

# A Study to Assess the Knowledge of Primary School Children Regarding Sources, Deficiencies and Importance of Vitamin - A in Selected School of Vadgaon Haveli

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**Abstract:** Background: Vitamin - A deficiency is considered as a public health problem in India. The nationwide Survey of blindness conducted during 1986-1989 included the prevalence of Vitamin-A deficiency in children. The prevalence rate of Vitamin- A is greater than 6% in so many states including Maharashtra. Aim & Objectives: The study was undertaken with the purpose to assess the knowledge of school going children from Vadgaon Haveli regarding vitamin - A. Material & Methods: In the view of the nature of the problem selected for the study & the objectives to be accomplished, descriptive approach was used. The present study is non experimental descriptive design. Result & Conclusion: The major finding of the study show that 15.38 % school going children are from joint family and they are having good knowledge. 69.23% are having average knowledge and 15.38 % are having poor knowledge. The majority of the children's fathers were literate and they are having average knowledge i.e. 66.67%. Similarly the majority of the children's mother are literate (65.22%) and they are having average knowledge. Monthly income of children (61.05 %) is above 5000 Rs. The 17 (68 %) of school going children's knowledge is of average type and very few children 3 (12 %) are having good knowledge. From the above findings it is concluded that there is very poor knowledge of vitamin- A among the school going children and so there was a need to create awareness about the importance, sources and deficiencies of vitamin- A among the school going children and hence the project was under taken.

**Keywords:** Vitamin A, Dominican Republic, Caregivers, Children, Nutrition, Education

## 1. Introduction

Vitamin - A deficiency is considered as a public health problem in India. The nationwide Survey of blindness conducted during 1986-1989 included the prevalence of Vitamin-A deficiency in children. The prevalence rate of Vitamin- A is greater than 6% in so many states including Maharashtra. The 29<sup>th</sup> world health assembly in 1972 noted the complexity of the problem and considered the need for control of blindness and visual impairment.

An estimated 180 million people worldwide are visually impaired, of whom nearly 45 million are blind; four out of five of them are living in developing countries. About 80% of blindness are curable (treatable or potentially preventable) however 9 large proportion of those affected remain blind for want of access to affordable eye care.

Blindness leads not only to reduced economic and social status but may also result in premature death. Major causes of blindness and their estimated prevalence are childhood blindness. That is more than 1.5 million. In South - East Asia region, uncorrected refractive errors are being increasingly recognized as a cause of blindness and low vision. Vitamin-A deficiency which has been responsible for most childhood blindness in the region is gradually declining.

It is observed that there is no awareness among the people (especially in mothers) about the immunization programme and Vitamin-A prophylaxis especially in rural area They don't know what is vitamin- A? What is the importance of Vitamin - A in our body function? What are

the sources easily available that can give Vitamin-A? etc. such questions remain unanswered still. That is why the project was undertaken to educate, motivate and encourage school children to practice of Vitamin-A in their regular diet to achieve the normal growth and development as well as to free from blindness & refractive errors due to Vitamin-A deficiency.

## 2. Material and Methods

The methodology of research includes the general pattern of organizing the procedure and gathering valid & reliable data for problem under investigation. The purpose of this study was to assess the knowledge of primary school children about sources, deficiencies and importance of vitamin - A. In the view of the nature of the problem selected for the study & the objectives to be accomplished, descriptive approach was considered appropriate for the study.

## 3. Research Design

Research design depicts the overall plan for organization of scientific investigation. The present study is non experimental descriptive design.

### 3.1 Research setting:

The research setting selected for study is Marathi primary school of Vadgaon Haveli.

### 3.2 Population:

The target population for the study is school children from selected primary school of Vadgaon Haveli.

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**3.3 Sampling technique:**

Purposive sampling technique is used for the present study.

**3.4 Sample & Sample size:**

For the present the study 25 school children studying in 7<sup>th</sup> Standard from selected primary school of Vadagaon Haveli.

**3.5 Description of the tool:**

Considering setting of the research study & characteristics of the subjects a structured questionnaire was prepared after an extensive review of literature observation in the field & discussion with the experts the final tool was organized in two sections

**Section I:** Socio demographic variables

**Section II:** 19 items of deficiency, sources and importance of Vitamin-A with total scores of 19

**4. Method of Data Collection****4.1 Procedure for the data collection:**

A validated structured questionnaire prepared by the investigator on sources, deficiencies & importance of Vitamin-A was administrated and distributed among the primary school children of 7<sup>th</sup> standard and were instructed to tick mark on the appropriate answer. Statistical treatment was applied to the obtained data. Frequency & percentage were used to summarize the data and mean standard deviation was used to describe the knowledge.

