



# “A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE PRACTICE REGARDING MALNUTRITION, IT’S PREVENTION AMONG MOTHERS OF UNDER FIVE CHILDREN IN SELECTED AREA OF KANPUR CITY”

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## ABSTRACT-

Country's health relies upon healthy residents. A healthy grown-up rises out of a healthy child. Children are precious assets and in the event that the country dismisses their health, it would turn into a country of unhealthy residents. Nutrition of under five children is of central significance in light of the fact that the groundwork of our life time, health, strength and knowledge essentialness is laid during this period. As we have entered the new thousand years, India faces the weight of sicknesses in which nutritional lacks are more normal.

Among the nutritional issues, PEM (Protein Energy Malnutrition) has been recognized as a significant health and nutritional issue in India among under five children. This study was expected to evaluate the information, disposition and work on in regards to dietary practices in avoidance of malnutrition among moms with under five children in Kanpur city considering getting ready self-educational module.

The reasonable system of the study depended on the adjusted Pender's health advancement Model (Revised 2002). The study utilized enlightening non-Experimental Survey Design.

Advantageous inspecting procedure was utilized to choose 200 samples for the study. The instrument utilized for the study was organized meeting timetable to evaluate information and practice, 5-point Likert scale to survey the mentality. The information was assembled and broke down by utilizing expressive and inferential measurements.

The information mean score is 15.29(SD 5.47) and mentality mean score is 68.2 (SD  $\square$  7.47). There was positive connection between the information and demeanor test score ( $r= 0.59$ ). The segment factors age ( $X^2=13.026$ ), instruction ( $X^2=83.472$ ), occupation ( $X^2=67.53$ ), month to

month pay ( $X^2=40.52$ ), religion ( $X^2=12.716$ ) and wellspring of health information ( $X^2=23.028$ ) were related with information on moms with under five children. Other segment factors, for example, sort of family, number of under five children and kind of food utilization had no relationship with information in regards to dietary practices in counteraction of malnutrition. Region wise examination was finished.

**Keywords:** Children's, Malnutrition, Prevention and Control, Kanpur city, etc.

## INTRODUCTION

### BACK GROUND OF THE STUDY

Country's health relies upon healthy residents. A healthy grown-up rises up out of a healthy child. Children are inestimable assets and in the event that the country dismisses their health, it would turn into a country of unhealthy residents. Nutrition of under five children is of foremost significance on the grounds that the groundwork of our life time, health, strength and insight essentialness is laid during this period. As completely entered the new thousand years, India faces the weight of sicknesses in which nutritional lacks are more normal. Among the nutritional issues, PEM (Protein Energy Malnutrition) has been recognized as a significant health and nutritional issue in India. It isn't just a significant reason for childhood horribleness and mortality yet in addition prompts long-lasting hindrance of physical and mental development of children who get by Mathur.

In this day and age children are impacted by different sicknesses, that are liable for high paces of dreariness and mortality. Be that as it may, mal-nutrition is a main issue in the immature and emerging nations among under five children. In a greater part of children, gentle to direct malnutrition stays undetected because of absence of mindfulness with respect to all worried inclinal and paramedical faculty and guardians.

Protein energy malnutrition has been recognized a significant health and nutritional issue in India. It happens especially in children in the primary year of life. It is portrayed by low birth weight assuming the mother is malnourished. Unfortunate development in children and elevated degree of mortality in children between one to two years and is assessed to be a basic reason in 30% of death among under five children.

### NEED FOR THE STUDY

Nutritional lack issues are significant general health issue in India and other non-industrial nations. It influences larger part quantities of populace and liable for roughly 55 level of childhood demise. In around the world, 150 million children are malnourished; a huge number of Indian children are similarly denied of their privileges to endurance, health, nutrition, schooling and safe drinking water. It is accounted for that 63% of children hit the sack eager and 53% experience the ill effects of ongoing malnutrition. Report of UNICEF. Worldwide, there are 170 million underweight children, 3,000,000 of children pass on every year because of being underweight. WHO and other international organizations have suggested restrictive bosom taking care of in the underlying a half year and to proceed with bosom taking care of enhanced by other fitting food varieties upto second year of life. Under nutrition is a general health issue among babies and small kids, and is related with a trap of elements including

lacking food consumption, inaccurate taking care of practices, regular contaminations and education status of guardians.

### **OBJECTIVES OF THE STUDY**

1. To survey the information score in regards to dietary practices in anticipation of malnutrition among mothers with under five children.
2. Co-relate between knowledge & practice anticipation of malnutrition among mothers with under five children.
3. Association of knowledge and practice in anticipation of malnutrition among mothers with under five children.
4. To connect the information and demeanor scores in regards to dietary practices in anticipation of malnutrition among mothers with under five children.

