

## “A Study To Assess The Nutritional Practices Adopted By Mothers Of Preschool Children And Their Awareness Regarding The Relevance Of These Practices To Health In Selected Community Area Haldwani, With A View To Develop And Administer A Need Based Awareness Program”

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### Abstract

**Background-** Nutritional status of today reflects a healthy and productive generation in future. The objective of study was determining the practices adopted by mothers and awareness for relevance of practices to health.

**Methodology-** Mixed approach and a Cross-sectional design were used. 50 mothers were selected via Convenience Sampling Technique and data was collected by open ended questionnaire and semi-structure interview schedule. **Result-** A maximum of 21 (42%) mothers were giving 25-50% fat deficit daily diet from RDA. Maximum mothers 24 (48%) were giving diet which was between 25-50% carbohydrate deficit diet from RDA and majority 33 (66%) of mothers were giving 25-50% protein deficit diet from RDA followed by maximum mothers 21(42%) were giving 25-50% calcium deficit diet from RDA. Majority mothers 37 (74%) were giving 51-75% vitamin A deficit diet from RDA and majority of 18 (36%) mother were giving between 51-70% vitamin C deficit daily diet from recommended followed by majority of 27(54%) mothers were giving above 75% deficit daily diet from RDA and 45 (90%) mothers were giving diet between 51-75% deficit from RDA. Majority of 50 (100%) mothers were aware regarding milk and milk product, whereas maximum 45 (90 %) of mothers were aware regarding health benefits of food items given by them like pulses, milk, oatmeal, nuts, vegetables and fruits. **Conclusion-** Maximum of mothers were aware regarding food items given by them but the level of awareness was seen in mothers but this didn't imitate into practices of mothers in relation to proportion of food items give by them.

**Key word:** Practice, Awareness, Mother of Preschool and Need Based Awareness Program

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*'Nutrition is the only remedy that can bring full recovery and can be used with any treatment. Remember, food is our best medicine'*

Bernard Jensen

### I. Introduction

Nutritional status of today reflects a healthy and productive generation in future. Especially for pre-school children (3-6), nutritional condition is a serious aspect for optimum growth and it should neither be inadequate nor compromised.<sup>i</sup>

The first 6 years of a child life mark a period of rapid physical, emotional and mental development. Early childhood development pertains to physical, mental and social growth and consists of various interventions, such as those involving the promotion of nutrition, health and mental and social development.<sup>ii</sup>

### Objective of The Study

1. To determine the nutritional practices adopted by mothers regarding nutrition of preschool children
2. To assess mothers awareness for relevance of practices to health

## II. Methodology

In the present study mixed approach and a Cross-sectional design was used. Study was conducted in selected community area of Golapar Haldwani Uttarakhand. 50 mothers were selected via Convenience Sampling Technique and data was collected by open ended questionnaire and semi-structure interview schedule.

## III. Result

### Section 1-Finding related to socio-demographic variables

Majority of mothers 25 (50%) were in the age group between 26-30 years. Majority of mothers 33 (66%) lived in a joint family and majority of mothers 48 (96%) were house maker. A maximum of 19 (38%) mothers were high school education. Maximum 16 (32%) mothers had a family income between 9000- 13000. Majority of 45 (90%) mothers had 1 child and 41(82%) mothers were having 1-2 children

### To determine the practices adopted by mothers regarding nutrition of preschool children

#### Section 2: Frequency and percentage distribution of practices adopted by mothers regarding nutrition of preschool children

The nutritive value of daily diet given by each respondent was compared with the ICMR Recommended Daily Allowance<sup>iii</sup> for the age group of (4-6) years. So based on the comparison of the nutritive value of daily diet given by mothers and the daily recommended nutritive value, the difference between two values was derived and these were the deficiency in the daily diet of children.

