

Assess the Knowledge on Malnutrition among Mothers in Vinayaka Mission Hospital, Salem

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Abstract:

Introduction: A child nutritional intake can have a great impact on their growth and development as well as their long term and short term health. Good nutrition is a fundamental requirement for positive health functional efficiency and productivity IN CHILDREN (MITRA of at 2006)

Objective: To assess the knowledge of mother's regarding malnutrition in under five children

Methodology: A descriptive research design with cross sectional survey approach was conducted for the present study. The study was conducted in Vinayaka mission Hospital, Salem. The sample size was 30 convenient sampling Technique was used to select the sample for the present study.

Findings: Over all mean score which is 11.4 reveals that 50% of the mothers having average knowledge and 30% of mothers having poor knowledge, further 20% of mothers having good knowledge. Hence it can be interrupted that most of the mothers having average knowledge regarding malnutrition.

Conclusion: This study reveals that most of the mothers having average knowledge on malnutrition.

I. Introduction

The human body requires a certain amount of macro-nutrients such as energy, protein, fats and micro nutrients to maintain a good health lack of one or more of the above factors cause problems for an individual to lead a healthy life Malnutrition defined as the insufficient, excessive or Imbalanced consumption of nutrients.

Malnourished children experience developmental delays, weight-loss and illness as a result of inadequate intake of protein, calories and other nutrients. Because orphaned and institutionalized children may experience one or several macronutrient and micronutrient deficiencies, they are at risk for a variety of short-term and long-term complication

A child nutritional intake can have a great impact on their growth and development as well as their long term and short term health. Good nutrition is a fundamental requirement for positive health functional efficiency and productivity IN CHILDREN (MITRA of at 2006)

A healthy balanced diet containing adequate of nutrients and energy is essential for normal growth and development and mental well being of children (THEOBALD HANNAH 2007)

Mothers also likely to be more assertive and play a greater part in intra-family decision making in favor of their children needs .Their husbands tend to be economically better of then those of uneducated women . educated mothers may also make earlier and more effective use a health services .it may be postulated that mothers education would affect their children nutritional status by similar mechanisms and varies studies have shown some degree. Association between mother's education and the nutritional status of children.

Malnutrition leads to growth filtering deficiency of specific nutrient disease like iodine, vitamin-A deficiency disease. Diarrhea and other deficiency disease (malnutrition a et 2006). The term malnutrition is also used to describe as excess or deficit of calories. The main factors that Lead to malnutrition are infant feeding practice infections maternal height and low birth weight and unhygienic practice (Jain SARIKA ET at 2007)

Need For Study

Malnutrition in India is associated with factors such as social economic and normal aspects "if has been estimated that there are now about 45 million under nourished children in our country.

Every year almost 10 million children die before the age of 5 years. Most of these deaths occur in low- and middle-income countries. It is estimated that two thirds of these deaths could be preventive by evidence-based and cost-effective methods and half of these deaths are associated with child under-nutrition.

Promoting good nutrition and dietary habits is one of the must and important components of maintaining child's health. The first five years of life are more important for growth and development. They knowledge of the mother among malnutrition is important (GUPTA.S 2005)

Illiteracy is the greatest barrier to any improvement in health condition. Mother`s education level and socio economic status is the key determinant of their child health. The malnutrition can be prevented in primary level by health promotion and good nutrient diet of pregnant mother`s.

Statement Of The Problem

Assess the knowledge on malnutrition among mothers having Under-five children in Vinayaka mission hospital, Salem.

Objective

1) To assess the knowledge of mothers regarding malnutrition

Research Approach And Design

Research design refer to the research overall plan for obtaining answers to the research question and it spells out of the strategies that the researchers adapts to develop information that is adequate accurate objective and interpretable [POLIT and HUNGLER 2000] A descriptive research design with cross sectional survey approach was used for this study.

Setting of The Study

The study was conducted in **Vinayaka Mission Hospital**, Salem.