### **HYPOTHESES**

**H1:** There will be a significant correlation between the knowledge and practice scores regarding dietary practices in prevention of malnutrition among mothers with under five children.

**H2:** There will be a significant association between the knowledge scores regarding dietary practices in prevention of malnutrition among mothers of under five children with their selected demographic variables.

### **ASSUMPTION**

- Mothers might have less information in regards to malnutrition.
- Unfortunate dietary practices might prompt malnutrition among children.
- Medical caretakers assume a significant part in bestowing nutrition training to the mothers.

### **DELIMITATION**

The study is delimited to

- Mothers with under five children who are coming to Majhawan.
- The data collection period was only 5 weeks.

### **RESEARCH METHODOLOGY**

#### **RESEARCH DESIGN**

Non-Experimental Descriptive survey design was adopted for this study.

#### **SETTINGS**

Setting is the specific place from where information is gathered. The present research study was conducted in selected areas, Kanpur Nagar, Hence i selected area of Majhawan.

## **POPULATION**

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

## **SAMPLE**

In the present study the sample consisted of the mother of under five children, who living in Majhawan area.

## **CRITERIA FOR THE SELECTION OF SAMPLE**

### **Inclusion Criteria**

- Mothers who are available at the time of data collection
- Mothers who are willing to participate in the study.

### **Exclusion Criteria**

- A mother with Communication disability
- Mothers with acute ill children.

## **SAMPLE SIZE**

Sample size was 100.

## **SAMPLING TECHNIQUE**

The Non probability convenient sampling technique was used for the study.

## **VALIDITY AND RELIABILITY OF THE TOOL VALIDITY**

The device was assessed by the four specialists in the field of paediatrics nursing and one master in the field of Medicine. The devices were altered by the ideas and proposals by the Experts and settled.

## **RELIABILITY**

The unwavering quality of the organized meeting timetable to survey the information was laid out by testing for dependability and interior consistency, soundness was evaluated by test-retest strategy where Karl Pearson relationship of coefficient recipe was utilized. The worth was viewed as solid ( $r=0.9$ ). Internal consistency was evaluated by split half strategy where spearman's earthy coloured prescience recipe was utilized. The worth was viewed as reliable ( $R=0.9$ ). The unwavering quality of five-point Likert scale was laid out by solidness and inner consistency. Soundness was surveyed by test-retest strategy, Karl Pearson's recipe was utilized. The worth was viewed as reliable ( $r=0.9$ ). The inner consistency was evaluated by

Cronbach's alpha technique. The worth was viewed as dependable ( $\alpha =0.7$ ).

The unwavering quality of organized interview timetable to survey information on training was laid out by

dependability and interior consistency, soundness was evaluated by test-retest strategy where Karl Pearson relationship of coefficient recipe was utilized. The worth was viewed as reliable( $r=0.9$ ). Internal consistency was surveyed by split half technique where spearman's earthy coloured prediction was utilized. The worth was viewed as reliable( $R=0.8$ ).

### **DATA COLLECTION PROCEDURE**

The information assortment was finished in Majhawan Kanpur (U.P.). Prior to leading the study composed assent was taken from the clinical official. The information was gathered for a time of five weeks from 100 samples.

The motivation behind the study was cleared up for the subjects before the study and verbal assent was acquired from those under five children's mothers. The samples were evaluated by the specialist the people who met the incorporation standards were chosen by utilizing non likelihood helpful examining strategy. The organized meeting plan was utilized to survey the information and practice and 5-point Likert scale was utilized to evaluate the disposition of the mothers of under five children in regards to dietary practices in avoidance of malnutrition. The information was gathered for a time of 1 hour and 30 minutes for one mother. The agent gathered information from 5-6 mothers of under five children each day. Then, at that point, the self-educational module on dietary practice in counteraction of malnutrition was given. The information was breaking down by utilizing factual estimations and organized.

### **SECTION A:**

### **DESCRIPTION OF THE DEMOGRAPHIC**

### **VARIABLES**

**Table 1: Frequency and percentage distribution of the demographic variables of the mothers with under five children.**

n=100

S. NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1	<b>Age</b>		
	a. 18-22 yrs	11	11.5
	b. 23-27 yrs	37	37.5
	c. 28-32 yrs	36	36.5
	d. 33-38 yrs	14	14.5

