

“A correlation study to assess attitude and practice regarding dietary habits in relation to prevention of malnutrition among mothers of preschool children in a selected areas of Aurangabad District”

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Abstract:

Background: Malnutrition is one of the significant factors contributing to Infant and child mortality in developing countries of the world. Nutrition during the first five years has an impact not only on growth and morbidity during childhood, but also acts as a determinant of nutritional status in adolescent and adult life.

Aims and objectives: The study aimed at assessing practice and attitude regarding dietary habits in relation to prevention of malnutrition among mothers of preschool children, finding the correlation between practice scores and attitude scores, and find out association between practice and attitude scores with selected demographic variables.

Materials and methods: Practice of mothers regarding dietary habits was assessed by 3 point rating scale, Attitude of mothers was assessed by 5 point likert scale. 50 mothers were selected by convenient sampling for the study.

Results: The study results shows that 82% mothers having good practice and 18% having average practice. Regarding attitude 80% of mothers having good attitude, 18% having average, and 02% having poor attitude. The correlation *r* value shows 0.341 as a mild correlation between practice and attitude. There was a significant association between practice scores with number of children ($X^2=6.799$, $df=2$) and educational status ($X^2=6.01$, $df=2$) of mothers.

Conclusion: The study concludes that improve the practice and attitude of mothers regarding dietary habits in relation to prevention of malnutrition among children by giving health teaching.

Key words: Attitude, Dietary habits, Malnutrition, Mothers, Practice, Preschool children.

I. Introduction

In India health hazards associated with under nutrition and micronutrients deficiencies remain major health problems. The past three decades have witnessed the emergence of over nutrition as a problem in school age children in developed countries. According to WHO 2007 estimates, there are around 19.3 and 31.6 percent of underweight and stunted children in the developing countries as compared to 1.5 and 6.0 percent of underweight and stunted children respectively in developed world (United Nation, 2010). Therefore, malnutrition is considered as wide spread public health problem especially in developing countries. The prevalence of underweight and stunted children in India is amongst the highest world, and nearly doubles that of Sub-Saharan Africa with dire consequences for mobility, mortality, productivity and economic growth¹.

II. Need or the study

Almost half of the preschool children are stunted, two-fifths of them are underweight and one-fifths of them are wasted and nearly 60 million children are underweight in India. Although the problem of malnutrition, as believed by nutritionist is multifaceted not just related to food shortage but feeding practices are believe to be the most important for child nutrition^{2,3}. Efforts to quantify child feeding practices have been limited by due to methodological issues⁴. Most of the research on relationship between child feeding practices and nutrition outcome has focused on single behavior e.g. exclusive breastfeeding, timing of introduction of complimentary food, duration of breastfeeding etc^{5,6,7}. The World Health Organization provided regulated guidelines for child feeding practices in 2008. Despite of the present effort there have been a very few studies which attempted to build a composite index of feeding practices. In Indian context, this kind of study is rare due to data limitation⁸. Meals take place big influence over the family environment and the type of food the children's eat. The eating environment can have a positive or negative impact on children's eating habits. Children who eat with their family tend to eat healthier food like fruits vegetables and whole grains. They are also at lower risk for

becoming overweighting. Parents can influence their children eating habits in a positive way by being a good role model.

Objectives of the study

1. To Assess the practice level of preschool children mothers regarding dietary habits in relation to prevention of malnutrition
2. To Assess the Attitude level of preschool children mothers regarding dietary habits in relation to prevention of malnutrition
3. To find out the correlation between practice and attitude scores of preschool children mothers regarding dietary habits in relation to prevention of malnutrition
4. To find out the association between practice scores with selected demographic variables of preschool children mothers
5. To find out the association between attitude scores with selected demographic variables of preschool children mothers

HYPOTHESIS:

Hypothesis tested at a 0.05 level of significance.

H₁: There is a significant correlation between attitude and practice scores on dietary habits in relation to prevention of malnutrition.