Population

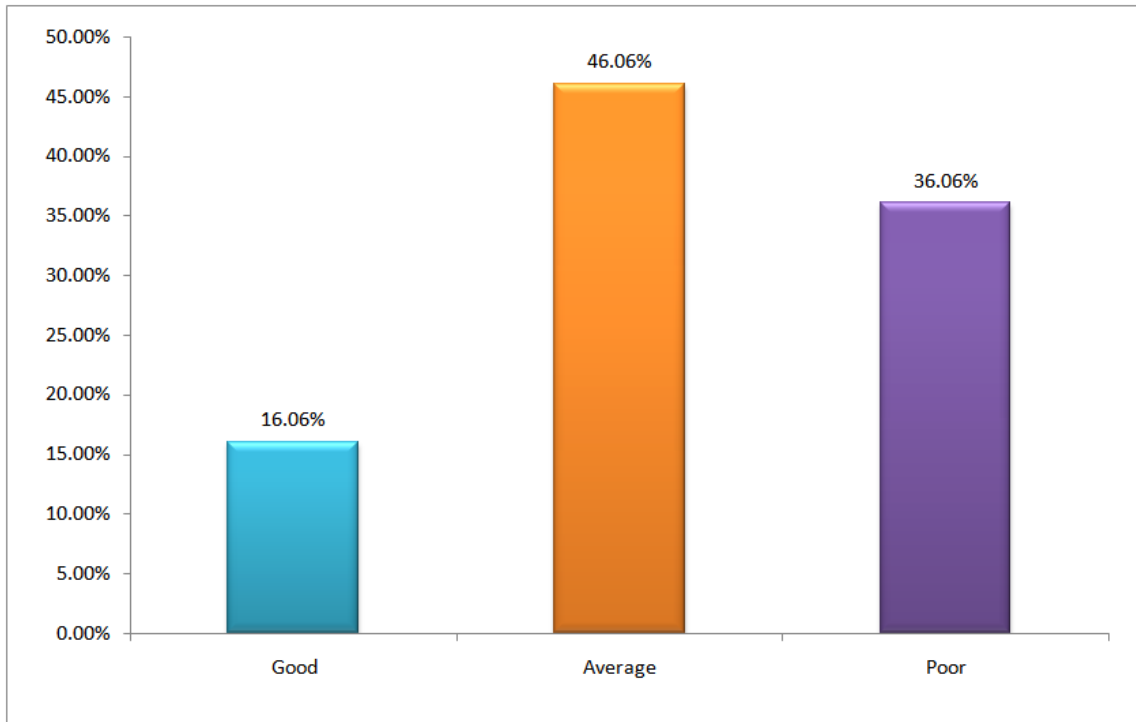
The population f or this study was mothers with children below five year of age, who are coming to the Vinayaka Mission hospital, Salem.

Level of knowledge of mothers of under five children regarding malnutrition

N=30

S.NO	Level of knowledge	No of samples	Percentage distribution (%)
1	Good knowledge (above 60%)	5	16.6 %
2	Average knowledge (30-60%)	14	46.6 %
3	Poor knowledge (below 30%)	11	36.6 %

Percentage wise distribution of level of knowledge of mothers of under five children shows that, highest percentage (46.6%) of mothers having average knowledge about malnutrition and 36.6% of mothers having poor knowledge regarding malnutrition, only 16.6% of mothers having good knowledge regarding malnutrition.