#### Section 2 (i) –

#### Frequency distribution of mothers according to deficiency in fat given to their preschool children based on their responses to nutritional practices

n=50

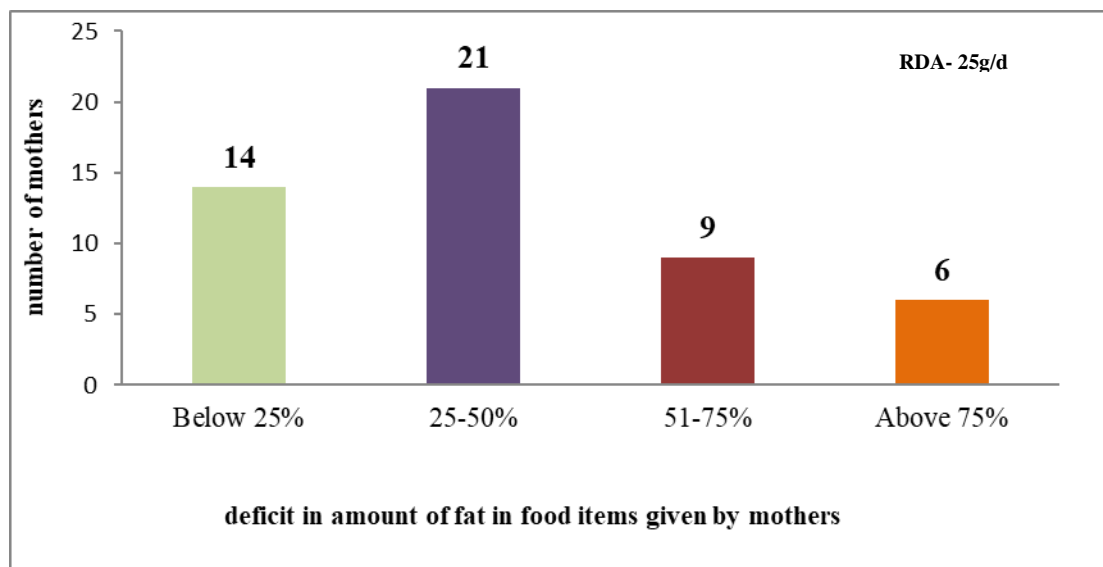


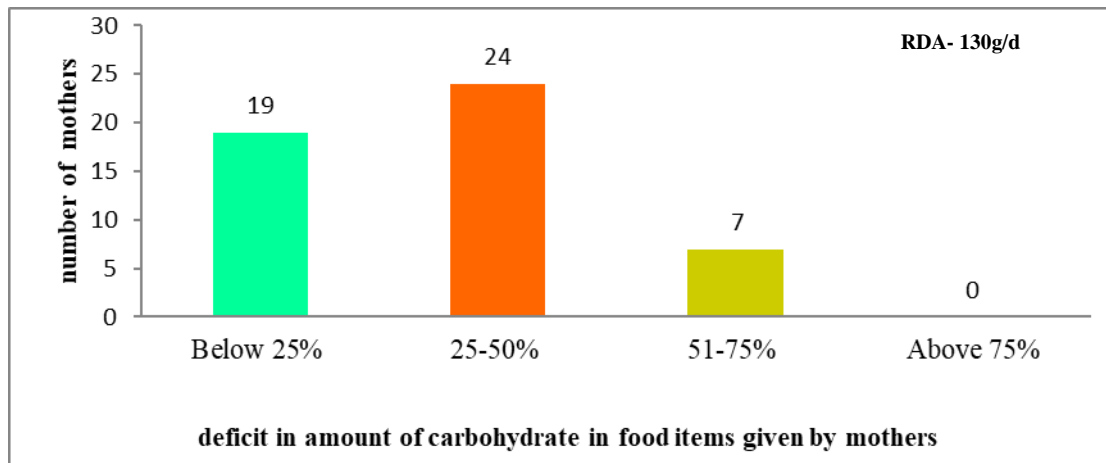
Fig. 4: Bar diagram showing practices of mothers regarding deficiency in fat in food items given by mothers of preschool children in comparison to RDA

The data in above mentioned fig. 4 shows that majority of 21(42%) mothers were giving food which is 25-50% deficit (6.25-12.50 g/d) in fat as per RDA(25g/d), whereas 14 (28%) mothers were giving food which contain below 25% (<6.25g/d) deficit in fat, 9 (18%) mothers were giving 51-75%(12.51-18.75g/d) deficit fat and majority of 6 (12%) mothers were found in the category of highly deficit in fat above 75% (>18.75g/d) in food items.

