ASSESS THE EFFECTIVENESS OF STP ON KNOWLEDGE OF MOTHERS WITH MALNOURISHED UNDER FIVE CHILDREN AND ITS PREVENTION AT SELECTED ANGANWADI CENTER IN THE RURAL AREAS OF RAIPUR DISTRICT

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ABSTRACT

Introduction: “Children are future of society and mothers are guardian of that future”. First and foremost, health, safety, and nutrition for the young child is written on behalf of young children everywhere. Ultimately, it is the children who benefit from having parents who understand and know how to protect and promote their safety and well-being by knowing regarding nutrition. Nutrition is the provision, to cells and organisms, of the materials necessary (in the form of food) to support life.

Material & Methods: Quasi experimental, single group pre-test, post test design. Non-probability, convenient sampling used to select 50 samples.

Results: Half of the respondents (58%) are in the age group of 21-25 years. About half of the respondents ((46%) are having primary education. About half of the respondents ((46%) are house wives. Majority of the respondents (60%) are having only one child. Half of the respondents (52%) are non-vegetarians.

Conclusion:-It concluded that, structured teaching programme was effective in enhancing the knowledge and to make change in attitude of the mothers to improve nutrition among under-fives.

Keywords: Effectiveness, STP, Knowledge of Mothers, Under Five Children and Its Prevention, Rural Areas

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INTRODUCTION:-

Many common health problems can be prevented or alleviated with a healthy diet. Nutrients are organic & inorganic complexes contained in food. There are six major classes of nutrients those are mainly carbohydrates, fats, minerals, protein, vitamins and water. These nutrient classes can be categorized as either macronutrients (needed in relatively large amounts) or micronutrients (needed in smaller quantities). The macronutrients include carbohydrates, fats, protein and water. The micronutrients are minerals and vitamins.

The macronutrients (excluding water) provide structural material (amino acids from which proteins are built and lipids from which cell membranes and some signaling molecules are built), energy. Vitamins, minerals, fiber and water do not provide energy, but are required for other reasons. A third class of dietary material, fiber is also required for both mechanical and biochemical reasons, although the exact reasons remain unclear.

Mother is the one who takes care of the child, it is very important that she should need to have knowledge regarding care of under five

and nutrition which they need, under fives are “age in-between 0-5 years of child”. Healthy eating and physical activity are essential for growth and development in childhood. To help children develop healthy eating patterns from an early age, it is important that the food and eating patterns to which they are exposed-both at home and outside the home-are those which promote positive attitudes to good nutrition.

BACKGROUND OF THE STUDY

Balanced diet is essential for normal activities of life. Since there is enough food available, it can be improved through proper education and awareness. Good nutrition and proper feeding programs prevent illness and disabilities. Malnutrition continues to be an underlying cause of morbidity and mortality in children under five years of age. Children are more vulnerable to suffer from nutritional deficiencies. Certain socio-economic, biological, environmental and behavioral factors increase the risk and need to be identified early to promote health and prevent disease [9].

Nutritionally educated mothers can bring up their children in a healthier way. Improving breast feeding techniques not only provide

adequate nutrition to the infant but can also decrease the frequency of gastroenteritis and respiratory infections and reduce the number of infant deaths. Colostrums should be given to the neonate as it is a source of proteins, antibodies and vitamins. Malnutrition and micronutrient deficiencies during the weaning period are reported from many developing countries. These deficiencies can be prevented by complementary feeding i.e. the addition of energy through non-human milk and semisolid or solid foods to children diet as described by WHO.

More than 3.5 million children fewer than five die unnecessarily each year in Asia due to the underlying cause of under nutrition and millions more are permanently disabled by the physical and mental effects of a poor dietary intake in the earliest months of life. By the time children reach their second birthday, if undernourished, they could suffer irreversible physical and cognitive damage, impacting their future health, economic well-being and welfare. The consequences of insufficient nourishment continue into adulthood and are passed on to the next generation as undernourished girls

and women have children of their own. Under nutrition includes a wide array of effects including intrauterine growth restriction (IUGR) resulting in low birth weight; underweight, a reflection of low weight-for-age; stunting, a chronic restriction of growth in height indicated by a low height-for-age; wasting, an acute weight loss indicated by a low weight-for-height; and less visible micronutrient deficiencies. Under nutrition is caused by a poor dietary intake that may not provide sufficient nutrients, and/or by common infectious diseases, such as diarrhoea. These conditions are most significant in the first two years of life, highlighting the importance of nutrition in pregnancy and the window of opportunity for preventing under nutrition from conception through 24 months of age.

STATEMENT OF THE PROBLEM

“Assess the effectiveness of STP on knowledge of mothers with malnourished under five children and its prevention at selected Anganwadi center in Raipur rural district.”

OBJECTIVES OF THE STUDY

To assess the knowledge of mothers with under-five children regarding malnutrition and its prevention.

1. To evaluate the effectiveness of STP on knowledge of mothers with under-five children.
2. To find out the association between the post-test knowledge scores with their selected demographic variables.