H₂: There is a significant association between practice scores with selected demographic variables mothers of preschool children

H₃: There is a significant association between Attitude scores with selected demographic variables mothers of preschool children.

MATERIAL AND METHOD :

Sources of data :

In this study the data will be collected from mothers of preschool children residing in selected rural areas of Aurangabad District.

RESEARCH DESIGN :

Descriptive correlation design was used for the study

SETTING :

The study will be conducted at selected rural areas of Aurangabad District.

POPULATION :

Population includes mothers of preschool children.

METHOD OF DATA COLLECTON :

Sample for the study will be selected by convenient sampling technique.

SAMPLE SIZE :

Sample size will comprise of 50 preschool children mothers

INCLUSION CRITERIA FOR SAMPLING :

- Mothers of Preschool children.
- Mothers of preschool children available at the time of study.

EXCLUSION CRITERIA FOR SAMPLING

Mothers of Preschool children not willing to participate in the study

III. INDENTATIONS AND EQUATIONS

3.1 Sample characteristics

Most of the mothers (48%) were in the age group of 25-30 years, 50% of mothers were housewife, 50% of mothers were having two children, 74% mothers belongs to Hindu religion, 64% mothers having vegetarian as a diet, two servings giving to the child only by 46% of mothers, 24% of mothers having high school education, 68% of mother having good marital status, 38% of mothers having <50000 rupees as a family income, only 34% of mothers had training on prevention of malnutrition in children and in that 24% mothers got highest training through mass media.

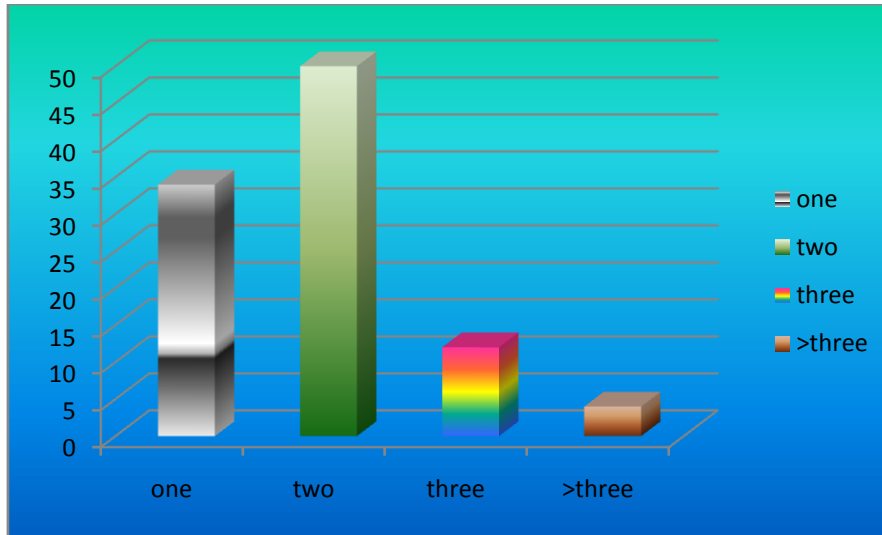


Fig No 1: Simple bar diagram showing distribution of mothers according to number of children (N=50)