**Section 2 (ii)**

**Frequency distribution of mothers according to deficiency in carbohydrate given to their preschool children based on their responses to nutritional practices**

n- 50



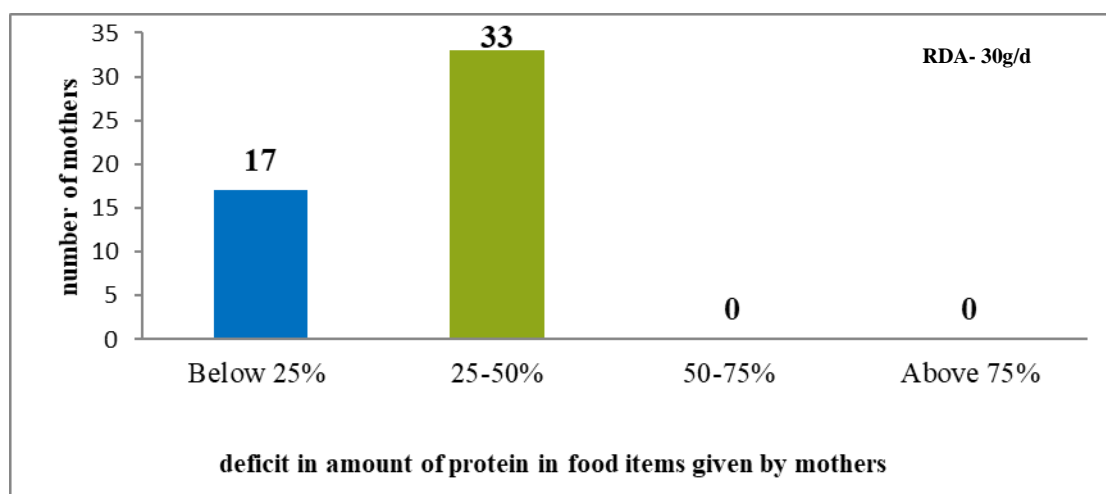
**Fig. 5:** Bar diagram showing practices of mothers regarding deficiency in carbohydrate in food items given by mothers of preschool children in comparison to RDA

The data in above mentioned fig. 5 shows that majority of 24(48%) mothers were giving food which is 25-50% deficit (32.5-65 g/d) in carbohydrate as per RDA(130g/d), whereas 19 (38%) mothers were giving food which contain below 25% (<32.5g/d) deficit in carbohydrate, 7 (14%) mothers were giving 51-75% (66-97.5g/d) deficit carbohydrate and none of mothers were giving above 75% (>97.5g/d) deficit carbohydrate in a day.

**Section 2 (iii)**

**Frequency distribution of mothers according to deficiency in protein given to their preschool children based on their responses to nutritional practices**

n- 50



**Fig. 6:** Bar diagram showing practices of mothers regarding deficiency in protein in food items given by mothers of preschool children in comparison to RDA

The data in above mentioned fig. 6 shows that majority of 33(66%) mothers were giving food which is 25-50% deficit (7.5-15 g/d) in protein as per RDA (30g/d), whereas 17 (34%) mothers were giving food which contain below 25% (<7.5g/d) deficit in protein, none of mothers were found above 50% (>15g/d) deficit in protein contains food items.

Section 2 (iv)

Frequency distribution of mothers according to calcium given to their preschool children based on their responses to nutritional practices

