

A Study on Knowledge of Mothers of Pre- School Children on Nutritional Problems in Slum Areas of Jabalpur City (M.P.)

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Abstract

This present study is on knowledge of mothers of pre- school children on nutritional problems in slum areas of Jabalpur city. The objective of the study was assessment the nutritional status of Pre-School Children's mother of Slum Areas of Jabalpur city by KAP method. The data was collected from 800(400 pre, 400 post) mothers of pre-school children of slum areas with self structured questionnaire tool. Data analysis was done by Mean, Standard Deviation (S.D.) and t-table with simple charting and tabulation. They reveals remarkable progress in Knowledge and understanding knowledge of mothers post-KAP.

Keywords: Nutritional Status, Preschool children, Slum Area, Knowledge, Attitude and Practice (KAP)

Introduction

Malnutrition among children below five years continues to be one of India's major human development challenges. In spite of tremendous economic progress made in the last two to three decades, malnutrition among children in both urban and rural India still claims many lives. However, mounting cases of malnutrition has caught the public eye and so healthcare providers as well as the government are taking the necessary steps to improve the current status of nutrition for children in India. Reduction of malnutrition in 0-5 age group can be ensured by availability of supplementary feed. Healthcare providers to focus on health education among parents, especially the mothers on the exact nutritional requirements in terms of quality and quantity of the child at specific age groups. (Singh et al 2013)

The malnutrition has mostly effected rural area although urban is also not having satisfactory results. As per NFHS-4 (2015-16), 43.6% rural children under 5 years were stunted (low height for age). The urban figure for stunted under 5 children in Madhya Pradesh stood at 37.5%. Rural children 27.1% in Madhya Pradesh were wasted (low weight for height) as per NFHS-4 (2015-16) while 22% children under five years in urban areas were wasted (low weight for height). Almost 45% children in rural Madhya Pradesh under five years were underweight (low weight for age). The underweight data for urban Madhya Pradesh stood at 36.5% children under five years. In rural Madhya Pradesh 9.6% children under -five years were severely wasted in urban Madhya Pradesh. The urban figure for severely wasted under five years children in Madhya Pradesh stood at 8.1%. Thus the data supplicates the facts that in the urban area with even better resources, better infrastructure, better health care facilities malnutrition poses biggest challenge. Primary Health Centre (PHC) and Anganwadi centres have not been able to perform up to the mark. The aim of the present study has thus been focused on urban centre (Jabalpur) to evaluate shortcoming and suggests upon correctional measure to explore the desired growth.

various nutrition surveys the nutritional status of pregnant and lactating mothers and infants was not satisfactory in India, due to lack of basic knowledge regarding proper nutrition and wrong customs prevalent in the community besides non-availability and low intake of food. This attempt was made to assess mothers knowledge and hence to improved it based on their learning needs through on instructional module 'children are of future of



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society and mothers are guardian of the future' (according to WHO 2005). It was a descriptive study total 100 subjects were selected through non-probability purposive sampling technique. Exploratory design was used. Data was collected by questionnaire which had two sections (socio-demographic data and knowledge regards nutrition under five). This study indicated the majority of mothers 41% had satisfactory knowledge level, inadequate knowledge level about 36% and 23% were had adequate knowledge regarding nutrition for under five years child. The study had implicated not only in the field of nursing but also in other disciplines. Education programme should give importance to equip the mothers with adequate knowledge regarding nutrition thereby preventing from threat of nutritional deficiencies.

Patali (2018)

A study with aimed to assess the knowledge and practice of mothers of preschool children regarding the prevention and management of malnutrition. The design used was descriptive cross-sectional survey. The study was conducted in a coastal setting of Trivandrum district with a sample size of 115. Data collection was done by self-administered structured questionnaire by conducting mothers meeting at selected Anganwadis. According to the results of the study 19.1% of mothers had good knowledge and 34.8% of mothers had poor knowledge. Regarding practice only 24.3% of mothers reported good practice while 36.6% of mothers reported poor practice. There was a strong association between the knowledge and Practice of mothers and selected socio demographic variables such as educational status of mothers and socio economic class (p<0.01)). The researchers suggested that findings of study can be used for planning targeted nursing interventions in coastal areas for mothers of preschool children.

Lija and Kannamma (2017)

The review of the above researches show that there was need for study on knowledge of mothers of pre- school children on nutritional problems in slum areas so that they may be advised for better nutrition and balanced diet for good health.

Objective of the Study

To assess the Nutritional Status of Pre-School Children's mother of Slum Areas of Jabalpur city by KAP method.

Hypothesis of the Study

There is no significant difference between Pre and Post KAP Test (nutritional status) of Pre-school children mothers of slum areas of Jabalpur city.

Methodology

Sample

The sample selected on randomly and convenient sampling.

Tools

Self prepared Questionnaire with reference to KAP method used for collection of data.

Method of Data Collection

A knowledge, Attitude and Practice (KAP) questionnaire was prepared for mothers of malnourished pre-school children (boys and girls) of slum areas of Jabalpur city. A pre-test was conducted to assess the awareness level. An awareness programme was undertaken to educate the mothers about well balanced protein and iron rich diet through posters, display and demonstration method. After a gap of three months the post knowledge, Attitude and Practice (KAP) questionnaire was again administered on the mothers and after scoring the results were analysed.

Result and Discussion

The data of nutritional education of mothers of pre-school children of slum areas of Jabalpur has been analysed in the following table.

