A Descriptive Study to Assess the Knowledge regarding Malnutrition, its Prevention and Control among Mothers of under-Five Children's in Selected Areas of Ratnagiri City

Chetan Bharmu Ambupe

Abstract: *Malnutrition is most widespread condition affecting health of children's. Unhygienic food practices, lack of money, traditional beliefs and inappropriate diet are resulting in malnutrition. Mothers are primary care taker of children's because usually the children's depend on their mothers for fulfilling their needs. Mothers play a vital role in safe guarding their children's against many disorders. So their knowledge regarding malnutrition, its prevention and control is vital importance. Hence the investigator felt the need to assess the knowledge of under-five children's mother regarding prevention and control of malnutrition. This study examines maternal knowledge regarding malnutrition, prevention and its control.* <u>*Statement*</u>*: A descriptive study to assess the knowledge regarding malnutrition, its prevention and control among mothers of under-fivechildren's in selected areas of Ratnagiri city.* <u>*Objectives*</u>*: 1.To assess the knowledge of mothers regarding malnutrition and its prevention and control among under five children's. 2. To determine the association between the knowledge score with the selected socio-demographic variables.* <u>*Methodology*</u>*: This was descriptive study with 60 subjects, selected through convenient sampling technique. Non experimental descriptive study design was used. Data was collected by structured questionnaire. Data was analysed by using descriptive and inferential statistical in terms of frequency distribution, chi-square test.* <u>*Analysis and result*</u>*: Knowledge wise comparison of study subjects reveals the following results. In present study out of 60 subjects (0%) no one had poor knowledge, (13.33%) i.e. 8 subjects had satisfactory knowledge, (55%) i.e. 33 subjects' had average knowledge, (31.66%) i.e. 19 subjects had good knowledge and (0%) no one had excellent knowledge. No significant association was found between the knowledge score of mothers regarding malnutrition, its prevention and control with their socio demographic variables.* <u>*Interpretation and Conclusion*</u>*: After analysing the study proved that mothers having average knowledge about the malnutrition and there is need to improve mother knowledge regarding malnutrition , its prevention and control among under five children's through proper health education techniques and arranging awareness programmes.*

Keywords: Mothers of under-five children's, malnutrition, assess knowledge, Socio-demographic variables

1. Introduction

World's greatest resource for a healthy future lies in the children's of today. Today children's are tomorrow's citizen and leaders. The resources spent on the care, upkeep and health of the young ones form investment for the future**.**Nutrition is the cornerstone of socioeconomic development. The nutritional problems are multifactorial with roots in the sectors of education, demography, agriculture and development. Poor and inadequate nutrition leads to malnutrition, morbidity and mortality among children's in India. **(Tara Desai, 2018)**

A country needs a well-nourished population of children's, in order to have a healthy and productive labour force in future. Nutritional status of child today reflects a healthy and productive generation in future. Nutritional condition is a critical factor for optimum growth and it should neither be inadequate nor excessive. Improved nutrition and health enhance the learning ability of children's. In the long run it leads to an increase in the strengthen of the labour force and thereby it contributes positively for the economic growth. Thus good nutrition is essential for healthy thriving individuals, families and nation.**(Sangaraju Siddamma, 2005)**

2. Need for the Study

At present 2/3rd of the deaths of children's around the world are directly or indirectly associated with nutritional deficiencies. Both protein energy malnutrition and micronutrient deficiencies increase the risk of death from common diseases such as acute gastroenteritis, pneumonia and measles. Iron deficiency anaemia is estimated to affect almost 25% of the world's population (equivalent to 3,5 billion people) resulting in high economic cost by adding to the burden on health care services. In the developing world eliminating nutritional deficiencies will be a major advance in reducing child mortality and improving quality of life, by reducing the overall burdens of diseases in early life**.(Benjamin Caballero, 2002)**

Globally, 144.0 million under five children's suffer from stunting, 47.0 million under fivechildren's were wasted of which 14.3 million were severely wasted, and 38.3 million were overweight **(WHO, 2020)**

Poor nutrition leads to poor health. The three leading causes of malnutrition are poverty and lack of food ignorance or in difference. A developing country like India where a vast majority live under the poverty line, has the additional responsibility of producing health future citizens and to lead India into a developed country.

Problem Statement
"A descriptive study to assess the knowledge regarding Malnutrition, its prevention and control among mothers of under-five children's" in selected areas of Ratnagiri city".

Objectives of the Study

1) To assess the knowledge regarding Malnutrition its prevention and control among Mothers of Under Five Children's
2) To determine the association between the knowledge score with the selected socio- demographicvariables.

Hypothesis:

Ho: There will be no association between knowledge score regarding malnutrition among mothers of under-fivechildren's with selected socio-demographic variables.