n- 50

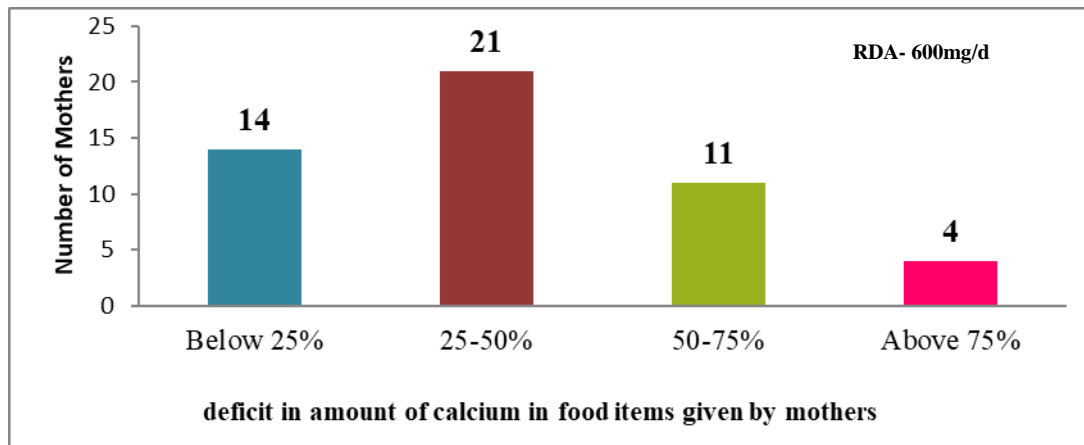


Fig. 7: Bar diagram showing practices regarding deficiency in calcium in food items given by mothers of preschool children in comparison to RDA

The data in above mentioned fig. 7 shows that majority of 21(42%) mothers were giving food which is 25-50% deficit (150-300mg/d) in calcium as per RDA(600mg/d), whereas 14 (28%) mothers were giving food which contain below 25% (<150mg/d) deficit in calcium, 11 (22%) mothers were giving between 51-75%(300-450mg/d) deficit calcium and majority of 4 (8%) mothers were found in the category of highly deficit in calcium above 75% (>450mg/d) in food item.

Section 2 (v)

Frequency distribution of mothers according to deficiency in vitamin A given to their preschool children based on their responses to nutritional practices

n- 50

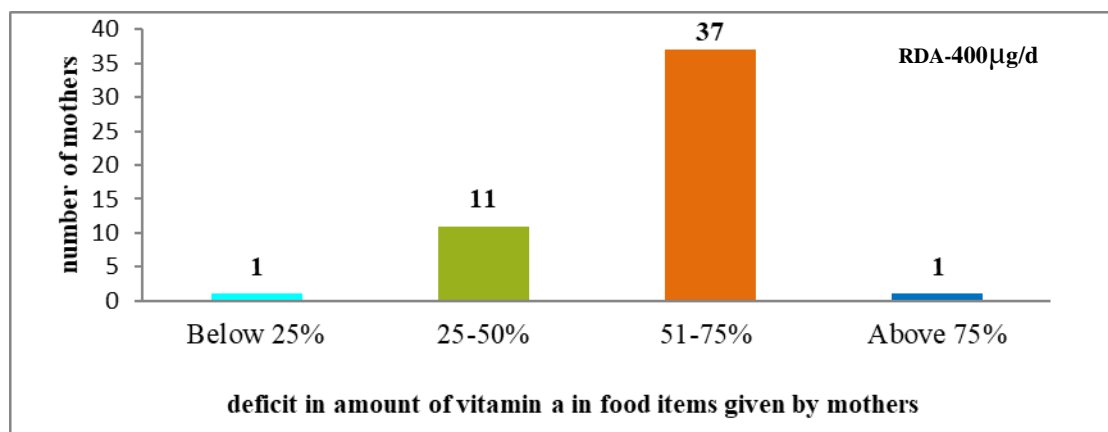


Fig. 8: Bar diagram showing practices of mothers deficiency in regarding vitamin A in food items given by mothers of preschool children in comparison to RDA

The data in above mentioned fig. 8 shows that majority of 37(74%) mothers were giving food which is 51-75% deficit (200-300µg/d) in vitamin A as per RDA (400µg/d), 11 (22%) mothers were giving food which contain below 25-50% (100-200µg/d) deficit in vitamin A, whereas 1 (2%) mothers were found in the category of highly deficit in vitamin A above 75% (>300µg/d) in food items and only 1 (2%) mothers were giving below 25% (<100µg/d) deficit vitamin A in food items.

