

A Study to Evaluate the Effectiveness of Planned Teaching Programme on Knowledge on Prevention and Control of Malnutrition among Mother of Under Five Children Residing in Primary Health Centre of Bhopal City, Madhya Pradesh

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Abstract: “A study to evaluate the Effectiveness of Planned Teaching Programme on Knowledge on Prevention and Control of Malnutrition among Mother of Under Five Children residing in Primary Health Centre of Bhopal City, Madhya Pradesh”. In this study a quantitative approach and pre - experimental research design was used. 65 Mothers were selected by total enumeration sampling technique. In this study the majority of mothers 51 (78.46%) had good knowledge and 14 (21.54%) had average knowledge and none had poor knowledge.

Keywords: Teaching programme, Effectiveness. Children under five year

1. Introduction

Children constitute the most important and vulnerable of our population. A healthy child is a sure future. The focus of every citizen should be to promote their health. The future of our nation depends on the way in which we care for them and diet plays an important factor in influencing growth and development. The child completely depends upon the mother and the care giver for the diet. The diet of the child is assigned by the care givers in the form of dietary patterns based on the socio - economic, education, religion, and cultural status. Diet is the pathway for the success to reach the circle of healthy citizen and is understood that nutrition is the single most important influence on growth and development of children.²

2. Review of Literature

- 1) **Grace E. El Azar., et al., (2007)**, A co - relational study was conducted on mothers status in the family and nutritional status of their under five children. The aim of the study was to relate status of 450 mothers in the family with the nutritional status of their 530 under five children. Proportions of underweight and stunting were calculated using NCHS standard. Results showed that proportion of both underweight and stunting was more among children of illiterate mothers (55.2% and 55.8%) while comparing with children of mothers having above primary education (41.0% and 42.9%), employed mothers (77.4% and 80.6%) while comparing with children of housewives (46.8% and 47.8%) and mother who don't have any control over daily family expenditure (54.7% and 50.3%) while comparing with children of mothers who had such control (25.6% and 30.0%).³
- 2) **Gurpreet Kaur [2008]** A Quasi experimental study was carried out on a role of integrated management of

child illness strategy for changing child rearing practices at household and community level in talgoan PHC, Wardha district. The aim of the study was to determine the knowledge and practices regarding child immunization, breast feeding, child caring practices and management of childhood illness at house hold level. A baseline survey was conducted in the PHC area, intervention package consisting of training regarding management of childhood illness using IMCI guidelines was given to the government health workers. After the intervention the end line survey was conducted to find out the effect of the intervention of the study. The results revealed that the knowledge of mothers about immunization in children up to 2 year, child nutrition and child illness up to 5 years had significantly improved in the study area in the line survey as compared to baseline survey.⁴

- 3) **Sumit Sharma [2010]** An evaluative study was conducted on relation of child malnutrition to parental education and mother's nutrition related knowledge, attitude and practices. Severely malnourished children 26, weight for age 55.27+/- 3.17 were identified in a colony of Muslim urban slum dwellers of low socio economic status. An equally number of normally nourished children matched for age, sex and percapita income were identified. A strong relation was found between nutritional status of the subjects and educational status of their mothers. It is concluded that maternal education and knowledge, attitude and practice are significantly and interdependently associated with children's nutritional status.⁵

Objectives of Study

- 1) To assess the knowledge on prevention and control of malnutrition among mothers of under five children.
- 2) To assess the effectiveness of planned teaching programme on knowledge on prevention and control of malnutrition among mothers of under five children.

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- 3) To find out the association between pretest knowledge scores of mothers with selected demographic variables.

3. Methodology

Quantitative research approach and pre - experimental research design was used in this study.

Population: Mothers having five year children.

Sample: Mothers who were residing at primary health Centre, Bhopal, Madhya Pradesh.

Sample: 65

Sampling Technique: Convenient sampling technique.

Hypothesis of the Study

H1: The mean post test knowledge score will be higher than the mean pre - test knowledge scores at 0.05 level of significance.

