A STUDY TO ASSESS THE KNOWLEDGE OF MOTHERS OF UNDER FIVE (U-5) CHILDREN REGARDING PROTEIN ENERGY MALNUTRITION IN SELECTED AREA OF AMLOH GOBINDGARH PUNJAB WITH A VIEW TO DEVELOP HEALTH EDUCATION MODULE

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ABSTRACT

INTRODUCTION: "To look into some aspects of the future, we do not need projections by super computers. Much of the next millennium can be seen in how we care for our children today. Tomorrow world may be influenced by science and technology, but more than anything, it is already taking shape in the bodies and mind of our children". (Kafli Annan)

Material and methods: A descriptive survey was carried out to assess the knowledge of mothers of under five (U-5) children regarding protein energy malnutrition in selected urban areas of Amloh. A sample of 150 mothers of U-5 children were randomly selected and data was collected by using structured interview schedule. The research design adopted for the present study was non-experimental design because it describes the relationship which exists between the selected socio demographic variables and knowledge of mothers of U-5 children regarding protein-energy malnutrition.

Results: The mean over all knowledge score of mothers regarding protein energy malnutrition was 12.91 and S.D.=3.11. Hundred and two mothers (68%) had low knowledge score and 48 mothers (32%) had average knowledge.

The X^2 value showed that there was significant relationship between the knowledge of mothers with their education and family monthly income. Insignificant relationship was found between the knowledge of mothers with their age, occupation and size of the family.

Conclusion: The study findings revealed that the majority of mothers were illiterates. Hence there is a need to educate the mothers regarding correct feeding practices and that helps in preventing protein energy malnutrition.

Key words: Mothers, knowledge, health education, module

INTRODUCTION:

Protein energy malnutrition has been identified as major public health and nutritional problem in India. It not only leads to childhood morbidity and mortality but also leads to impairment of physical and possibly of mental growth of those who survive.

According to the voluntary health association of India the term malnutrition implies imperfect nourishment occurs when the demands of the body for certain nutrients are not meant, results in protein energy malnutrition or met in excess leads to over nutrition.

Protein energy malnutrition is a most lethal form of malnutrition; children are its most visible victims of malnutrition. The silent emergency is an accomplice in at least half of 10.9 million deaths is there in each year.

The high prevalence of malnutrition varies considerably among countries in south Asia and among regions within the countries. The high prevalence of protein energy malnutrition in most countries of south Asia is paradoxical. Bangladesh, India and Pakistan that are double what would be expected.

There has been a small decrease in the prevalence of underweight children in south Asia during the last fifteen years. This decrease however is smaller than the increase in the child populations.

OBJECTIVES OF THE STUDY:

1. To assess the knowledge of mothers of U-5 children on protein energy malnutrition.
2. To identify the relationship between the knowledge of mothers of U-5 children with selected socio demographic variables.
3. To develop health education module.

MATERIAL AND METHODS:

Research Design: The research design used for the study is non-experimental.

Research Setting: Study was conducted in the selected rural area of Amloh Gobindgarh Punjab.

Population: The accessible population for present study was the mothers of U-5 children in selected area of Amloh Gobindgarh Punjab.

Sampling technique: In this study simple random sampling technique was used.

Sample and sample size: The sample of present study was the selected mothers of U-5 children in the selected area of Amloh

Gobindgarh Punjab. 150 mothers of U-5 children is the sample of this study

RESULTS:

TABLE 1: Percentage distribution of knowledge of under-five children regarding protein energy malnutrition.

Knowledge levels	frequency	percentage
Low knowledge	102	68
Average knowledge	48	32
High knowledge	---	---

Mean=12.91, S.D=3.11

Table 1: The result showed that more than two third of the sample were having low knowledge (68%). Nearly one third of sample, had average knowledge (32%). No one had high knowledge related to protein energy malnutrition. The mean knowledge score was 12.91 and S.D 3.11. This shows that there is need for enhancement of knowledge of mothers regarding protein energy malnutrition.

CONCLUSION:

The study findings revealed that the majority of mothers were illiterates. Hence there is a need to educate the mothers regarding correct feeding

practices and that helps in preventing protein energy malnutrition

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