Section 2 (vi)

Frequency distribution of mothers according to deficiency in vitamin C given to their preschool children based on their responses to nutritional practice

n- 50

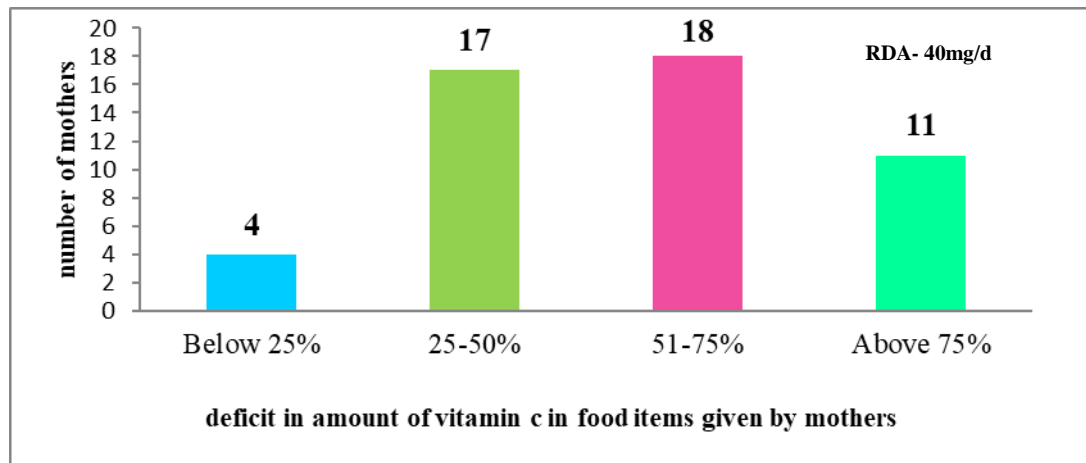


Fig. 9: Bar diagram showing practices of mothers deficiency in regarding vitamin C in food items given by mothers of preschool children in comparison to RDA

The data in above mentioned fig. 9 shows that majority of 18(36%) mothers were giving food which is 51-75% deficit (21-30mg/d) in vitamin C as per RDA (40mg/d), whereas 17 (34%) mothers were giving food which contain below 25-50% (10-20mg/d) deficit in vitamin C. Majority of mothers 11 (22%) were found in the category of highly deficit in vitamin C above 75% (>30mg/d) in food item and only 4 (8%) mothers were giving below 25% (<10mg/d) deficit vitamin C in food items.

Section 2 (vii)

Frequency distribution of mothers according to deficiency in iron given to their preschool children based on their responses to nutritional practices