Level Of Knowledge

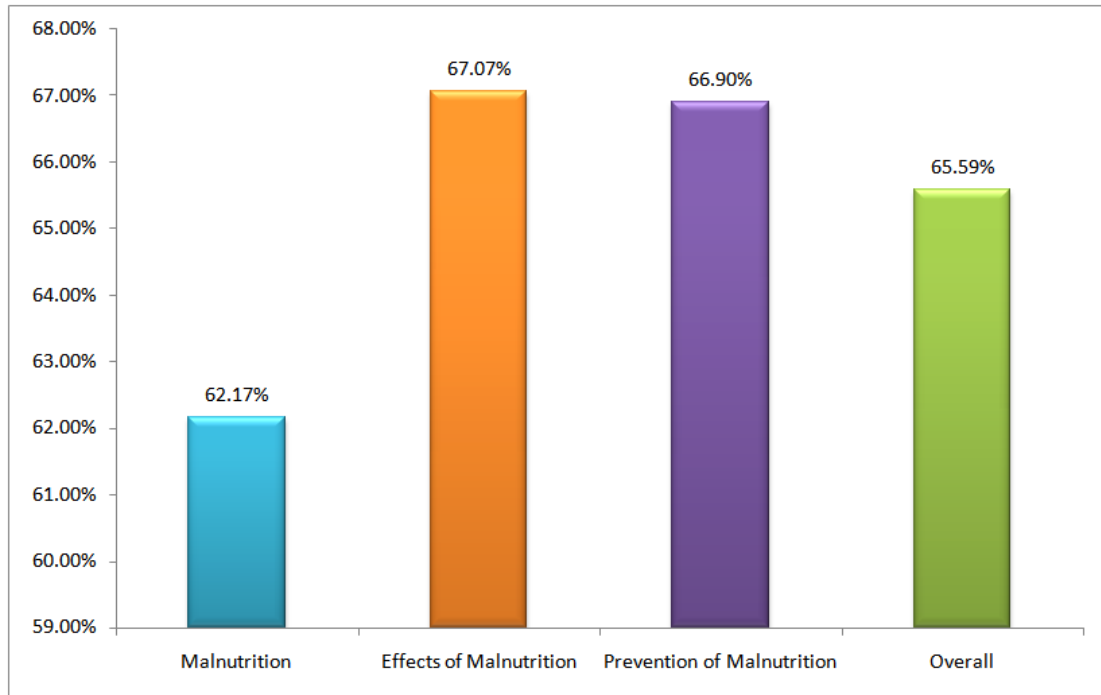
Bar diagram shows that the percentage wise distribution of mothers according to their Level of Knowledge.

Overall and area wise analysis of knowledge scores of mothers of under five children regarding malnutrition

Overall and area wise distribution of mean, SD and mean percentage of knowledge scores of mothers of under five children regarding malnutrition N=30

S.NO	AREAS	MAXIMUMSCORE	MEAN	SD	MEAN PERCENTAGE (%)
1	Malnutrition introduction	3	14.3	2.06	62.17 %
2	Effects of malnutrition	4	15.5	2.09	67.7 %
3	Prevention of malnutrition	16	15.4	0.10	66.9 %
	Over all	23	15.11	1.41	65.59 %

Overall and area wise distribution of mean, standard deviation and mean percentage of mothers of under five children regarding malnutrition shows that overall mean score 15.11 which is 65.59 percentage revealing average knowledge of mothers of under five children regarding malnutrition. Area wise knowledge scores reveals that highest mean score 15.5+2.09 which is 67.7 percentage of mothers having knowledge on effects of malnutrition, mean score 15.4 which is 66.9 percentage of mothers having knowledge on prevention of malnutrition, mean score 14.3 which is 62.17 percentage of mothers having knowledge on malnutrition. Hence it can be interrupted most of mothers having knowledge in effects of malnutrition.



Area Wise Mean Percentage

Bar diagram shows that the percentage wise distribution of mothers according to their Area wise Mean Percentage

Discussion, Summary, Conclusion, Implication And Recommendation

Discussion

A descriptive cross sectional survey design was used to collect data from 30 mothers of under five children to assess their knowledge on malnutrition, by using structured interview schedule. This study was under taken in the Vinayaka mission hospital, Salem. Collected data were analyzed by using descriptive and inferential statistics and printed in the form of tables and diagrams.

The finding are discussed under the following heading

- 1) Demographic characteristics of the samples.
- 2) Knowledge on malnutrition among mothers having under five children.