H2: There is a significant association between knowledge and selected demographic variables regarding malnutrition among under five children mother at 0 - 05 level of significance.

Variables of the study

- Dependent Variables:** knowledge regarding prevention and control of malnutrition
- Independent Variables:** Teaching strategies that is planned teaching programme on prevention and control of malnutrition

Data Collection Tools and Technique

Description of the Tool

Structured knowledge questionnaire was prepared on 40 items

Section I: will have the demographic variables such as age, sex, education, marital status, occupation, no of children, income of the family.

Section II: structured questionnaire for identification of level of knowledge regarding malnutrition. In this section it has divided into 5 parts on different items as:

- Part 1: items on meaning, types of problems of malnutrition - 7 questions
- Part 2: items on causes, symptoms and assessment of malnutrition - 9 questions
- Part 3: items on types and deficiency diseases caused by malnutrition - 19 questions
- Part 4: items on prevention control of malnutrition - 4 questions
- Part 5: items on nutritional and parental concerns - 2 questions

A score of '1' was given to all correct answers while a score of '0' was given to all incorrect answers.

Reliability

Reliability of the section of the tool consisting of knowledge questions was tested by split half method using Karl Pearson's Coefficient of correlation. The reliability computed was $r = 0.87$

Content validity of the tool

The content validity of the tool was obtained by submitting the tools to seven (8) experts. All experts were agreed with statement except for few suggestions. Draft of the tool consisted of 40 items.

Pilot study

After obtaining the formal approval from the concerned authorities, the pilot study was conducted from 21/03/2015 to 28/03/2015.

Final study

The final study was conducted in Mothers who were residing at primary health Centre, Bhopal Madhya Pradesh

Table 1: Frequency and Percentage Distribution of Selected Personal Variables of Mothers, N=65

S. No.	Socio Demographic Variables	Frequency (F)	Percentage (%)
1	Age:		
	21 - 25	35	53.85
	26 - 30	30	46.15
2	Education of mother		
	1. Illiterate	19	29.24
	2. Primary education	23	35.38
	3. Secondary education	23	35.38
3	Type of family		
	1. Nuclear	23	35.38
	2. Joint	22	33.85
	3. Extended	20	30.77
4	Family income		
	Below Rs 1000/mth	16	24.62
	1001 - 2000/mth	17	26.16
	2001 - 3000/mth	22	33.84
	3001 - 6500/mth	10	15.38
5	Diet:		
	Vegetarian	37	56.93
	Non Vegetarian	0	0
	Mixed	28	43.07
6	History of Malnutrition		
	Yes	14	21.53
	No	51	78.47

Table 1 indicates that majority of mothers 35 (53.85 %) were in the age group of 21 - 25, 23 (35.38%) mothers completed primary and secondary education, 23 (35.38%) mothers belonged to a nuclear family, 16 (24.62%) mothers had an income below 1000 rs per month, 17 (26.16%) had an income between 1001 - 2000 and 22 (33.84%) had an income of 2001 - 3000 rs per month whereas 10 (15.38%) had an income of 3001 - 6500rs. Majority 37 (56.93%) had a vegetarian diet and Majority 51 (78.47%) had no past history of malnutrition of their children.

Table 2: Pretest & Posttest Knowledges Cores of mothers regarding prevention and control of malnutrition, N=65

Sl. No	Items of malnutrition	Total score (questions * sample size)	Mean % of knowledge scores of mothers		Gain in Knowledge (y - x)
			Pre- Test (X)	Post - Test (Y)	
1	Meaning, Types of problems of malnutrition	455	37.3	82.6	45.3
2	Causes, symptoms and assessment of malnutrition	650	23.6	80.7	57.1
3	Types & deficiency diseases of malnutrition	1105	13.9	85.6	71.7
4	Prevention and malnutrition	260	63.4	90.7	27.3
5	Nutritional and parental concerns	130	80.7	90	9.3

Table 2: Revealed that in pre - test the subject’s maximum score on the knowledge was observed in the area of nutritional and parental concerns which was 80.7% and minimum score was observed in the area of types and deficiency of malnutrition which was 13.9%. While in the post - test maximum gain in the score was observed in the area of prevention and control of malnutrition which was 90.7% and minimum score was observed in area of nutritional and parental concerns which was 9.3%.

