



## Effects of Maternal Literacy on Nutritional Status of Child Between 0-1 Year in Selected Areas of Kundrathur

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### ABSTRACT

The children are the backbone of the nation. Thus for their existence, they have to be cared and pampered in a proper way to survive against many health factors. The age from 0-1 year of life is the crucial period that determines the health and welfare of a child in the future years. The present study aimed to assess the effect of maternal literacy on nutritional status of child between 0-1 year. 30 mothers who fulfilled the inclusion criteria were selected randomly. The pre-test was assessed using a semi structured questionnaire and the teaching programme was given to mothers. After that post-test was conducted. The result showed that the mean level of knowledge was 16.66 with standard deviation of 4.52 in pre-test and 23.83 with standard deviation of 2.35 in post-test, there was a statistically significant difference with paired 't' value of 6.722 at  $p < .05$  level.

### KEYWORDS :

### Introduction

Children are the future pillars of a nation. Nutrition of these children would determine the strength of tomorrow's nation. Inadequate nutrition of these children leads to retarded growth and development and may cripple the child for life long. In a developing country, like India there are many constraints to better living and adequate nutrition. Lack of awareness about the dietary requirements and nutritive value of different food is the main cause for prevailing malnutrition.

Maternal education is said to be the corner stone in development of modern society. A mother is the principal provider of the primary care that her child needs during the first six years of his/her life. The type of care she provides depends to a large extent on her literacy, environment and awareness. Recently it has been noted that maternal literacy plays a powerful role in child growth and cognitive development in developing nations.

### Objectives

1. To assess the pre-test level of knowledge of mothers regarding the nutritional status of child between 0-1 year
2. To assess the post-test level of knowledge of mothers regarding the nutritional status of child between 0-1 year
3. To determine the effect of maternal literacy on nutritional status of child between 0-1 year
4. To associate the pre-test and post-test level of knowledge of mothers regarding the nutritional status of child between 0-1 year with their selected demographic variables.

### Hypothesis

There is a significant relationship between the maternal literacy and the nutritional status of child between 0-1 year.

### Methodology

Quantitative research approach was adopted for the study. Pre experimental one group pre-test post-test design was selected. 30 mothers were randomly selected using lottery method who fulfilled inclusion criteria. An interview schedule was used to collect the demographic variables and the knowledge was assessed using a semi structured questionnaire. After the pre-test the teaching programme was given to the mothers and post-test was done using the same tool.

### Results and findings

**Table 1: Frequency and percentage distribution of pre-test level of knowledge of mothers regarding the nutritional status of child between 0-1 year**

N=30

Pre-test Level of Knowledge	Frequency	Percentage (%)
Adequate (<50%)	2	6.7

Moderately Adequate (51% - 75%)	8	26.7
Inadequate (>75%)	20	66.6

Table 1 shows that only 2 (6.7%) of them had adequate knowledge, 8 (26.7%) of them had moderately adequate knowledge and 20 (66.6%) had inadequate knowledge during the pre-test.

**Table 2: Frequency and percentage distribution of post-test level of knowledge of mothers regarding the nutritional status of child between 0-1 year**  
N=30

Post-test Level of Knowledge	Frequency	Percentage (%)
Adequate (<50%)	24	80
Moderately Adequate (51% - 75%)	5	16.7
Inadequate (>75%)	1	3.3

Table 2 shows that 24 (80%) of them had adequate knowledge, 5 (16.7%) of them had moderately adequate knowledge and only 1 (3.3%) had inadequate knowledge during the post-test.

**Table 3: Comparison of mean score and standard deviation between pre-test and post-test level of knowledge of mothers regarding the nutritional status of child between 0-1 year**  
N=30

Level of Knowledge	Mean Score	Standard Deviation	Paired 't' Test
Pre test	16.066	4.52	6.722*
Post test	23.83	2.35	

S\* = significant

Table 3 shows the mean score of pre-test level of knowledge is 16.66 with standard deviation of 4.52. The mean score of post-test level of knowledge is 23.83 with standard deviation of 2.35. The paired 't' value of 6.722 shows that there was a statistical significant difference between the maternal literacy and the nutritional status of child between 0-1 year.

There was no significant association between the pre-test and post-test level of knowledge of mothers regarding the nutritional status of child between 0-1 year with their selected demographic variables.

## Conclusion

The present study assessed the effect of maternal literacy on nutritional status of child between 0-1 year. The study findings revealed that there is significant improvement in the level of knowledge after providing the teaching. Based on the statistical findings it is evident that provision of such kind of teaching will motivate the mothers in providing good nutrition to their children.

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