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A STUDY TO ASSESS THE KNOWLEDGE REGARDING PREVENTION OF MALNUTRITION AMONG MOTHERS OF UNDERFIVE CHILDREN AT GOVERNMENT DISTRICT HOSPITAL, NARSINGHPUR, MADHYA PRADESH.

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Abstract: Introduction: In the modern world, children are afflicted by a number of illnesses that cause significant rates of morbidity and mortality. But among children under five, malnutrition is a major issue in developing and underdeveloped nations. Mild to moderate malnutrition goes undiagnosed in the great majority of children because parents, carers, and other concerned medical and paramedical staff are unaware of its presence. **Aim:** A study to assess the knowledge regarding prevention of malnutrition among mothers of under-five children at government district hospital, Narsinghpur, Madhya Pradesh. **Objectives:** 1) To assess the pre-test level of knowledge regarding Malnutrition among mothers of under – five children. 2) To find out the association between the pre-test level of knowledge regarding Malnutrition among mothers of under – five children with their selected demographic variables. **Method:** In this study, non – Experimental Descriptive Research Design was adopted to determine the knowledge regarding prevention of anaemia among pregnant women at Government District Hospital, Narsinghpur, Madhya Pradesh.” **Result:** The current study displayed the dietary knowledge of 200 moms, showing that 44 (22%) had adequate information, 112 (56%) had moderately adequate knowledge, and 44 (22%) had inadequate understanding regarding dietary habits in preventing malnutrition. Also this study demonstrated how Chi-square values were calculated to determine the relationship between mothers' knowledge of dietary practises for preventing malnutrition and age, education, occupation, type of family, number of children under the age of 5, monthly income, religion, and source of health information. Mothers with fewer than five children reported having awareness of the demographic variables age ($X^2=13.026$), education ($X^2=83.472$), occupation ($X^2=67.53$), monthly income ($X^2=40.52$), religion ($X^2=12.716$), and source of health information ($X^2=23.028$). Other demographic factors like household type, the number of children under the age of five, and the type of food consumed did not correlate with awareness of dietary practises in malnutrition prevention.

Key Words: - Knowledge, Malnutrition, Mothers of Under – five Children

INTRODUCTION

Citizens' health affects the health of the country. A healthy child develops into a healthy adult. Children are valuable resources, and if the country ignores their health, it will produce a sick population. Citizens. The nutrition of children under the age of five is extremely important because this is the time when our lifetime health, strength, intelligence, and vitality are all built. India is struggling with a weight of ailments where nutritional inadequacies are more widespread as we all enter the new millennium. PEM (Protein Energy Malnutrition) has been highlighted as a significant health and nutritional issue in India among the nutritional issues. It contributes significantly to childhood morbidity and mortality in addition to permanently impairing the physical and mental development of children who survive.

STATEMENT OF THE PROBLEM

“A study to assess the knowledge regarding Prevention of Malnutrition among mothers of under – five children in Government District Hospital, Narsinghpur, Madhya Pradesh.”

RESEARCH QUESTIONS

What is the level of knowledge of Malnutrition among mothers of under – five children at Government District Hospital, Narsinghpur regarding Prevention of Malnutrition?

OBJECTIVES OF THE STUDY

- To assess the pre-test level of knowledge regarding Malnutrition among mothers of under – five children.
- To find out the association between the pre-test level of knowledge regarding Malnutrition among mothers of under – five children with their selected demographic variables.

RESEARCH HYPOTHESIS

- ✓ RH0 There will be no significant association between the pre-test level of knowledge regarding Prevention of Malnutrition among mothers of under – five children with their selected demographic variables.
- ✓ RH1 There will be a significant association between the pre-test level of knowledge regarding Prevention of Malnutrition among mothers of under – five children with their selected demographic variables.

ASSUMPTIONS

The mothers of under – five children may not have adequate knowledge regarding Prevention of Malnutrition.

LIMITATIONS

- ✓ The sample size of 30 subjects.
- ✓ The study period of 1 week.
- ✓ The study is limited to mothers of under – five children.

RESEARCH METHODOLOGY

RESEARCH APPROACH

In this study, quantitative research approach was adopted.

RESEARCH DESIGN

In this study, non – Experimental Descriptive Research Design was adopted to determine the knowledge regarding prevention of Anaemia among pregnant women at Government District Hospital, Narsinghpur, Madhya Pradesh.”

VARIABLES

Research Variable: -

Knowledge regarding Prevention of Malnutrition among mothers of under – five children.

SETTING OF THE STUDY

The present study will be conducted at Government District Hospital, Narsinghpur, Madhya Pradesh.

POPULATION

In the present study, population comprised of mothers of under – five children at Government District Hospital, Narsinghpur, Madhya Pradesh.