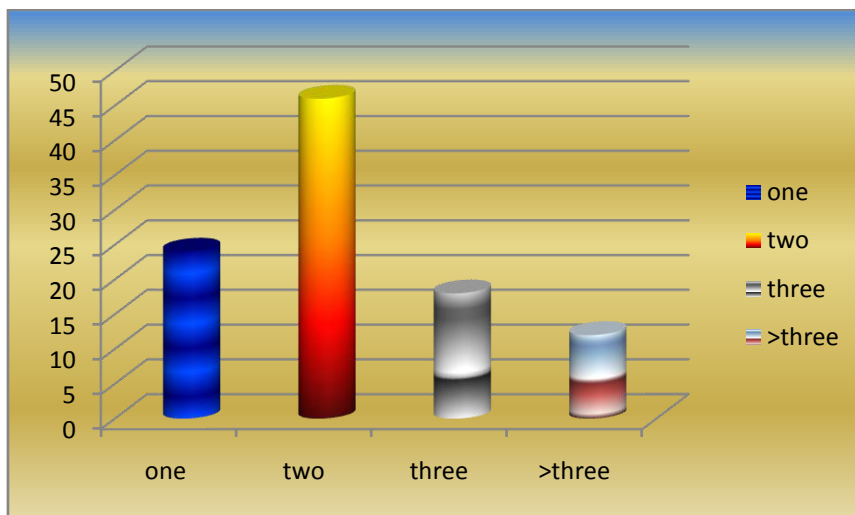


Fig No 2: Cylindrical bar diagram showing distribution of mothers according to number of servings giving to the child (N=50)

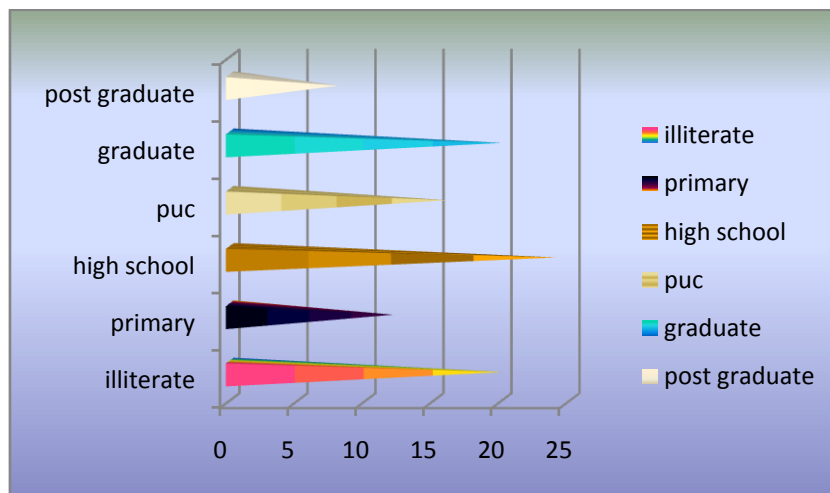


Fig No 3: cone diagram showing the distribution of mothers according to educational status (N=50)

3.2 Practice scores category of mothers in relation to prevention of mal nutrition (N=50)

S NO	Grading	Scores	Frequency	%
01	Poor	0-21	00	00
02	Average	22-42	09	18
03	Good	43-64	41	82
04	Excellent	65-86	00	00
Total			50	100

Table No 1: Represents 82 % of mothers having good practice and 18% had average practice in relation to prevention of malnutrition among preschool children

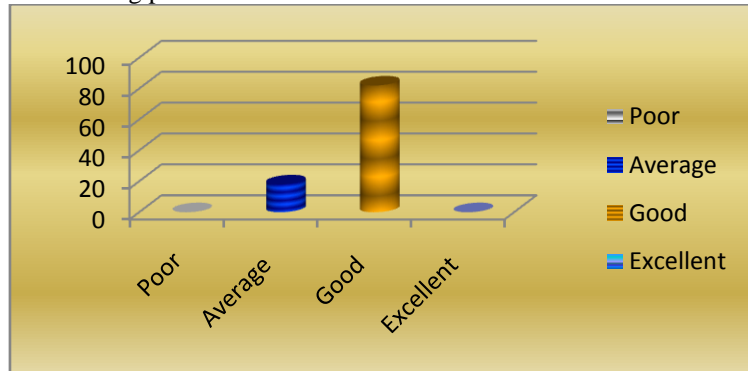


Fig No 4: cylindrical bar diagram represents practice scores of mothers

3.3 Attitude scores category of mothers in relation to prevention of mal nutrition (N=50)

S NO	Grading	Scores	Frequency	%
01	Poor	25-50	01	02
02	Average	51-75	09	18
03	Good	76-100	40	80
04	Excellent	101-125	00	00

