Research Paper Medical Science

Effectiveness of Stp on Knowledge Regarding Prevention of Malnutrition Among Mothers of Under-Five Children

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ABSTRACT

Background: Good nutrition is the fundamental basic right for the maintenance of Positive health. A proper diet is essential from early stage of life children below Age of five year constitute over 20% of our population and also form a most Vulnerable group. Therefore, an improvement of the diet has an important role in the prevention of Malnutrition. Educational interventions are necessary to provide information to implement a behavior change to improve their nutritional status.

Aims and objectives: The aim of the study is to impart knowledge regarding Prevention of Malnutrition among mothers of under five children.

Material and Methods: Pre experimental one group Pre test and Post test research design with quantitative approach was used. Purposive sampling technique was adopted to select 80 samples from selected rural areas of Vadodara district. The tool used to collect data was Self Administered Structured Questionnaire. Data was analyzed by descriptive and inferential statistics. The level significance of the study is fixed at 0.001level

Results: The result showed that high impact of structured teaching program has increased the knowledge level regarding prevention of malnutrition among mothers of under-five children. The paired 't' test value was28.905***.which is statistically significantat0.001 level in all aspects under the study. There was statistical significant association with type of family. However, there were no statistical association with Age of mother, Education, occupation, monthly income and source of information.

Conclusion: The structured teaching program has motivated the mothers about prevention of malnutrition It has given a new avenue to the researcher to widen the horizon on move research aspect of knowledge of prevention of malnutrition among mothers of under five-age.

KEYWORDS Assess, Effectiveness, Structured teaching programme, Knowledge, Prevention, Malnutrition

INTRODUCTION

Nutrition is nourishment or energy that is obtained from food consumed or the process of the proper amount nourishment and energy.

Malnutrition results from imbalance between the body needs and the intake of nutrients, which can lead to syndromes of deficiency, dependency, toxicity or obesity. Mal nutrition include under nutrition in which nutrients are under supplied. Under nutrition can results from improper intake, absorption, abnormal systemic loss of nutrients due to diarrhea, hemorrhage, infection and it is associated with poverty and social deprivation.

Malnutrition is a preventable and treatable cause of childhood morbidity and mortality. Inadequate intake of food is a one of the major contributing factors of malnutrition. Caretaker must use the best use of available resource because lack of proper knowledge about feeding practices.

Feeding practices during infancy are critical for growth, development and health of child during the first two year of life and also important for early prevention of mal nutrition and other disease.

Children under the age of five year are the hardest, on global scale the five principles nutritional deficiency diseases that are being accorded the highest priority action are kwashiorkor, marasmus, xeropthalamia, nutritional anemia and endemic goiter. Under nutrition puts children at greater risk of dying from common infections, increases the frequency and severity of such infections and contributes to delayed recovery.

Malnutrition is one of the largest factors suppressing India's growth. Malnutrition is wide spread in rural, tribal and urban areas and it is a significant health problem described as a silent killer, silent emergency, invisible enemy affecting those who cannot express their voice.

STATEMENT OF STUDY

"A study to assess the effectiveness of structure teaching programme on knowledge of mothers regarding prevention of malnutrition of under five children in selected rural areas of vadodara district".

OBJECTIVES

- To assess the knowledge of mothers of under five children regarding prevention of malnutrition.
- To evaluate the effectiveness of STP on knowledge regarding prevention of malnutrition among mothers of under five children in selected rural areas of vadodara district.
- To find association between the pre test knowledge scores and selected demographic variables.

HYPOTHESIS

H1 - There will be significant difference between pre-test knowledge score and post-test knowledge score among mothers of under five children regarding prevention among malnutrition.

H2- There will be significant association between pre test knowledge score with selected demographic variables

MATERIALS AND METHODS

Research Approach: Evaluative research approach was used.

Research Design: Pre-experimental research design was adopted

Setting of the Study: The study was conducted in five selected rural areas of Vadodara district.

Target Population: The target population for this study consisted of mothers of under five children.

Sample: The sample for the present study comprises of 80 mothers of selected rural areas of Vadodara district.

Sampling technique: Purposive sampling technique was used.

Development of tool for data collection:
This consists of 2 parts:-

Part 1

Consists of demographic variables such as age of mother, Occupation of mothers, educational of mothers, type of family, religion.

Part 2

Structured Questionnaire will be used to assess the knowledge level of Mother.

Validity of instrument: The tool was submitted to 3 experts of department of Child health Nursing. Experts were asked to give their opinions and suggestions about the content of tools. Hundred percent agreements were given by the experts on the content area of tool. A few suggestions were given by the experts to correct the grammatical mistakes.

Reliability: The reliability of the tool was computed by using Split half technique employing Spearman Brown's Prophecy formula. The computed reliability coefficient of the knowledge tool was found to be (r11)= 0.8374 and further, the statistical validity coefficient was found to be 0.8374. It was statistically significant and thus, the tool was found reliable.

Process of Data Collection

The data collection period extended from 01-06-2015 to 9-08 -2015. The date, time and place were confirmed after discussing with the Sarpanch of village and Aganwadi workers of different villages. On the day of data collection, test was conducted before the test the purpose of the study was explained and the confidentiality of the subjects was assured and consent was obtained from Mother.

Analysis of data

Both descriptive and inferential statistics analyzed on the basis of the objectives and hypotheses of the study. The Knowledge scores of the mothers before and after the providing knowledge were analyzed in terms of frequency, percentage, mean, and mean percentage and standard deviation. The comparison of Pre and Post test level score were determined by paired't' test, further, chi square was employed to measure the association between knowledge level and selected demographic variables. The test results were subjected for testing at 0.001 level of probability. The outcome of the result interpreted using diagrams and graphs.