H1:-There will be association between knowledge score regarding malnutrition among mothers of under-fivechildren's with selected socio-demographic variables.

Assumptions

1) The mothers will have some knowledge regarding malnutrition.
2) The mothers will cooperate with the investigator and willingly express their knowledge regarding malnutrition.

3. Methodology

Research Approach

A descriptive survey approach has been utilized in this study to assess the knowledge regarding malnutrition, its prevention and control among mothers of under-five children's.

Research Design

Non experimental descriptive study design used in this study

Study Setting

Selected areas at Ratnagiri city.

Population

A mother of Under-five children's from selected areas of Ratnagiri city.

Sample

The sample of the present study consists of 60 mothers of under-fivechildren's who meets the designated set of criteria.

Sampling technique

Non-probability purposive sampling technique was used to select the samples for present study.

Criteria for selection of sample

Inclusion Criteria

- Mothers who were residing in the selected areas of Ratnagiri city
- Mothers who were given consent for the study.

Exclusion Criteria:

- Mothers who were not available during the present study.
- Mothers who are sick during the period of study.

Data Collection Procedure:

The structured questionnaires consist of two sections-

Section I: Consist of items seeking information regarding socio demographic characteristics of mothers.

Section II:
Part I- Consist of 17 questions regarding knowledge related to meaning, importance and sources of nutrients.
Part II- Consist of 15 questions regarding knowledge related to malnutrition, its causes, signs and symptoms.
Part III- Consist of 18 questions regarding knowledge related to treatment, prevention and control of malnutrition.

Scoring of the item-

The score for correct response to each item was 'one' and for incorrect was 'zero'. Thus for 50 items maximum obtained score were 50 and minimum was zero.

Score Category

0-10	Poor
11-20	Satisfactory
21-30	Average
31-40	Good
41-50	Excellent

Data Analysis

Descriptive and inferential analysis.

4. Analysis and Interpretation of result

The collected information was organized and presented in three sections; Section I, Section II, and Section III.

Section I- Description of socio demographic characteristics of samples.

This section deals with description of sample characteristics and explained in frequency and percentage and presented in Table 1.

Table 1: Frequency and percentage distribution of samples according to socio-demographic variables

n=60

S No.	Variable	Frequency (f)	Percentage (%)
1	**Age**		
	19-22	5	8.33%
	23-26	17	28.33%
	27-30	23	38.33%
	31-34	15	25%
2	**Education**		
	Primary	16	26.66%
	Secondary	39	65%
	Graduate	5	8.34%
	Post Graduate	0	0%
3	**Occupation**		
	House wife	56	93.33%
	Private job	2	3.33%
	government job	0	0%
	Other	2	3.33%
4	**Religion**		
	Hindu	12	20%
	Muslim	48	80%
	Christian	0	0%
	Other	0	0%
5	**Income**		
	<5000	13	21.66%

	5001-10000	20	33.34%
	10001-15000	20	33.34%
	>15000	7	11.66%
6	**Type of Family**		
	Nuclear family	32	53.34%
	Joint family	28	46.66%
	Extended	0	0%
7	**No. of Children's**		
	One	14	23.33%
	Two	30	50%
	Three	13	21.66%
	More than Three	3	5%
8	**Type of Food**		
	Vegetarian	0	0%
	Mixed food	60	100%

The above table shows that majority 23(38.33%) subjects were from age group of 27-30 years followed by 17(28.23%) were from the age group of 23-26 years, 15(25%) were from the age group of 31-34 of years and remaining 5(8.33%) were from the age group of 19-22 years. Majority 39(65%) subjects had secondary education, 16(26.66%) had primary education, 5(8.33%) had graduate education and 0(0%) had post graduate .Majority 32(53.33%) subjects were belongs nuclear family, 28(46.66%) subjects were belongs to joint family and 0 (0%) subjects were belongs to extended family. Majority 56(93.33%) subjects were house wife, 02(3.33%) subjects were doing private job, 02(3.33%) subjects were doing other work and 0 (0%) subjects were doing government job. Majority 48(80%) subject were Muslim, 12(20%) subject were Hindu and 0(0%) subjects were Christian. Majority 20(33.33%) subjects were having income 10,001 to 15,000, 20(33.33%) subjects were having income 5,001 to 10,000, 13(21.66%) subjects werehaving <5000 income and 7(11.66%) subjects werehaving income more than 15,000. Majority 30(50%) subjects werehaving 2children's, 14(23.33%) subjects having 1 child and remaining 03(0.5%) subjects having more than 3 children's. Majority 60(100%) subjects consume mixed diet and 0 (0%) subjects consumes vegetarian.

Section II-Distribution of study subjects according to level of knowledge.

