

# A Study to Assess the Knowledge and Practice on Prevention and Home Management of Health Problems in Under Five Children among Their Mothers Residing in Coastal Area of Kozhikode, District, Kerala

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**Abstract:** *Under five children are vulnerable to many diseases. The study was aimed to assess knowledge and practice on prevention and home management of health problems in under five children among their mothers residing in coastal area of Kozhikode district. The objectives of the study were to assess the knowledge regarding prevention and home management of health problems of under five children among their mothers, assess the practice regarding prevention and home management of health problems of under five children among their mothers, find the correlation of knowledge and practice regarding prevention and home management of health problems of under five children among their mothers, find the association of knowledge regarding prevention and home management of health problems of under five children among their mothers with selected demographic variables, find the association of reported practices regarding prevention and home management of health problems of under five children among their mothers with selected demographic variables.*

**Keywords:** Knowledge, practice, prevention and home management, health problems, under five children, mothers, coastal area

## 1. Introduction

Coastal ecosystems are where land and water join to create an environment with a distinct structure, diversity, and flow of energy. They include salt marshes, mangroves, wetlands, estuaries, and bays and are home to many different types of plants and animals. However, coastal ecosystems are also very sensitive to changes in the environment, and there is concern that some areas are now struggling to maintain their diversity due to human activity, the introduction of non - native species, and other factors. Coastal zone is always an area affected by various hazards, natural and human.<sup>1</sup>

Under - five children, not only constitute a large group but they are also vulnerable or high risk group. The risk is connected with growth, development and survival. First five years are full of health hazards. Since they are high risk group, under - five children are exposed to many environmental factors leading to diseases in children. Two major infectious illnesses in children are respiratory tract infection and diarrhoea. Skin infections like scabies, boils, furuncles and impetigo are fairly common in children as 30 per cent of all out patients visit to a paediatrician consist of dermatological cases. Intestinal helminthic infestation is one of the multiple aetiologies of malnutrition. Ascariasis is associated with growth of preschool children. Eye diseases, mainly conjunctivitis are also noticed frequently in children. The common ailments seen in pre - schoolers are malnutrition, vitamin A deficiency and Dental caries.<sup>3</sup> The assessment of health status of under - five or preschool children reflects the health condition of a nation. It also helps in obtaining base line data for planning, interventions,

follow up and evaluation of health services, provided to these children<sup>2</sup>.

A cross - sectional study was conducted among 797 children to assess health status in rural area of coastal Karnataka. The study result shows that dental caries was the most common ailment observed in 31.86% of children 43.32% of the children were underweight, 53.03% were normal, and 3.65% were overweight for age. The common morbidities found were dental caries, pallor, upper respiratory tract infection and refractory error. Overweight was also observed in the school children and needs to be addressed. There is a scope of providing comprehensive school health services by incorporating dental care<sup>3</sup>

A cross sectional survey conducted among 4217 children to assess mental health status, and suicidal thoughts and behaviors of migrant children in eastern coastal China in comparison to urban children. The study findings shows that After controlling for gender, age, family economic status, parent's education level and parents' marital status, migrant children scored higher for total difficulties ( $p < 0.001$ ) and externalizing problems ( $p < 0.001$ ) than did urban children and reported higher rates of suicidal ideation ( $p < 0.05$ ) and self - injurious behaviors ( $p < 0.05$ )<sup>4</sup>.

**Problem definition:** - "A study to assess the knowledge and practice on prevention and home management of health problems in under five children among their mothers residing in coastal area of Kozhikode, district, Kerala"

## 2. Methodology

**Research approach:** Non experimental quantitative approach.

**Research design:** Descriptive research design.

### Variables and tools

- Socio personal data sheet for both mother and child.
- The questionnaire to assess the knowledge of mothers regarding prevention and home management of health problems
- The rating scale to assess practice of mothers regarding prevention and home management of health problems

**Population:** Mothers having under five children

**Target population** - Mothers having under five children in coastal area

**Accessible population** – Mothers having under five children in Thoppayil coastal area, **Who fulfill the inclusive and exclusive criteria**

### Sample and sampling technique

**Sample:** Mothers having under five children who satisfy the inclusion criteria

**Sample size:** 128.

**Sampling technique:** Consecutive sampling

### Inclusion criteria - Students who are

- Mothers of under five children who are,
- Willing to participate in the study
- Able to read and write malayalam

### Exclusion criteria

Mothers of under five children who are, having psychiatric illness.