HYPOTHESES

H₁: There will be a significant difference in the level of knowledge of mothers with under-five children regarding malnutrition and its prevention after implementation of structured teaching programme.

H₂: There will be a significant association between the post-test knowledge scores with their selected demographic variables.

CONCEPTUAL FRAME WORK

The conceptual frame work adapted for this study was **modified Ludwig open system model**.

MATERIAL & METHODS:

Research Design: Quasi experimental, Single group pre-test, post test design

Sample and Sampling: Non-probability, convenient sampling used to select 50 samples.

Tools: Socio-demographic data sheet, knowledge questionnaire

RESULTS

Findings Related To Demographic

Characteristics of the Subjects

- Half of the respondents (58%) are in the age group of 21-25 years.
- About half of the respondents ((46%) are having primary education.
- About half of the respondents ((46%) are house wives.
- Majority of the respondents (60%) are having only one child.
- Half of the respondents (52%) are non-vegetarians.
- Majority of the respondents (82%) are Hindus.
- Highest of the respondents (56%) are living in joint family.
- Majority of the respondents are getting information from health personnel.

Findings related to pre-test and post-test knowledge scores on malnutrition and its prevention.

Aspect wise Pre test Mean Knowledge scores of Respondents

A. N=50

No	Knowledge Aspects	State ments	Max. Score	Respondents Knowledge			
				Me an	SD	Mea n%	SD%
I	Normal Nutrition & its Components	5	5	1.10	0.9	22.0	18.2
II	Importance of Nutrients	5	5	2.80	1.2	56.0	24.9
III	Source of Nutrients	4	4	1.84	0.9	46.0	21.6
IV	Causes of Malnutrition	4	4	2.80	1.0	70.0	24.7
V	Signs & Symptoms of Malnutrition	4	4	1.12	0.7	28.0	18.0
VI	Prevention of Nutritional Deficiency	6	6	2.22	1.1	37.0	18.2
VII	Diarrheal Management & Prevention of Women Infestation	4	4	1.76	0.9	44.0	21.8
VIII	Breast feeding	4	4	1.68	0.9	42.0	22.8
IX	Complementary Feeding Practices	4	4	3.04	0.6	76.0	15.9
X	Immunization	5	5	2.60	1.7	52.0	33.8
	Combined	45	45	20.96	4.8	46.6	10.6

This table depicts that the **aspect-wise pre-test mean knowledge of respondents on malnutrition and its prevention.**

The highest mean knowledge score 76% with standard deviation 15.9% was found in the aspect of complementary feeding practices. The highest mean knowledge score 93.5% with standard deviation 11.1%

was found in the aspect of causes of malnutrition.

Table- Post-test knowledge level of mothers:-

Knowledge Leve	Category	Respondents	
		Number	Percent
Inadequate	< 50% Score	0	0.0
Moderate	51-75 % Score	0	28.0
Adequate	> 75 % Score	50	72.0
Total		50	100.0

Table 8 indicates the post-test level of knowledge of the parents. Result reveals that after administration of structured teaching programme, majority (72%) of them were found to have adequate level of knowledge and the remaining 28% were come under moderate level of knowledge

Figure : Bar diagram showing overall post-test knowledge level of the mothers

Table- Aspect wise Post test Mean Knowledge scores of Respondents N=50

No .	Knowledge Aspects	Statements	Max. Score	Respondents Knowledge			
				Mean	SD	Mean%	SD%
I	Normal Nutrition & its Components	5	5	3.96	0.5	79.2	10.7
II	Importance of Nutrients	5	5	4.56	0.7	91.2	14.7
III	Source of Nutrients	4	4	3.62	0.6	90.5	15.1
IV	Causes of Malnutrition	4	4	3.74	0.4	93.5	11.1
V	Signs & Symptoms of Malnutrition	4	4	3.64	0.6	91.0	14.1
VI	Prevention of Nutritional Deficiency	6	6	5.54	0.7	92.3	11.3
VI I	Diarrhoeal Management & Prevention of Women Infestation	4	4	3.64	0.7	91.0	16.6
VI II	Breast feeding	4	4	3.68	0.5	92.0	12.8
IX	Complementary Feeding Practices	4	4	3.68	0.6	92.0	15.5
X	Immunization	5	5	4.64	0.7	92.8	13.3
	Combined	45	45	40.70	4.9	90.4	10.9

The post-test mean knowledge score was found to be higher (90.4% with SD 10.6%) than pre-test knowledge score (46.6% with SD 10.6%). The mean enhancement knowledge score was 43.9% with SD 13.3%.

In aspect wise, enhancement of knowledge scores was found higher (60%) in the aspect of signs and symptoms.

The statistical paired 't' test indicates that enhancement in the mean knowledge scores found to be significant at 5% level for all aspects under study.

Findings related to association between demographic variables and post-test knowledge score.

- The association between demographic variables and post-test knowledge level of the respondents show that there is a significant association between number of under-five children, type of diet, religion, type of family and immunization. ($P < 0.05$).

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