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## STUDY TO ASSESS THE KNOWLEDGE REGARDING MALNUTRITION AND ITS PREVENTION AMONG MOTHERS OF UNDER FIVE CHILDREN IN VANIVILAS HOSPITAL OF BENGALURU, KARNATAKA STATE, INDIA

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### ABSTRACT

**Background:** Today's children are the future of the Nation. Nutrition adequacy is one of the key determinants of the health and well-being of the children. Under nutrition is a major public health problem in the developing countries, particularly in preschool children, who are more vulnerable to the effects of malnutrition. **Objectives:** To assess the knowledge regarding Malnutrition and its prevention among mothers of under five children. To associate the level of knowledge with selected demographic variables. **Materials and Methods:** Quantitative research approach and a descriptive design were used for the study. 50 sample were selected through purposive sampling technique. Data were collected by using structured interview schedule. **Results:** The findings of the study denoted that 27 (54%) mothers had inadequate knowledge, 23 (46%) mothers had moderately adequate knowledge and none of the mothers had adequate knowledge. **Conclusion:** The study was concluded that mothers of under five children had inadequate knowledge and there is need to improve the knowledge regarding malnutrition and its prevention.

### KEYWORDS

Knowledge, Malnutrition, Prevention and Under five children.

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### INTRODUCTION

Nutrition adequacy is one of the key determinants of the health and well-being of the children. Malnutrition is an iceberg and most people in the developing countries live under the burden of malnutrition. Children are more vulnerable to the effects of malnutrition. By doing assessment of knowledge helps in level of intervention to prevent the health problems emerging from malnutrition

results to morbidity and mortality among under five children.

### **Prevalence of malnutrition**

Every alternative child is having malnutrition in India and every third Malnourished child in the world is an Indian. Though over nutrition is not a major problem in India, negligence towards it may cause a greater problem in future. Under nutrition has been identified as a major public health problem in India. Many researches shown that severe malnutrition has been reduced due to effective functioning of ICDS programme (1975).

### **MATERIAL AND METHODS**

Quantitative research approach and a descriptive design were used for the study. The study was conducted in Vanivilas Children Hospital at Bengaluru, Karnataka state. Population of the study includes mothers of under five children who are attending Out Patient Department in Vanivilas Children Hospital. Non probability Purposive sampling technique was used in the study. Sample are mothers of under five children who are willing to participate in the study and sample size was 50 mothers. Inclusion criteria were child with mother who are below 5 years attending OPD, present at the time of data collection and mother willing to participate in the study. Exclusion criteria are children who are severely sick.

#### **Development and description of the tool**

The data were collected using structured interview schedule assess the knowledge on malnutrition and its prevention among mothers of under five children and tool consists of section A and B.

#### **Section-A**

Deals with demographic variables which consists of age of the mother, educational and occupational status of the mother and father, religion, type of family, family income, type of food pattern, source of health information and age and sex of the child.

#### **Section-B**

Deals with knowledge regarding Malnutrition and its prevention among mothers of under five children. This section includes 35 statements. Each correct answer carried 1 mark and 0 for wrong answer. Hence maximum score was 35.

### **RESULTS AND DISCUSSION**

#### **First objective was to assess the knowledge regarding Malnutrition and its prevention among mothers of under five children**

In demographic variables with regard to the age of mother 35 (70%) belonged between 19 - 24 years, 8 (16%) were between 25 - 30 years, 7 (14%) belonged to 31 - 36 years. Regarding gender of the child about 22 (44%) were male children & 28 (56%) were female children. Regarding the educational status of mother about 9 (18%) are illiterate, 8 (18%) had primary education, 18 (36%) had secondary education, 12 (24%) had pre university education and 3 (6%) were graduated. Regarding the educational status of father about 3 (6%) are illiterate, 11 (22%) had primary education, 13 (26%) had secondary education, 12 (24%) had pre university education and 11 (22%) were graduated. Regarding occupation of the mother about 32 (64%) were house wife, 12 (24%) were daily waged, 4 (8%) were self-employed, 2 (4%) were govt. employed. Regarding occupation of the father about 2 (4%) were unemployed, 27 (54%) were daily waged, 13 (26%) were self-employed, 8 (16%) were govt. employed. Regarding religion 30 (60%) were belonged to Hindu, 15 (30%) were belonged to Muslim and 5 (10%) were Christian. Regarding type of family 32 (64%) belonged to nuclear family and 18 (36%) belonged to joint family. Regarding family income per month about 15 (30%) were earning below Rs.5000, 24 (48%) were earning Rs. 5000 - 10000 and 11 (22%) were earning above Rs. 10000. Regarding the source of information 6 (12%) received information from friends, 7 (14%) from print media, 10 (20%) from electronic media, 16 (32%) from health personnel and 11 (22%) from relatives.