Demographic Characteristics Of The Samples

Analysis revealed that the highest percentage (43%) of the mothers were 21 to 25 years, the lower percentage (7%) of mother were 30 years. The educational status of mothers shows that highest percentage (53%) of the mothers did primary school education level and low percentage (10%) did graduate, and about occupation with the highest percentage (33%) are labors and the lower percentage (20%) are private employees.

Percentage wise distribution of mothers according their family Income shows that the highest percentage (43%) family income is between Rs 2001-Rs 3000/month, lowest percentage (10%) of mothers family income is above Rs 3000/ month.

Dietary pattern wise analysis shows that highest percentages (43%) of mothers are non-vegetarian and lowest percentage (20%) of mothers are vegetarian.

Resident analysis shows that highest percentages (66%) of mothers are belong to rural area and lowest percentages (36%) of mothers are belongs to urban area.

The analysis also shows that the highest percentage (53%) of mothers in join family and lower percentage (16%) of mothers in extended family. Religion analysis shows that majority (50%)of mothers are belongs to Hindu, analysis of previous source of information regarding prevention of malnutrition shows that highest percentage (53%) of mothers got information from health professional and lowest percentage (6%) of mothers got information from mass media.

Area Wise Analysis Of Knowledge Scores Of Mothers Regarding Malnutrition

Overall and area wise distribution of mean, standard deviation and mean percentage of mothers of under five children regarding malnutrition shows that overall mean score 15.11 which is 65.59 percentage revealing average knowledge of mothers of under five children regarding malnutrition. Area wise knowledge scores reveals that highest mean score 15.5+2.09 which is 67.7 percentage of mothers having knowledge on effects of malnutrition, mean score 15.4 which is 66.9 percentage of mothers having knowledge on prevention of malnutrition, mean score 14.3 which is 62.17 percentage of mothers having knowledge on malnutrition. Hence it can be interrupted most of mothers having knowledge in effects of malnutrition.

Assessment Of Knowledge Scores

Percentage wise distribution of level of knowledge of mothers of under five children shows that highest percentage (46.6%) of mothers scored between 30%-60% revealing average knowledge about malnutrition and 36.6% of mothers scored below 30% depicts that poor knowledge. Further 16.6% of them scored above 60% depict good knowledge. Therefore it can be interpreted that most of the mothers are having average knowledge regarding malnutrition.

Summary

Based on the finding the study it can be summarized.

- Highest percentage (43.3%) of mothers belongs to the age group of 21-25 years.
- Highest percentage (53.3%) of mothers had primary school education.
- Occupation wise analysis shows that most of the mothers (33%) are laborer.
- Family income wise analysis shows that majority (43%) of the mothers family income is between RS.2001 to 3000.
- Dietary pattern wise analysis shows that highest percentage (43.3%) of mothers are non vegetarian.
- highest percentage (53%) of mothers in join family
- Religion analysis shows that majority (50%) of mothers are belongs to Hindu.
- previous source of information regarding prevention of malnutrition shows that highest percentage (53%) of mothers got information from health professional
- Area wise analysis shows that highest means score 15.5±2.09 which is 67.7% of mothers having knowledge on effects of malnutrition.

- Item wise analysis shows that highest percentage (67%) of mothers correctly responded to the item “which food items you will select initially weaning”.
- Item wise analysis shows that most of mothers (63%) correctly responded to the item “cause of malnutrition”.
- Percentage wise distribution of level of knowledge of mothers of under five children shows that, highest percentage (46.6%) of mothers having average knowledge about malnutrition.

Conclusion

From the findings of the present study it can be concluded that highest percentage of mothers in the age group of 21-25 years, most of them had primary school education. Overall mean, SD and mean percentage revealed that mothers having average knowledge on malnutrition.

Implication

The finding will help the nursing personal to estimate the knowledge of malnutrition

Nursing Practice

Nursing personals working in the hospital and the community can utilize the finding to know the level of knowledge of mothers of under-five children regarding malnutrition. Study finding will help the health personals to plan health education programmes for mothers of under five children.

