A Study to Assess Knowledge of Mothers of Fewer than Five Children Regarding Nutritional Anemia from Karad Urban Area

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Abstract: *Background: Nutritional Anemia is worldwide problem with the highest prevalence in developing countries, found especially among under five children, women of childbearing age, young children and during pregnancy and lactation. Anemia is more common in children because Growth and Development of these children totally depends on mothers and societal factors such as age of mother, education of mother, occupation, income and cultural and traditional practices along with blind beliefs in society. Aim & Objectives: To assess the knowledge of mothers of under five children regarding nutritional anemia and to know the various etiological factors causing nutritional anemia. Material & Methods: A descriptive approach with non-experimental design was used to accomplish the objectives. Purposive sampling technique was used for a sample of 84 mothers. A structured questionnaire was used to collect data which was summarized and categorized for further statistical treatment i.e. mean, median and standard deviation on which the frequency of percentage and level of knowledge was assessed and classified into good, average and poor. Result & Conclusion: Findings of the study revealed that majority of mothers were from low income group i.e. 34 (40.47%), major source of family income was service or job i.e. 33 (39.28%) and maximum mothers 77 (91.66%) were having average knowledge regarding nutritional anemia. We observed in our study that majority of the mothers77(91.66%) are having average knowledge about the cooking practices, Nutrients required for child's health, importance of Nutrition during ANC period and lactation period.*

Keywords: nutritional anemia, under five, mother's, children, Urban area

1. Introduction

Nutritional Anemia is worldwide problem with the highest prevalence in developing countries. It is found especially among under five children, women of childbearing age, young children and during pregnancy and lactation. Anemia is more common in children because the Growth and Development of these children is totally depend on mothers and there are some factors in the society which influences the growth and development of children, such as age of the mothers, education of mothers, occupation, income and cultural and traditional practices along with blind beliefs in the society. The aim of the study is to assess knowledge of mothers of under five children regarding nutritional anemia from Karad urban area. The purpose is to know these factors and to find out the level of knowledge of parents, especially mothers of under five children's and also to create awareness about nutrition and its importance to prevent and control nutritional anemia among the children.

2. Material & Methods

The purpose of this study was to assess the knowledge of mothers of under five children regarding nutritional anemia and to know the various etiological factors causing nutritional anemia. Descriptive approach was considered appropriate for the study.

3. Research design

The present study was non-experimented descriptive design.

3.1 Research Setting

The research setting selected for study was urban area of Karad Taluka.

3.2 Population

The target population for the study was the mothers of under five children.

3.3 Sampling Technique

Purposive sampling technique was used for the present study.

3.4 Sample & Sample Size

84 mothers of children under five years of age.

3.5 Description of the Tool

Considering setting of the research study and characteristics of the subjects, a structured questionnaire was prepared after an extensive review of literature and observation field.

The final tool was organized in two sections;

Section I.   Sociodemographic variable.
Section II.   20 items containing dietary pattern; cooking practices; food hygiene; culture and traditional practices.

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4. Method of Data Collection

Procedure for the data collection:

A structured questionnaire prepared by the investigator on sociodemographic variables as etiological factors was applied to collect data.

4.1 Data Analysis

Data was collected with a formal consent, summarized and categorized as tabulated for further statistical treatment i.e. mean, median and standard deviation on which the frequency of percentage and level of knowledge was assessed and classified into good, average and poor.

Table 1: Distribution of mother according to socio Demographic variables

Sr. No.	Variables	Frequency	Percentage
1.	*Monthly income (Rs.)*		
	2000-5000	34	40.47%
	5000-10,000	29	34.52%
	10,000 - 30,000	14	16.66%
	Above 30,000	07	08.33%
2.	*Occupation:*		
	Farmer	05	05.95%
	Service	33	39.28%
	Business	31	36.90%
	Other	15	17.85%

The above table depicts that majority of the mothers are from low income group i.e. 34 (40.47%) and only 7 (8.33%)mothers are from rich family. The majority occupation of the families service i.e. 33 (39.28%)

Table 2: Level of knowledge regarding Nutritional Anaemia among mothers of under five children's

Knowledge	No. Of Mothers	Percentage
Poor	03	03.57%
Average	77	91.66%
Good	04	04.76%
Total	84	100%

The above table reveals that the maximum mothers, 77 (91.66%) are having average knowledge regarding nutritional anaemia. Similarly very few i.e. 3 (3.57%) mothers are having poor knowledge regarding nutritional anaemia.

4.2 Major Findings

The major findings of this study were as follows-
1) The majority of mothers were from low income group i.e. 34 (40.47%).
2) The major source of income in this family was service or job i.e. 33 (39.28%).
3) The maximum mothers 77 (91.66%) were having average knowledge regarding nutritional anemia.

5. Discussion and Summary

Nutritional Anemia is a worldwide problem with the highest prevalence in developing countries. It is found especially among women of childbearing age, young children, under five children & also during pregnancy & lactation. The specific Nutritional problems in the country are:

1) Protein energy malnutrition.
2) Nutritional Anemia.
3) Low Birth Weight.
4) Xeropthalmia
5) Iodine deficiency disorder.
6) Others.

The variables like age of the mothers, full term, Nutritional status of the mothers, occupation, income, education & cultural practices are also responsible to lead Nutritional Anemia. Our purpose of this study is to know the awareness of these factors among the mothers.

We observed in our study that majority of the mothers are having average knowledge about the cooking practices, Nutrients required for our health , importance of Nutrition during ANC period etc. It is concluded that majority of the mothers 77 (91.66%), having average knowledge regarding Nutritional anemia. The majority of the mothers 34(40.47%) are from low income group. With the help of above findings, it is concluded that, the urban area people though they are educated & having all available health resources still there is a occurrences of Nutritional anemia among under five children.

It is our responsibility to educate the mothers about Nutrition & it's importance to prevent & control Nutritional Anemia's not only among the mothers but also in under five children.

6. Conclusion

The variables like age of the mothers, full term, and Nutritional status of the mothers, occupation, income, education & cultural practices are also responsible to lead Nutritional Anemia. We observed in our study that majority of the mothers77(91.66%) are having average knowledge about the cooking practices, Nutrients required for child's health, importance of Nutrition during ANC period and lactation period. Such type of study can be conducted in rural area. Community Health workers play an important role in preventing anemia and it's consequences.

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