized any activity by ICDS. This it revealed that majority of samples 13(65%) belongs to the age from 31-40 years. As regards to the education 10(50%) are having education of higher secondary. As regards to the Induction training majority of samples 17(85%) have taken training. As regards to the working experience 11(55%) have 1-5 years of experience. As regards to the Religion 20(100%) have Hindu. As regards to the Activity organized by ICDS 18(90%) have organized.

The pre test level of knowledge regarding Protein Energy Malnutrition

Knowledge level score	Frequency	Percentage
Score interpretation	No	%
Poor (10 and below)	4	20%
Average (11-20)	16	80%
Good (21-30)	0	0%

The above table reveals that the pre test regarding the knowledge in that majority of the anganwadi workers 4(20%) had poor knowledge 16 (80%) had average knowledge and 0(0%) of the anganwadi workers had good knowledge score.

The Post test level of knowledge regarding Protein Energy Malnutrition

Knowledge	Frequency	Percentage
Score interpretation	No	%
Poor (10 and below)	0	0 %
Average (11-20)	8	40%
Good (21-30)	12	60 %

The above table reveals that regarding the knowledge level the post test after administration of information booklet, in that majority of the samples 12(60%) have good level of knowledge and 8(40%) of samples found with average level of knowledge score.

3. Discussion

Major Findings of the study

Findings related to Demographic variables of samples

In this study majority 20(33.3%) of the sample were in age group of 31-40 and 41-50 years; majority 21 (35%) of samples from secondary education; 24 (40%) Samples had more than working experience and 52(87%) of samples had Attended skill training programme regarding protein energy malnutrition.

Findings related to association between pretest knowledge scores of samples and selected demographics variables

The findings of the study revealed that there was significant association with pretest knowledge scores and demographic variables such educational qualification working experience. where in case of educational qualification calculated χ^2 value 8.69 was greater than table χ^2 value 7.81, at 0.05 level of significance and for working experience, table value of χ^2 (7.81) was less than that of calculated value (8.23) at 0.05 level of significance. It revealed that there was association between pretest knowledge score and selected demographic variables viz., educational qualification and working experience as anganwadi worker.

4. Summary

This chapter deals with the analysis and interpretation of data collected from 20 Samples, to assess the effectiveness of an Information booklet related to protein energy malnutrition in terms of knowledge among anganwadi workers. Experimental and inferential statistical method where used to analyze the data. For knowledge the calculated 't' (2.79) is significantly greater than the tabulated 't' (2.09) so there was the significant increase in the knowledge of samples after the administration of the Information booklet related to protein energy malnutrition.

5. Conclusion

The findings indicated that information booklet was effective to improve knowledge regarding protein energy malnutrition of anganwadi workers in selected urban slum areas of Ahmedabad city. Anganwadi workers gained significant increase in knowledge through information booklet of protein malnutrition. The booklet was acceptable useful method of teaching for Anganwadi workers.

After that large survey carried in U.S. researcher felt that protein energy malnutrition is seriously affects mentally and physical growth. It is major responsibility of professional nurses, anganwadi workers to gain necessary knowledge regarding prevention of protein energy malnutrition among children Protein energy malnutrition (PEM) is the most lethal form of malnutrition.

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