Table 3: Frequency & Percentage Distribution of Knowledge Scores of Mothers of Under Five Children, N=65

Knowledge Score	Pretest Freq %	Posttest Freq %
Good (Mean + SD) (32 - 65)	----	51 78.46
Average (Mean + SD) & (Mean -SD) (10 - 31)	47 72.31	14 21.54
Poor (Mean - SD) (0 - 9)	18 27.69	----

Table 3: Reveals that in pre - test majority of the Mothers 47 (72.31%) had average knowledge whereas, in post test 51 (78.46%) of Mothers had good knowledge and 14 (21.54%) had average knowledge.

Table 4: Mean Difference, Standard Error of Difference (SED), Hypothesis and Paired ‘T’ Values of Knowledge Score on Prevention and Control of Malnutrition, N=65

Mean Difference (D)	Standard Error Difference (SED)	Paired ‘T’ Values Calculated Tabulated Value
22.47	0.50	44.54 1.960

Table - 4 indicates that the gain in knowledge score is statistically significant a P<0.05 levels. Therefore, the PTP on Knowledge on Prevention and Control of Malnutrition is effective to improve the knowledge of Mothers of under five children.

Table 5: Association between the Existing Pre - Test Knowledge of Mothers of Under Five Children on Prevention and Control of Malnutrition and Selected Demographic Variables.

S. No	Socio Demographic Variables	Good	Average	Poor	X ² Cal. VAL	X ² Tab VAL	DF
1	Age:						
	21 - 25	0	25	10	0.36	3.841	1
	26 - 30	0	25	8			
2	Education of mother						
	1. Illiterate	0	13	6			
	2. Primary education	0	15	8	1.9	5.991	2
	3. Secondary education	0	19	4			
3	Type of family						
	1. Nuclear	0	16	7	0.22	5.991	2
	2. Joint	0	16	6			
	3. Extended	0	15	5			
4	Family income						
	Below Rs 1000/mth	0	11	5			
	1001 - 2000/mth	0	11	6	1.11	7.815	3
	2001 - 3000/mth	0	17	5			
	3001 - 4000/mth	0	8	2			
5	Diet:						
	Vegetarian	0	24	13	2.19	3.841	1
	Non Vegetarian	0	0	0			
	Mixed	0	23	5			
6	History of Malnutrition						
	Yes	0	8	6			
	No	0	39	12	2.04	3.841	1

4. Discussion

Similar study conducted on effect of “YOGA” on anxiety among nursing students. It was found that “YOGA” was effective in reducing the anxiety among nursing students as the calculated ‘t’ value was 16.7 and 11.7 and p value < 0.0001 being less than 0.05 level of significance in psychological and physiological aspects.

5. Conclusion

The study findings showed that majority of mothers overall knowledge score i. e., majority of the mothers 51 (78.46%) had good knowledge and 14 (21.54%) had average knowledge and none had poor knowledge. The need for improving the level of mother’s knowledge was widely recognized.

6. Limitation

- 1) The study was confined to a small no. of students (65) participating in the study. This limits the generalization of the findings.
- 2) The study was conducted only to the mothers of under five children.
- 3) The study was limited to measure the knowledge of the mothers related to prevention and control of malnutrition.

7. Recommendations

- 1) Similar study can be replicated on a large sample.
- 2) Study can be conducted to find out the nutritional practices mothers for under five children.
- 3) Study can be conducted with assessing only knowledge by large samples.
- 4) Similar study can be done in other parts of Madhya Pradesh state to generalize the findings.
- 5) Comparative study can be done due to assess the knowledge of mothers regarding malnutrition in rural and urban area.

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