TARGET POPULATION

In the present study, target population comprised of mothers of under – five children at Government District Hospital, Narsinghpur, Madhya Pradesh.

ACCESSIBLE POPULATION

Hypertensive patients were the study's accessible population, and they were asked about their knowledge regarding Prevention of Malnutrition among mothers of under – five children at Government District Hospital, Narsinghpur, Madhya Pradesh.

SAMPLE

In this study, the sample consists of mothers of under – five children at Government District Hospital, Narsinghpur, Madhya Pradesh who fulfilled the inclusion criteria.

SAMPLE SIZE

In this study, the sample comprised of 200 Mothers of under – five children who are between the age group of 20- 40 years & admitted at Government District Hospital, Narsinghpur, Madhya Pradesh who fulfilled the inclusion criteria.

SAMPLING TECHNIQUE

In this study, purposive sampling technique was used to select the samples.

CRITERIA FOR SAMPLE SELECTION

Selecting cases that satisfy a pre-set criterion of importance is known as sampling criteria. The selection criteria are primarily presented under two headings, inclusive criteria and exclusive criteria.

Inclusion criteria: -

The study includes:

- ✓ Mothers of under – five children who are admitted at Government District Hospital, Narsinghpur, Madhya Pradesh.
- ✓ Mothers of under – five children who are willing to participate in the study.
- ✓ Mothers of under – five children who can understand Hindi or English.

Exclusion criteria

The study excludes:

- Mothers of under – five children who are not willing to participate in the study.
- Mothers of under – five children those who were not available at the time of data collection.

DEVELOPMENT OF THE TOOL

Based on the study's goals and with the help of medical specialists, demographic data and a structured knowledge questionnaire were employed as the study's main tools.

SECTION: A Demographic variables

It consists of demographic variables such as age, religion, education, occupation, Marital Status, Monthly Income, Place of residence, type of family and Dietary Pattern.

SECTION B:

It consists of 25 Malnutrition related questions including causes, symptoms, diagnosis, treatment, management of Hypertension. Each question has 4 options in which one is correct answer which is scored 1. Maximum score is 20.

SCORING INTERPRETATION

- ❖ 0 – 40% -Inadequate knowledge
- ❖ 41 – 70% - Moderate knowledge
- ❖ 71 – 100% - Adequate knowledge

VALIDITY

Four nursing professionals and one medical expert were consulted in order to determine the validity of the tool. According to suggestions made by the tool's specialists, modifications were made.

RELIABILITY

The reliability of the tool was established by using test-retest method (Karl Pearson formula). Reliability of the tool was $r = 0.86$, so the tool was found to be reliable.

PILOT STUDY

Among mothers of pre-schoolers, a pilot study was undertaken to evaluate the study's viability, relevance, and practicability. The period of data collecting was one week. The researcher got both verbal and written consent from the hospitals before beginning the investigation. The study was determined to be viable since the data collected were suitable for statistical analysis.

DATA COLLECTION PROCEDURE

After formal written permission obtained from Principal of Paradkar Nursing Institute Narsinghpur and Dean of Government District Hospital, Narsinghpur, Madhya Pradesh. 200 samples were selected as per inclusion criteria. Rapport was established with the hypertensive patients and brief introduction about the study. Knowledge questionnaire used to assess the pre- test knowledge of Mothers of under – five children regarding Malnutrition. Followed by the pre-test structured teaching programme was given for 45 minutes to create awareness regarding Malnutrition and 20 minutes was given for clarification of doubts. Mothers of under – five children are co-operative, attentive, interested and clarified doubts during data collection period.

Plan for data analysis: -

The data collected will be analysed by means of descriptive statistics and inferential statistics.

Descriptive statistics: -

- Frequency and percentage distribution will be used to describe demographic variable.
- Mean and standard deviation will be used to analyse the pre-test and post-test level of knowledge regarding Hypertension and its Management among Hypertensive Patients.

Inferential statistics: -

- Paired t-test will be used to compare the pre-test level knowledge regarding prevention of anaemia among pregnant women.
- Chi- square test will be used to associate pre-test level of knowledge regarding prevention of anaemia among pregnant women with their selected demographic variable.

ETHICAL CONSIDERATION

The proposed study was conducted after the approval of the dissertation committee of Paradkar Nursing Institute Narsinghpur. Permission was obtained from the dean/medical officer from the selected hospitals. The oral consent was obtained before starting data collection. Assurance was given to the study subject that anonymity of each individual would be maintained. This was done for maintaining the moral and ethical as well as for the legal safety of the investigator.