**4.2 Data analysis:**

Statistical analysis is the organization & analysis of data using statistical procedure including both descriptive & inferential statistics. For this, data was collected, summarized categorized and tabulated for further statistical treatment. Data analysis was needed to convert data into information.

Statistical treatment applied for present research study includes,

Descriptive Statistics:

- i. Frequency of percentage
- ii. Classify knowledge scores

**4.3 Major findings:**

The major findings of this study are,

- 1) 15.38 % of school going children are from joint family and they are having good knowledge.
- 2) 69.23% are having average knowledge and 15.38 % are having poor knowledge.
- 3) The majority of the children's fathers were literate and they are having average knowledge i.e. 66.67%.
- 4) Similarly the majority of the children's mother are literate (65.22%) and they are having average knowledge.
- 5) Monthly income of children (61.05 %) is above 5000 Rs.

- 6) The 17 (68 %) of school going children's knowledge is of average type and very few children 3 (12 %) are having good knowledge.

**Table 1:** Frequency distribution of school children according to socio-demographic data

Sr. No.	Variables	Frequency	Percentage
1.	Type of family	14	56%
	Joint	11	44%
2.	Education of father	24	96%
	Literate	1	4%
3.	Education of mother	23	92%
	Literate	2	8%
4.	Income	12	48%
	Below 5000Rs.	13	52%

Above table depicts that majority families (56 %) are of joint family. The majority of the children's fathers are literate (96 %). Similarly majority of the children's are also literate (92 %). Majority families income (52 %) was above 5000 Rs. / month.

**Table 2:** Distribution of level of knowledge on sources deficiencies and importance of Vitamin-A.

Sr. No.	Knowledge Score	Frequency( F)	Percentage (%)
1.	Good ( 15 & above)	3	12%
2.	Average (8 -14)	17	68%
3.	Poor (7 & below 7)	5	20%

The above table reveals that majority of school children (68 %) are having average knowledge. Few children (12 %) are having good knowledge.

**Table 3:** Table showing knowledge level of the primary school children regarding sources deficiencies and importance of Vitamin – A and selected socio demographic variables

Sr. No.	Socio demographic variables	Good	Average	Poor
1.	Type of family			
	1. joint family	15.38%	69.23%	15.38%
2.	Education of father			
	1. literate	8.33%	66.67%	25.00%
3.	Education of mother			
	1. literate	12.05%	66.67%	20.83%
4.	Income			
	1. Below 5000Rs.	0.00%	100.00%	0.00%
5.	Education of mother			
	1. literate	13.04%	65.22%	21.74%
6.	Income			
	1. Below 5000Rs.	0.00%	100.00%	0.00%
7.	Income			
	1. Below 5000Rs.	16.67%	75.00%	8.33%
8.	Income			
	1. Below 5000Rs.	7.07%	61.05%	30.08%

The above table indicates that 15.38% of school going children from joint family are having good knowledge and 69.23% are having average knowledge while 15.38% are having poor knowledge regarding Vitamin-A. The above table also depicts that the children of literate father are having good knowledge that is 12.05% while 66.67% are having average knowledge and 20.83% are having poor knowledge. The children of literate mother are having good knowledge that is 13.04% while 65.22% are having average knowledge and 21.74% are having poor knowledge.

## 5. Discussion and Summary

The study was undertaken with the purpose to assess the knowledge of school going children from Vadgoan Haveli regarding vitamin - A. The major finding of the study show that 15.38 % school going children are from joint family and they are having good knowledge. 69.23% are having average knowledge and 15.38 % are having poor knowledge. The majority of the children's fathers were literate and they are having average knowledge i.e. 66.67%. Similarly the majority of the children's mother are literate (65.22%) and they are having average knowledge. Monthly income of children (61.05 %) is above 5000 Rs. The 17 (68 %) of school going children's knowledge is of average type and very few children 3 (12 %) are having good knowledge.

## 6. Conclusion

The objective of our study was to assess the knowledge about vitamin -A as well as to find out the association between the selected socio-demographic variables and knowledge about vitamin -A. To achieve these objectives a structured questionnaire was prepared in which section - I is about basic information of school going children while in section- II the importance, sources and deficiencies of vitamin -A are included. With the help of this structured questionnaire data was collected and after analysis it was concluded that, maximum number of school going children are having average knowledge and very few are having poor knowledge about vitamin-A. From the above findings it is concluded that there is very poor knowledge of vitamin- A among the school going children and so there was a need to create awareness about the importance, sources and deficiencies of vitamin- A among the school going children and hence the project was under taken.

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