Table No:- 01

Impact of Counseling Intervention on Nutrition Education (KAP) Of the Mothers of slum Areas of Jabalpur city

Group	Condition	Number (N)	Mean (M)	Standard Deviation (SD)	t-test	P-value
Knowledge	Pre	400	4.90	3.2	48.00	<0.01
	Post	400	12.58	1.84		
Attitude	Pre	400	9.86	5.04	55.85	<0.01
	Post	400	25.50	3.06		
Practice	Pre	400	5.23	3.34	43.17	<0.01
	Post	400	12.57	1.90		

Df – 798 Table value of significant at 0.05 level – 1.96

Table value of significant at 0.01 level – 2.58

The Nutritional Knowledge, Attitude and Practices level of the mothers of pre-school children were assessed before (pre) and after (post) the intervention programme. Observed data related to Nutrition Knowledge, Attitude and Practices (KAP) level of the mothers has been presented in table:- 01 and Graph:- 01 The data showed that all the mothers had upgraded nutrition knowledge after imparting nutrition education counseling. Similar results were observed by earlier workers. (Rajbala,2010; Manu

and Chawla and Sharma, 2007) who also reported significant increase in the knowledge of mothers after imparting nutrition education.

From the above results it is clear that there is positive impact of nutrition education on mothers of pre-school children. The three aspects of nutritional education are Knowledge, Attitude and Practices. The nutritional Knowledge, Attitude and practices of the mothers of pre-school children are assessed before and after intervention programme. Observed data of

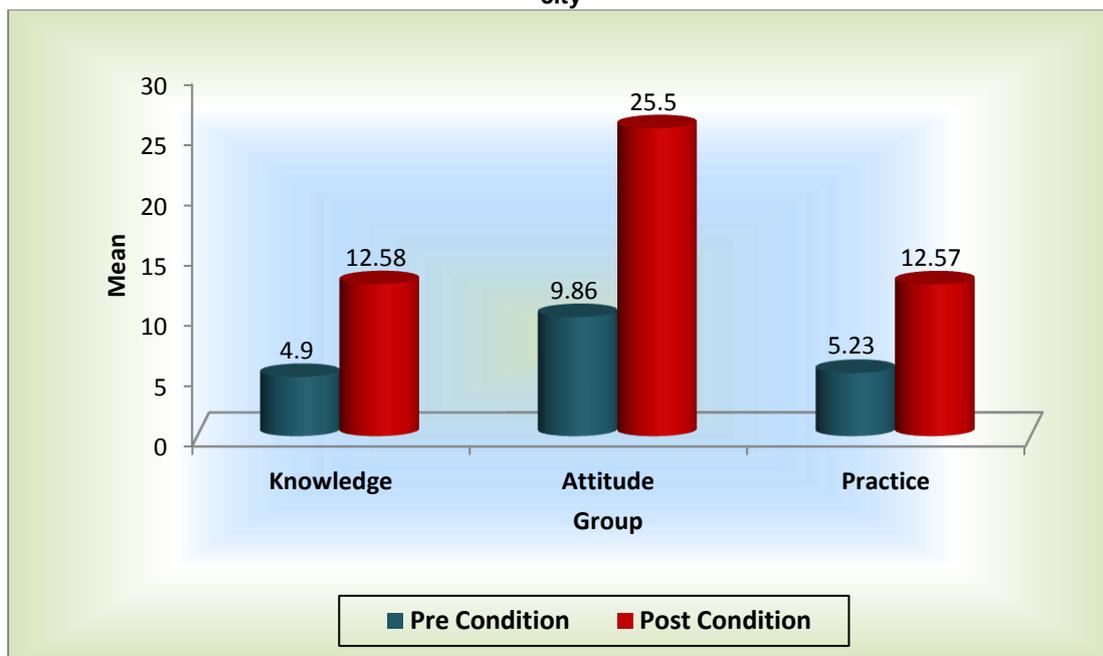
pre assessment related to knowledge, attitude and practices towards nutrition of the mothers of pre-school children show that standard mean values are 4.90, 9.86 and 5.23 respectively while 12.58, 25.50 and 12.57 values respectively for post nutritional counselling programme. For the three groups obtained values of critical ratio between pre and post nutritional intervention programme were 48.00, 55.85

and 43.17 respectively which are higher than the table value for significance at 0.01 level. The mean values for the post nutritional intervention programme are higher than that of the pre test.

As such it may be inferred that there is a positive impact of nutrition education programme on the mothers of slum areas of Jabalpur city. The above results have been presented in Graph no :- 01

Graph No:- 01

Impact of Counselling Intervention on Nutrition Education (KAP) Of The Mothers of Slum Areas of Jabalpur city



In the present study mothers of pre-school children were selected to study Nutritional Knowledge, Attitude and Practices for the counseling intervention programme. Nutrition counseling about the importance of balanced diet, sources of nutrients in diet, importance of green leafy vegetables and fruits in diet, nutrient deficiency diseases and their prevention, conservation of nutrients.

Conclusions

The nutritional Knowledge, Attitude and Practices level of the mothers of pre-school children were assessed before and after the intervention programme. Observed data of related to knowledge, Attitude and Practices (KAP) towards nutrition of the mothers of pre-school children showed that mean value were 4.90, 9.86 and 5.23 respectively while 12.58, 25.50 and 12.57 values respectively for post-nutritional counseling programme.

Knowledge, Attitude and Practice (KAP) was undertaken on mothers of pre-school children selected for the survey for the counseling intervention programme .The Knowledge,Attitude and Practice level were assessed before and after the intervention programme.t-test was applied to compared the data.They reveals remarkable progress in Knowledge and understanding knowledge of mothers post-KAP.

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Website

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