DATA ANALYSIS AND INTERPRETATION OF DATA

ORGANIZATION OF DATA

Section A - Description of demographic variables

Mothers with under five children aged 18 to 22 were 23 (11.5%), 23 to 27 were 75 (37.5%), 28 to 32 were 73(36.5%), and 33 to 38 were 29 (14.5%), according to the age group. In terms of education, 8 (4.0%) moms with children under five were illiterate, 22 (11.0%) had completed elementary school, 63 (31.5%) had completed high school, and 107 (53.5%) were graduates. The majority of 112 (56.0%) mothers with under five children were housewives, followed by 53 (26.5%) mothers who were self-employed, 17 (8.5%) mothers who worked for the government, and 18 (9.0%) mothers who were employees.

Regarding family structure, the majority of 121 (60.5%) moms were living in joint families, while 79 (39.5%) mothers with under five children were living in nuclear families. According to the number of children under the age of five, 152 mothers (76.0%) had just one child, 47 mothers (23.5%) had two children, and one mother (0.5%) had three children. In terms of monthly income, 48 (24.0%) families make less than Rs. 5000, 57 (28.5%) families make between Rs. 5001 and Rs. 8000, 54 (27.0%) families make between Rs. 8001 and Rs. 10,000, and 41 (20.5%) families make more than Rs. 10,000.

The majority of women with children under five who belonged to the Hindu faith were 131 (65.5%), followed by mothers who belonged to the Muslim religion at 28 (14.0%), and moms who belonged to the Christian religion at 41 (20.5%). Regarding the source of health information, 4 (2.0%) mothers with children under five years old learned about health issues from magazines, 84 (42.0%) learned about health issues from television, 56 (28.0%) learned about health issues from friends, and 56 (28.0%) learned about health issues from health professionals. Regarding food intake, 154 moms (or 77.0%) were not vegetarians, whereas 19 mothers (or 9.5%) were eggarians. Of the mothers with under five children, 27 (13.5%) were vegetarians.

Section B - Assess the knowledge score regarding dietary Practices in prevention of malnutrition among mothers with under five children

This current study displayed the dietary knowledge of 200 moms, showing that 44 (22%) had adequate information, 112 (56%) had moderately adequate knowledge, and 44 (22%) had inadequate understanding regarding dietary habits in preventing malnutrition.

Section C - Association of knowledge scores regarding dietary practices in prevention of malnutrition among mothers of under five children with their selected demographic variables.

This study demonstrated how Chi-square values were calculated to determine the relationship between mothers' knowledge of dietary practises for preventing malnutrition and age, education, occupation, type of family, number of children under the age of 5, monthly income, religion, and source of health information.

Mothers with fewer than five children reported having awareness of the demographic variables age ($X^2=13.026$), education ($X^2=83.472$), occupation ($X^2=67.53$), monthly income ($X^2=40.52$), religion ($X^2=12.716$), and source of health information ($X^2=23.028$). Other demographic factors like household type, the number of children under the age of five, and the type of food consumed did not correlate with awareness of dietary practises in malnutrition prevention.

CONCLUSION

The current study evaluated mothers with children under the age of five on their knowledge, attitudes, and behaviour about dietary practices in malnutrition prevention. According to the assessment, 112 (56%) had a knowledge score that was just somewhat sufficient. The study's conclusions showed that mothers of young children need to be educated on dietary habits to prevent malnutrition in order to enhance their knowledge, attitude, and practice. Additionally, the self- instructional module may help other moms spread the information.

IMPLICATIONS FOR NURSING NURSING SERVICES

- The greatest people to spread the word to other women were mothers. Therefore, the health professionals' self-educational modules will aid in improving their knowledge.
- In the outpatient department, the nursing service department can set up health education programmes to instruct mothers on how to prevent malnutrition.
- In order to avoid malnutrition in children under the age of five, nurses can adopt a variety of preventive interventions.

NURSING EDUCATION

- Educating nursing students on the ideas of malnutrition prevention.
- It is important to encourage nursing students to use their understanding of preventive strategies to provide health education in the hospital and community.

NURSING ADMINISTRATION

- Administrators in the public and commercial sectors should take the initiative to update nursing staff members' understanding of dietary practises in malnutrition prevention through in-service education.
- In all health sectors, nurse administrators can conduct in-service education programmes on malnutrition prevention.
- To plan awareness-raising events on particular days.

NURSING RESEARCH

- The study's findings can be efficiently used by up-and-coming researchers as a source of reference.
- The study's findings contribute to the growing body of professional understanding that will allow for additional research.

RECOMMENDATIONS

- ❖ To compare the knowledge, attitudes, and dietary practises used by literate moms and illiterate mothers of children under the age of five, researchers can perform a comparative study.
- ❖ A study can be conducted in various contexts (rural and urban).
- ❖ Broad samples can be used to reproduce similar studies, allowing for the generalisation of results to large populations.

LIMITATIONS

- It is time consuming for the mothers to spend more time in the outpatient department for data collection.

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