Table No 2: Represents 80 % of mothers having good attitude and 18% had average attitude and only 02% had poor attitude score in relation to prevention of malnutrition among preschool children

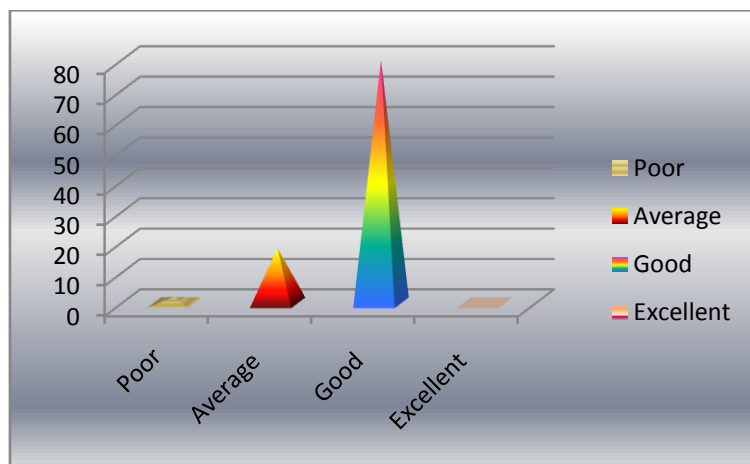


Fig No 5: Cone diagram represents Attitude scores of mothers (N=50)

3.4 Correlation between practice and attitude scores of mothers (N=50)

Variables	Mean	SD	r value	Df	Significance
Practice	52.16	7.6	0.341	48	S
Attitude	82.5	9.75			

S –Significance df(48)=0.279

Table No 3: Represents significant correlation between practice and attitude scores of mothers

3.5 Association between demographic variables with Attitude scores (N=50)

S No	Demographic variables	X ² value	D F	Significance
01	Age in years	2.01	3	NS
02	Occupation	0.672	3	NS
03	Number of children	0.269	1	NS
04	Religion	0.636	1	NS
05	Diet	0.0097	1	NS
06	Number of servings to the child	2.708	2	NS
07	Educational status	2.27	2	NS
08	Marital status	0.029	1	NS
09	Income	0.0448	2	NS
10	Training on prevention of malnutrition	0.007	1	NS

NS – Not Significant df (1)=3.84, df (2)=5.99, df (3)=7.82,

Table No 4: Represents association between attitude scores with selected demographic variables of mothers of preschool children. It reveals that no significant association between attitude scores with selected demographic variables.

3.6 Association between selected demographic variables with Practice scores

S No	Demographic variables	X ² value	D F	Significance
01	Age in years	2.336	1	NS
02	Occupation	3.34	2	NS
03	Number of children	6.779	2	S
04	Religion	0.964	1	NS
05	Diet	0.737	1	NS
06	Number of servings to the child	2.708	2	NS
07	Educational status	6.01	2	S
08	Marital status	1.776	2	NS
09	Income	1.763	2	NS
10	Training on prevention of malnutrition	2.223	1	NS

S – Significant NS- Not Significant df (1)=3.84, df (2)=5.99, df (3)=7.82,

Table No 5: Represents association between practice scores with selected demographic variables of mothers of preschool children. It reveals that significant association between practice scores with selected demographic variables like number of children and educational status of mothers.

IV. Recommendations

- A similar study can be done for a large samples to generalize the findings for a large population.
- A similar study can be done in different settings
- A planned teaching programme can be given to increase the mothers practice and attitude of mothers

V. Conclusion

The present study shows with small samples that some mothers are having average attitude and practice regarding dietary habits in relation to prevention of malnutrition. The study recommends that mothers need some awareness programme to increase practice and attitude.

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