2	<b>Education</b> a. Illiterate b. Primary school c. High school d. Graduate and above	4 11 31 53	4.0 11.0 31.5 53.5
3	<b>Occupation</b> a. House wife b. Self employed c. Government Employed d. Coolie	56 26 8 9	56.0 26.5 8.5 9.0
	<b>Type of Family</b> a. Nuclear b. Joint	39 60	39.5 60.5
5	Number of under five children a) One b) Two c) Three and above	76 23 1	76.0 23.5 0.5
6	Monthly income a) Rs. 5000 & below b) Rs 5001- Rs 8000 c) Rs 8001- 10,000 d) Rs 10,001 and above	24 28 27 20.5	24.0 28.5 27.0 20.5
7	Religion a) Hindu b) Muslim c) Christian d) Others	65 14 20 0	65.5 14.0 20.5 0
8	Source of health information a) Newspaper/magazine b) Radio/television c) Friends/relatives d) Health professional/social worker	2 42 28 28	2.0 42.0 28.0 28.0
9	Type of food consumption a) Vegetarian b) Non-vegetarian c) Eggetarian	13 77 9	13.5 77.0 9.5

The table 1 shows the description of demographic variables. Agreeing the to the age bunch, mothers with under five children 18-22 years were 11(11.5%), 23-27 years were 37 (37.5%),

28-

32 years were 36(36.5%) and 33-38 years were 14 (14.5%).

As to instruction, 4(4.0%) mothers with under five children were ignorant, 11(11.0%) had elementary school training, 31(31.5%) had secondary school training and 53 (53.5%) mothers were graduates.

As per their occupation larger part of 56(56.0%) mothers with under five children were house spouse, 26(26.5%)



mothers were independently employed, 8(8.5%) mothers were Government utilized and 9(9.0%) mothers were collie.

As to sort of family, 39(39.5%) mothers with under five children were living in family unit and larger part of 60(60.5%) mothers were living in joint family.

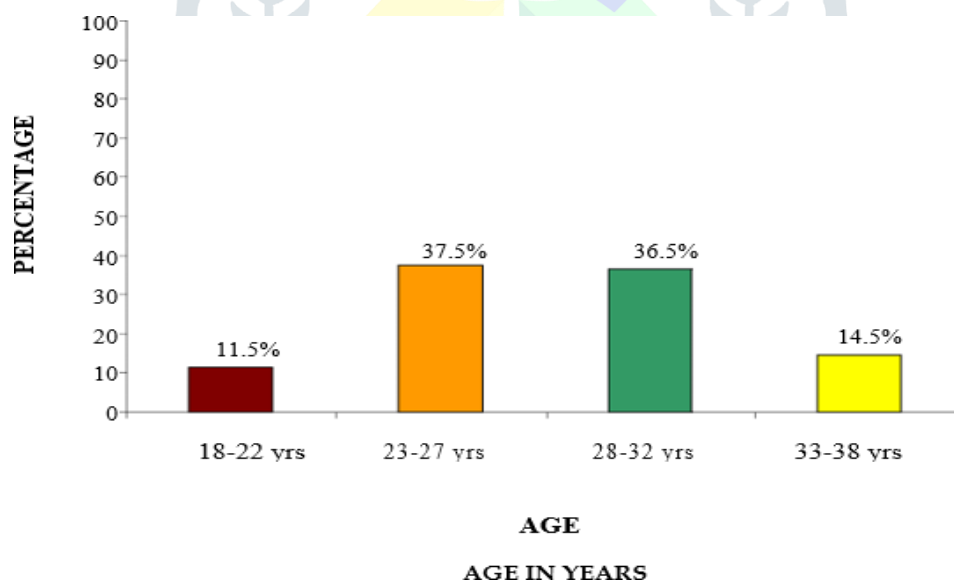
As per the quantity of under five children larger part of 76(76.0%) mothers had just a single child, 26(23.5%) mothers had 2 children and 1(0.5%) mother had 3 children.

Concerning month to month pay 24(24.0%) family's months to month pay is Rs. 5000 and beneath, 28(28.5%) family's months to month pay is between Rs 5001-Rs.8000, 27(27.0%) family's month to month pay is between Rs 8001-Rs. 10,000, 20(20.5%) family's pay is Rs. 10,001 or more.

As indicated by their religion larger part of the mothers with under five children who had a place with Hindu religion were 65(65.5%), mothers who had a place with Muslim religion were 14(14.0%) and mothers who had a place with Christian religion were 20(20.5%).

Concerning of health data 2(2.0%) mothers with under five children acquired information through magazine, 42(42.0%) mothers acquired information through TV, 28(28.0%) mothers acquired information through companions, 28(28.0%) mothers acquired information however health experts.

Concerning sort of food utilization 13(13.5%) mothers with under five children were veggie lover, 77 (77.0%) mothers were non-vegan and 9(9.5%) of mothers were eggetarian.