### Preparation of the tool –

- TOOL 1 - - Semi structured interview schedule for collecting socio personal data sheet.
- TOOL2 - The questionnaire to assess the knowledge of mothers regarding prevention and home management of health problems.
- TOOL 3 - The rating scale to assess practice of mothers regarding prevention and home management of health problems

## 3. Results

### Organization of the data:

#### Section I - Demographic Variables

#### Section 1: Socio personal variables of the mothers

- Among the mothers 11.7% belong to the age group of 18 - 25 years, 60.2 % mothers belong to the age group of 26 - 30 years and 21.1% of mothers belong to 31 - 35 years of age group, 5.5% are in 36 - 40 years and only 1.6% are above 40.

- Regarding the religion 60.2% mothers belong to Islam.
- Among the mothers 71.9 % of mothers are home makers and 61.7% of mothers having two children.
- More than half of the mothers (62.5%) belong to joint family.
- Regarding the educational status 7% of mothers had primary education 53.1% had secondary education 22.7% had higher secondary education and 14.1% had degree and above 3.1% have vocational education status.
- 76.6% of mothers are belong to below poverty line category.
- Regarding the source of income 43% are depend on job, 49.2% depend on home resources and 7.81% depend on support from relatives.
- Regarding the age of children 11.7% of children are under one year of age, 47.7% are between 1 to 3year, and 40.6% are between 3 - 5 year of age.
- Out of all children 53.1% are female children.
- Most of the children (96.9%) of children are immunised.
- The percentage of occurring diseases in the last one year for diarrhoea, dental caries, worm infestation and respiratory tract infection are 53.1, 39.1, 40.6and 26.6 respectively.

#### Section II: Knowledge and practice of mothers regarding prevention and home management of health problems in under five children.

- Regarding the knowledge of mothers 2.3% of mothers having excellent knowledge, 51.2% having good knowledge, 44.2% having average knowledge and 1.6% having poor knowledge regarding prevention and home management of health problems in under five children
- Regarding the practice of mothers 46.5% of mothers having excellent practice, 45.7% have good practice 4.7% have average practice and 2.3% poor practice regarding prevention and home management of health problems in under five children.

#### Section III: Significance of correlation between knowledge and practice scores of mothers regarding prevention and home management of health problems in under five children.

There is no or negligible correlation between knowledge and practice of mothers, as the computed Pearson correlation coefficient (r) is between 0.1 to 0.2 with p - value 0.14.

#### Section IV: Significance of association of knowledge and practice scores of mothers regarding prevention and home management of health problems in under five children with selected socio - personal variables.

- There was a significant association between knowledge of mothers and selected socio personal variables for education.
- There was no significant association between knowledge of mothers in the coastal area with the age, number of children, religion, occupation, income source and type of family.
- There was a significant association between practice of mothers and selected socio personal variables for age of the mother and education.

- There was no significant association between knowledge of mothers in the coastal area with the religion, occupation, number of children, type of family, income

#### 4. Conclusion

- The present study was done to assess the knowledge and practice of mothers regarding prevention and home management of health problems in under five children in coastal areas of Kozhikode. The present study revealed that 2.3% of mothers having excellent knowledge, 51.2% having good knowledge, 44.2% having average knowledge and 1.6% having poor knowledge regarding prevention and home management of health problems in under five children.
- Among the total mothers 46.5% of mothers having excellent practice, 45.7% have good practice 4.7% have average practice and 2.3% poor practice regarding prevention and home management of health problems in under five children. . There is significant association between knowledge of mothers and socio personal variables like mothers educational status, family income. There is also significant association between practice of mothers and socio personal variables like mothers age and educational status.

#### 5. Recommendations

- A similar study can be conducted in large number of sample in different variety of settings. .
- A similar study can be conducted among parents or mothers having children of age groups schoolers and adolescence
- A similar study can be conducted with other diseases conditions
- A interventional study can be conducted to evaluate the effectiveness of planned teaching program regarding prevention and management of health problems in children.

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