RESULTS

The findings discussed under the following headings based on objectives of the study.

Section 1	Description of samples according to their demographic characteristic.
Section 2	Testing the hypothesis: evaluating of effectiveness of structured teaching
Section 3	Association between level of knowledge in pre-test with demographic variables

SECTION I: - DESCRIPTION OF DEMOGRAPHIC DATA OF THE SAMPLE

Sr	Demographic Variables	Frequency	%
1	Age In Year		
	Less than 25years	22	27.5
	25-30 years	49	61.2
	30-35 years	8	10.0
	Above 35years	1	1.3
2	EDUCATION		
	Illiterate	6	7.5
	Primary Education	45	56.2
	Higher Secondary	25	31.3
	Graduation	4	5.0
3	OCCUPATION		
	Unemployed	5	6.2
	Labor	28	35.0
	Skilled Worker	8	10.0
	House wife	39	48.8
4	INCOME IN RS.		
	Below 5000	13	16.2
	5000-10000	22	27.5
	10000-15000	39	48.8
	15000 & above	6	7.5
5	TYPE OF FAMILY		
	Joint	42	52.5
	Nuclear	38	47.5
6	SOURCE OF INFORMATION		
	Books	4	5.0
	Posters	22	27.5
	Television	45	56.2
	Others	9	11.3

Table-1: It shows that highest percentage61.2% of mothers were in the age group of 25-30 years and 27.5% of mothers were in the age group of below 25 years and 10% mothers are fall in the age group of 30-35 year and least1.3% were fall in the age group of above 35 years

Among all participants mostly mothers were having 56.2% primary education and 31.3% having secondary education and 5% mothers had graduated and 7.5% mothers had illiteracy.

About the occupation of mothers majority of 48.8% were house wife, 35% were labor worker, 10% were skilled labor and 6.2% were unemployed.

The result indicate that (52.5%) of mothers belong to joint family as compared to (47.8%) of the mothers emerged from nuclear family.

The findings indicates that 56.2 mothers gets source of knowledge from television, 27.5% from posters , 11.2% from others and only 5.0% from books. About the family income per month majority of 48.8% were in the range of 5000-10000, 27.5% mothers were in range below 5000, 16.2% mothers had below 5000 and only 7.5% mothers were in range of 10000-15000.

SECTION 2

Level of Knowledge	Pre-test		Post test	
	Frequency	Percent	Frequency	Percent
Inadequate	52	65.0	0	0
Moderately Adequate	28	35.0	12	15.0
Adequate	0	0	68	85.0
Total	80	100.0	80	100.0

Table-2 shows that prior to the administration of structured teaching program , majority 65% of the sample had Inadequate knowledge (score:1-8) regarding prevention of malnutrition and moderately adequate knowledge (score: 9-16) was observed in only35% of the sample. None of the sample had adequate knowledge (score: 17-25

SECTION 3

Sr no	Demographic variables	Freq.	Level of knowledge	Df	Obtained value	Table value	Level of significant at 0.001	
			Inadequate	Moderately adequate				
1	Age in years-							
	Less than 25	22	14	8	3	0.580	7.82	NS
	25-30 years	49	32	17				
	30-35 years	8	5	3				
	Above 35	1	1	0				
2	Education							
	Illiterate	6	4	2	3	6.882	7.82	NS
	Primary Education	45	34	11				
	Higher Secondary	25	13	12				
	Graduation	4	1	3				
3	Occupation							
	Unemployed	5	4	1	3	5.767	7.82	NS
	Labor	28	16	12				
	Skilled Worker	8	8	0				
	House wife	39	24	15				
4	Monthly income							
	No income	13	7	6	3	1.043	7.82	NS
	Below 5000rs.	22	14	8				
	5000-10000rs.	39	27	12				
	10000-15000rs.	6	4	2				
5	Type of family				1	4.074	3.84	S
	Joint	42	23	19				
	Nuclear	38	29	9				
6	Source of information				3	1.259	7.82	NS
	Books	4	3	1				
	Posters	22	16	6				
	Television	45	28	17				
	Others	9	5	4				

Table:-3 shows that the association between the pre-test level of knowledge and demographic variable. Based on the objective used to chi-square test used to associate the level of knowledge and selected demographic variables. This test value shows that there was significant association between pre-test knowledge and demographic variables such as type of family. The calculated value was greater than the table value at 0.001 level of significance. But there no significance association between the pre-test knowledge and demographic variables such as age of mothers, occupation, education, monthly income and source of information.

CONCLUSION

The following conclusion can be drawn from the study findings, which are supported by evidence from other literature;

Mothers have adequate knowledge regarding prevention of malnutrition as well as the diseases can be spread due to effect of malnutrition. The structured teaching program has shown remarkably increase in the knowledge score of the mothers. Using the statistical formulas we have computed the difference between pre-test and post-test , and highly significant difference is shown in knowledge score of the mothers in all the segments. So we can conclude that the structured teaching program on prevention of malnutrition has shown its impact on increase knowledge level of mothers regarding prevention of malnutrition.

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RECOMMENDATIONS

On the basis of the findings of the study; it is recommended that

- This study can be utilized to conduct further research study in the field of personal malnutrition.
- A similar study can be done to prepare and find out the effect of teaching programs in improving the knowledge of malnutrition.
- A similar study can be done with self instruction modules.
- A similar study can be done with larger samples and with the age group of mothers of infant, or mothers of toddlers.
- Studies may be conducted to evaluate the effectiveness of structured teaching program versus other methods of teaching to improve knowledge regarding prevention of malnutrition.
- A similar study can be conducted in urban slum area children.

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