## SECTION F: ASSOCIATION OF KNOWLEDGE SCORE REGARDING DIETARY PRACTICE IN PREVENTION OF MALNUTRITION AMONG MOTHERS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES

**Table 7: Association of knowledge scores regarding dietary practice in prevention of malnutrition among mothers with their selected demographic variables**

S. No	DEMOGRAPHIC VARIABLES	LEVEL OF KNOWLEDGE						$\chi^2$	Tableval	Infer
		INADEQUATE		MODERATELY		ADEQUATE				
		No	%	No	%	No	%			
1	<b>Age:</b>									
a)	18-22 yrs	6	6	5	5	1	0.5	13.02 6 (df=2)	5.991	(S)
b)	23-27 yrs	16	16.5	26	26	5	5			
c)	28-32 yrs	6	6	18	18.5	12	12			
d)	33-38 yrs	3	3.5	6	6.5	4	4.5			
2	<b>Education</b>									
a)	Illiterate	3	3.5	1	0.5	-	-	83.47 2 (df=4)	9.488	(S)
b)	Primary School	7	7	4	4	-	-			
c)	High school	10	10	21	21	1	0.5			
d)	Graduate & above	1	1.5	30	30.5	21	21.5			
3	<b>Occupation</b>									
a)	House wife	10	10.5	39	39.5	6	6	67.53 (df=4)	9.488	(S)
b)	Self employed	4	4.0	12	12.5	10	10			
c)	government employed	1	0.5	2	2	6	6			
d)	Coolie	7	7	2	2	-	-			

4	<b>Type of family</b>									
a)	Nuclear	10	10	23	23.5	6	6	3.687	5.991	(NS)
b)	Joint	12	12	32	32.5	16	16			
5	<b>No. of children</b>									
a)	One	16	16.5	44	44	15	15.5	4.637 (df=4)	9.488	(NS)
b)	Two	5	5	12	12	6	5.5			
c)	Three & above	1	0.5	-	-	-	-			
6.	<b>Monthly income</b>									
a)	Rs. 5000&below	13	13.5	10	10.5	-	-			

b)	Rs 5001- Rs.8000	4	4	21	21.5	3	3	40.52 (df=2)	5.991	(S)
c)	Rs.8001-Rs.10,000	3	3	16	16.5	7	7.5			
d)	Rs. 10,001&more	1	1.5	7	7.5	11	11.5			



7	<b>Religion</b>	Hindu									
a)	Muslim		17	17.5	36	36	12	12			
b)	Christian		3	3	9	9	2	2	12.716	9.488	(S)
c)			1	1.5	11	11	8	8			
8	<b>Source of health information</b>										
a)	Newspaper/magazine		- 13	- 13.5	2	2	-3	-3			
b)	Radio/TV		2	2.5	25	25.5	8	8.5	23.028	5.991	(S)
c)	Friends/Relative		6	6	17	17	10	10.5			
d)	Health professional				11	11.5					
9	<b>Type of food consumption</b>										
a)	Vegetarian	Non-	3	3	9	9.5	1	1			
b)	vegetarian		16	16	41	41.5	19	19.5	5.7696	9.488	(NS)
c)	Eggetarian		3	3	5	5	1	1.5	(df=4)		

Table 7 showed that Chi-square qualities were determined to figure out the relationship of information on mothers with age, schooling, occupation, kind of family, number of under 5 children, month to month pay, religion, wellspring of the health data and kind of food utilization in regards to dietary practice in anticipation of malnutrition.

The segment factors age ( $X^2=13.026$ ), schooling ( $X^2=83.472$ ), occupation ( $X^2=67.53$ ), month to month pay ( $X^2=40.52$ ), religion ( $X^2=12.716$ ) and wellspring of health information ( $X^2=23.028$ ) was related with information on mothers with under five children. Other segment factors, for example, kind of family, number of under five children and sort of food utilization had no relationship with information in regards to dietary practices in counteraction of malnutrition.

## RESULTS AND DISCUSSION

The conversation part manages sample qualities and goals of the study. The point of this current study was to assess the information, disposition and work on in regards to dietary practices in counteraction of malnutrition among mothers with under five children.

**CONCLUSION**

The current study evaluated the information, mentality and work on, in regards to dietary practices in anticipation of malnutrition among mothers with under five children. The study uncovers that the information score was modestly satisfactory for 156(56%). Concerning 56(56%) were having tolerably good demeanour. Practically speaking 58(58%) were having tolerably satisfactory practice. The mean information and demeanour scores are 15.29 (SD 5.47) and 68.2 (SD 7.47). There was a huge relationship amongst information and disposition with respect to dietary practice in counteraction of malnutrition ( $r=0.59$ )  $p<0.05$ . The study discoveries uncovered that mother of under five children should be given data on dietary practices in avoidance of malnutrition to work on their insight, demeanour and practice, further the self-educational module might disperse the information to different mothers.

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