Nursing Education

The nurse can prepare the nursing students to educate mothers regarding knowledge on malnutrition

Nurses Research

The findings can be utilized for conducting research to assess knowledge and practice of malnutrition.

Recommendation

A similar study can be undertaken with a large sample to generalize the findings.

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IOSR Journal of Nursing and Health Science (IOSR-JNHS) e-ISSN: 2320–1959.p- ISSN: 2320–1940 Volume 4, Issue 4 Ver. V (Jul. - Aug. 2015), PP 00-00 www.iosrjournals.org DOI: 10.9790/1959-044XXXXX www.iosrjournals.org 1 | Page Assess the Knowledge on Malnutrition among Mothers in Vinayaka mission Hospital, Salem Miss. M.Kavitha M.Sc. (N), M.Sc. (psychology) Lecturer, Dept .of Child Health Nursing V.M.A.C.O.N, S Abstract: Introduction: A child nutritional intake can have a great impact on their growth and development as well as their long term and short term health.Good nutrition is a fundamental requirement for positive health functional efficiency and productivity IN CHILDREN (MITRA of at 2006) Objective: To assess the knowledge of mother’s regarding malnutrition in under five children Methodology: A descriptive research design with cross sectional survey approach was conducted for the present study. The study was conducted in Vinayaka mission Hospital, Salem. The sample size was 30 convenient sampling Technique was used to select the sample for the present study. Findings: Over all mean score which is 11.4 reveals that 50% of the mothers having average knowledge and 30% of mothers having poor knowledge, further 20% of mothers having good knowledge. Hence it can be interrupted that most of the mothers having average knowledge regarding malnutrition. Conclusion: This study reveals that most of the mothers having average knowledge on malnutrition. I. Introduction The human body requires a certain amount of macro-nutrients such as energy, protein, fats and micro nutrients to maintain a good health lack of one or more of the above factors cause problems for an individual to lead a healthy life Malnutrition defined as the insufficient, excessive or Imbalanced consumption of nutrients. Malnourished children experience developmental delays, weight-loss and illness as a result of inadequate intake of protein, calories and other nutrients. Because orphaned and institutionalized children may experience one or several macronutrient and micronutrient deficiencies, they are at risk for a variety of shortterm and long-term complication A child nutritional intake can have a great impact on their growth and development as well as their long term and short term health.Good nutrition is a fundamental requirement for positive health functional efficiency and productivity IN CHILDREN (MITRA of at 2006) A healthy balanced diet containing adequate of nutrients and energy is essential for normal growth and development and mental well being of children (THEOBALD HANNAH 2007) Mothers also likely to be more assertive and play a greater part in intra-family decision making in favor of their children needs .Their husbands tend to be economically better of then those of uneducated women . educated mothers may also make earlier and more effective use a health services .it may be postulated that mothers education would affect their children nutritional status by mimilar mechanisms and varies studies have shown some degree. Association between mother’s education and the nutritional status of children. Malnutrition leads to growth filtering deficiency of specific nutrient disease like iodine, vitamin-A deficiency disease. Diarrhea and other deficiency disease (malnutrition a et 2006). The term malnutrition is also used to describe as excess or deficit of calories. The main factors that Lead to malnutrition are infant feeding practice infections maternal height and low birth weight and unhygienic practice (Jain SARIKA ET at 2007) Need For Study Malnutrition in India is associated with factors such as social economic and normal aspects “if has been estimated that there are now about 45 million under nourished children in our country. Every year almost 10 million children die before the age of 5 years. Most of these deaths occur in lowand middle-income countries. It is estimated that two thirds of these deaths could be preventive by evidencebased and cost-effective methods and half of these deaths are associated with child under-nutrition. Promoting good nutrition and dietary habits is one of the must and important components of maintaining child’s health. The first five years of life are more important for growth and development. They knowledge of the mother among malnutrition is important (GUPTA.S 2005) Illiteracy is the greatest barrier to any improvement in health condition. Mother’s education level and socio economic status is the key determinant of their child health. The malnutrition can be prevented in primary level by health promotion and good nutrient diet of pregnant mother’s. Assess The Knowledge On Malnutrition Among Mothers In V.M.K.V. Medical College Hospital... DOI: 10.9790/1959-044XXXXX www.iosrjournals.org 2 | Page Statement Of The Problem Assess the knowledge on malnutrition among mothers having Under-five children in Vinayaka mission hospital Salem. Objective 1) To assess the knowledge of mothers regarding malnutrition Research Approach And Design Research design refer to the research overall plan for obtaining answers to the research question and it spells out of the strategies that the researchers adapts to develop information that is adequate accurate objective and interpretable [POLIT and HUNGLER 2000] A descriptive research design with cross sectional survey approach was used for this study. Setting Of The Study The study was conducted in vinayaka mission kirupanandhavariyar medical college hospital, Salem. Population The population f or this study was mothers with children below five year of age, who are coming to the vinayaka mission hospital, Salem. Level of knowledge of mothers of under five children regarding malnutrition N=30 S.NO Level of knowledge No of samples Percentage distribution (%) 1 Good knowledge (above 60%) 5 16.6 % 2 Average knowledge (30-60%) 14 46.6 % 3 Poor knowledge (below 30%) 11 36.6 % Percentage wise distribution of level of knowledge of mothers of under five children shows that, highest percentage (46.6%) of mothers having average knowledge about malnutrition and 36.6% of mothers having poor knowledge regarding malnutrition, only 16.6% of mothers