n- 50

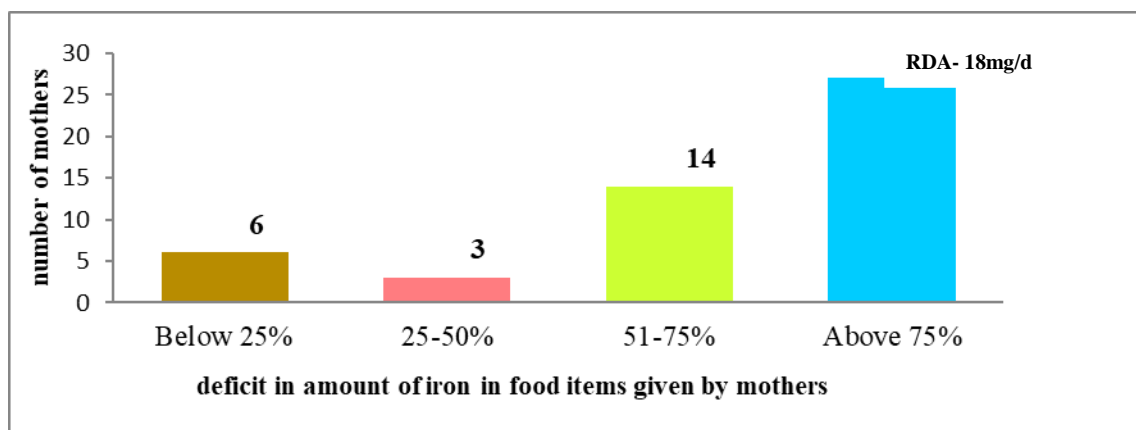


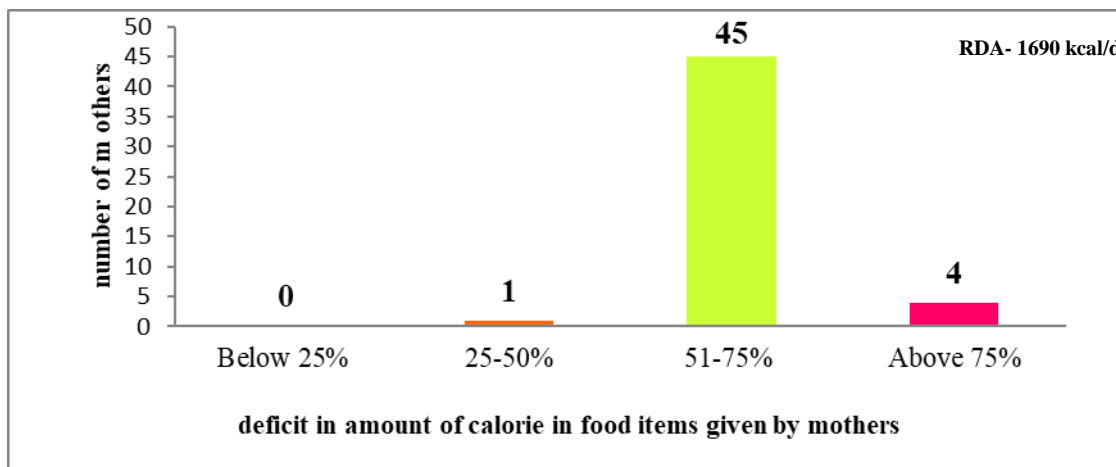
Fig. 10: Bar diagram showing practices of mothers regarding deficiency in iron in food item given by mothers of preschool children in comparison to RDA

The data in above mentioned fig. 10 shows that the majority of 27(54%) mothers were giving food which is above 75% deficit (>13.5mg/d) in iron as per RDA (18mg/d), whereas 14 (28%) mothers were giving food which contain between 51-75% (10-13.5mg/d) deficit in iron, 6 (12%) mothers were giving below 25% (<4.5mg/d) deficit iron and only 3 (6%) mothers were giving between 25-50% (4.5-9mg/d) deficit iron in food items.

## Section 2 (viii)

### Frequency distribution of mothers according to deficiency in calories given in a day to their preschool children based on their responses to nutritional practice

n=50



**Fig. 11: Bar diagram showing practices of mothers regarding deficiency in calories in food items given by mothers of preschool children in comparison to RDA**

The data in above mentioned fig. 11 shows that majority of 45(90%) mothers were giving food which is 51-75% deficit (845-1267.5kcal/d) in calorie as per RDA (1690kcal/d), whereas majority of 4 (8%) mothers were found in the category of highly deficit in calories above 75% (>1267.5kcal/d) in a day, 1 (2%) mothers were giving between 25-50% (422.5-845kcal/d) deficit calories and none of mothers were giving between below 25 (<422.5kcal/d) deficit calories in food items.

## Section 2: Mothers' awareness for relevance of practices to health regarding nutrition of preschool children

Majority of 50 (100%) mothers were aware regarding milk and milk product given by them to preschool children, whereas maximum 45 (90 %) of mothers were aware regarding health benefits of food items given by them like pulses, milk, oatmeal (daliya), nuts, vegetables and fruits. Maximum 40 (80%) of mothers were aware regarding food items given by them such as legumes, egg, ghee, chapatti and only between 60-70% of mothers were aware of benefits of food items given by them like rice, meat, water, sugar and salt and remaining mothers were not aware about nutrition for preschool children.

## IV. Conclusion

The purpose of this study was to assess the nutritional practices adopted by mothers for preschool children and their awareness regarding the relevance of these practices to health in selected community area Haldwani, with a view to develop and administer a need based awareness program. The researcher conducted face to face interview of 50 mothers in selected community area. The whole study was cost effective, simple and carried out in an accepted way to assess the practices and awareness of mothers regarding nutrition. However, the researcher found the lacunas in several areas which were tried to be overcome by developing and administering a need based awareness program.

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