This section deals with assessment of knowledge regarding malnutrition among the mothers of under-five children's and presented in table 2

Table 2: Frequency and percentage distribution of subjects according to level of knowledge regarding malnutrition, its prevention and control, n=60

Sr.no	Level of Knowledge	Frequency(f)	Percentage (%)
1	Poor	0	0%
2	Satisfactory	8	13.33%
3	Average	33	55%
4	Good	19	31.66%
5	Excellent	0	0%

Percentage wise distribution of study subjects according to level of knowledge reveals that majority 33(55%) subjects were having **Average** knowledge, 19(31.66%) subjects were having **Good** knowledge, 8(13.33%) subjects are having **satisfactory** knowledge, and 0 (0%) subjects were having excellent knowledge & remaining 0 (0%) subjects having **Poor** knowledge.

Section III- Association between knowledge score of mothers regarding malnutrition, its prevention and control with selected socio demographic variables.

This section deals with to find out association between knowledge score regarding malnutrition, its prevention and control with selected socio demographic variables and presented in table 3

Table 3: Association between test knowledge scores and selected socio demographic variables
n=60

S.No	Socio demographic variables	Df	Chi-square Value	Table value	Level of significance
1	Age	12	13.15	21.03	0.05
2	Education	12	3.38	21.03	0.05
3	Occupation	12	1.487	21.03	0.05
4	Religion	12	6.63	21.03	0.05
5	Income	12	3.886	21.03	0.05
6	Type of Family	8	3.248	15.51	0.05
7	No of children's	12	5.406	21.03	0.05
8	Type of Food	4	0.00	9.49	0.05

$(p < 0.05)$

From the above table it is seen that calculated value is less than table value at 0.05 level of significance, hence null hypothesis (Ho) is accepted.

5. Conclusion

1) Assessment of level of knowledge among mothers of under-five children's regarding malnutrition, its prevention and control showed that majority 33(55%) subject's had average knowledge and no one had excellent knowledge so there is need to improve the knowledge of regarding malnutrition through appropriate health education methods then only we are able to prevent mortality and morbidity among under five children's.
2) There were no significant association was found between knowledge score regarding malnutrition, its prevention and control among the mothers of under-five children's with selected socio demographic variables.

6. Nursing Implication

Nursing Practice
Nursing is a process of action, reaction, interaction and transaction. Hereby nurse assistindividuals of any group to meet their basic need. The nurse should have the depth knowledge aboutMalnutrition and its prevention and control. So that she can assist the mothers of under-five children's in improving the knowledge regarding malnutrition while working in community setting.

Nursing Education
The nursing curriculum must include malnutrition topics and should give ample opportunities to student nurses to give proper health education to community people regarding healthy dietary practices, about balanced diet, about

prevention of malnutrition among children's and so on. The role plays / street plays should be organized in various settings so we can improve the knowledge of people regarding malnutrition.

Nursing Administration

Nurse as administrator can enhance accessibility, availability and equality of services. Nursing is as a uniqueprofession because it addresses the response toindividual in Humanistic and holistic manner.Nurse has many roles such as care giver, decision maker, advocate and teacher.As a nursing administration she should motivate the nursing staff and nurses working in the community and hospital to give knowledge regarding the malnutrition and itsprevention and control. She should plan for organization of workshop, regular on going in service education programs and ensured that nurses keep their knowledge up to date with recent development in nursing practices.

Nursing Research

Research is systematic search of answers question about facts and relationship betweenfacts so there is a strong indication that every nurse should involve in research. Research activities can be undertaken by the nurses to discover new knowledge and preventive methods regarding malnutrition among under five children's. The nurses should disseminate research finding among the nursing faculty and community people so we can improve the knowledge of peoples and avoid mortality and morbidity among children's.

7. Recommendation

1) A similar study can be conducted on large study subjects.
2) A similar study can be conducted in different setting.
3) An experimental study can be conducted to assess the effectiveness of planned teaching programme regarding malnutrition among the mothers of under-five children's.
4) A similar study can be conducted to compare the level of knowledge regarding malnutrition among urban and rural population.

References

[1] Deasi Tara, A study on the nutritional status of pre-primary ofchildren's coming to Anganwadi in rural area ofGandhinagar district, Gujrat, International Journal of Home Science, New Delhi, 2018, ; 4(1), Pp. 295-299.
[2] SiddammaSangaraju, A study to assess knowledge of malnutrition among the under-fivechildren's at jatitpalya, Primary health centre, Bangalore, 2005, RGUHS, Bangalore, Pp-8-10.
[3] Benjamin Caballero. Global patterns of child health. The role of nutrition. Annals of nutrition and metabolism 2002; 46(Suppl.1): 3-7.
[4] https://www.who.int/news-room/detail/31-03-2020-unicef-who-wb-jme-group-new-data.