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of mothers (63%) correctly responded to the item “cause of malnutrition”. Percentage wise distribution of level of knowledge of mothers of under five children shows that, highest percentage (46.6%) of mothers having average knowledge about malnutrition. Conclusion From the findings of the present study it can be concluded that highest percentage of mothers in the age group of 21-25 years, most of them had primary school education. Overall mean, SD and mean percentage revealed that mothers having average knowledge on malnutrition. Implication The finding will help the nursing personal to estimate the knowledge of malnutrition Nursing Practice Nursing personals working in the hospital and the community can utilize the finding to know the level of knowledge of mothers of under-five children regarding malnutrition. Study finding will help the health personals to plan health education programmes for mothers of under five children. Nursing Education The nurse can prepare the nursing students to educate mothers regarding knowledge on malnutrition Nurses Research The findings can be utilized for conducting research to assess knowledge and practice of malnutrition. Recommendation A similar study can be undertaken with a large sample to generalize the findings. Bibliography [1]. 1. Raheena Begam “Text book of foods, nutrition & dietetics "Third Revised Edition, sterling publishers private limited page number: 7-49, 103-105. [2]. 2. Parual Datta “ Text book of pediatrics nursing book “ Jaypee brothers medical publishers(p) ltd , new Delhi page number 56- 57. [3]. 3. K park “ Text book of preventive and social medicine “ 21st edition ,M/s Banarsidas Bhanot publishers in India , page number:497 [4]. 4.Basavanthappa B.T . Community Health Nursing second Edition, Jaypee brothers publication, page number; 263-266 [5]. 5.Dr.Mrs. Kasthuri RBO Community Health Nursing Fourth Edition, Page number; 205-206 [6]. 6.A.Parthasarathy PSN Menon Piyush Gupta MKC Nais , fourth edition, „Text book of Pediatrics““ page number;123-124 [7]. 8.Carol Jean west suitor, MR.R.D Merrily Forbes Crowley,R.N,M.S, Nutrition principles and application in health promotion, second edition, page number;277. [8]. 14. Journal of Nursing Research Society of India Vol.5 by Prof.HC.Rawed (2012) [9]. 15. Indian Journal of Nursing Studies, Vol.1 by Cholthram College of Nursing 2010.