The findings of the study denoted that 27 (54%) of mothers had inadequate knowledge, 23 (46%) of mothers had moderately adequate knowledge and none of the mothers had adequate knowledge.

#### **Second objective was to associate the level of knowledge with selected demographic variables**

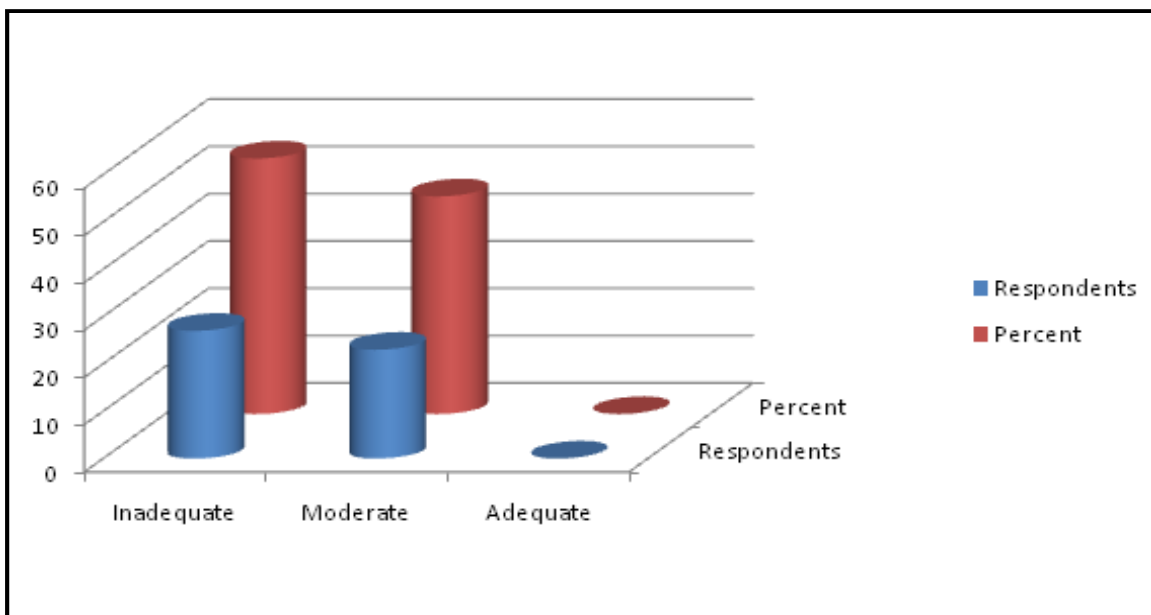
The association between knowledge regarding malnutrition and its prevention among mothers of under five children with demographic variables are

age of the mother, gender of the child, mother's and father's educational status, type of the family, type of food pattern, sources of information were found to be significant at  $p < 0.05$  level and other variables were found to be non-significant.

S.No	Status of the country	Under nutrition	Over nutrition
1	Developed country	8-10%	37%
2	Developing country	47%	11%

**Table No.1: Percentage distribution of the level of Knowledge scores on Malnutrition and its prevention**

S.No	Knowledge level	Scores	Respondents	Percent
1	Inadequate	< 50%	27	54,0
2	Moderate	>51 – 75%	23	46.0
3	Adequate	>75%	0	0.0



**Graph No.1: The level of Knowledge scores on Malnutrition and its prevention**

### CONCLUSION

This study shows that the level of knowledge regarding malnutrition and its prevention among mothers of under five children was inadequate and there is need to improve their knowledge.

### ACKNOWLEDGEMENT

Nil

### CONFLICT AND INTEREST

None

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