VOLUME - 9, ISSUE - 10, October - 2020 • PRINT ISSN No. 2277 - 8160 • DOI : 10.36106/gjra

Original Research Paper

Nursing

A STUDY TO ASSESS KNOWLEDGE REGARDING NUTRITIONAL NEEDS OF PRESCHOOL CHILDREN'S AMONG MOTHERS RESIDING IN ADGAON VILLAGE.

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ABSTRACT

Introduction: The health status of the people is the wealth of a nation and nutrition is one of the most important pre-requisites for good health. Child malnutrition is a wide spread public health problem having international consequences because good nutrition is an essential determinant for their well-being. The nutrition of infants and young children are causing great concern among social scientists and planners these days, since child is the chief victim of interplay of nutritional, socio-economic and health factors that cause malnutrition.

Material And Method: Non-Experimental research design with Descriptive survey research approach was used. The subject for the study was n=100 mothers of preschool children's by using simple random sampling technique. The data was analyzed by using descriptive statistic that is in frequency, percentage, mean and standard deviation to assess the level of knowledge and inferential statistic, chi- square test to find out association knowledge regarding nutritional needs of preschool children among mothers with their selected demographic variables.

Results: Study findings reveals that mothers of preschool children that is 5% of mothers showed inadequate level of knowledge, 52% of mothers showed a moderate level of knowledge whereas 43% of mothers showed adequate level of knowledge. However significant association found between food pattern of family, education status of mother and husband and occupation of mother. (Df = 1, Table value = 3.84, $p < 0.05$).

Conclusion: The study concludes that half of the study sample that is only 43% of mothers showed adequate level of knowledge which has a significant association with educational status of parents and food pattern of family.

KEYWORDS : Nutritional Needs, Preschool Children's, Mothers.

INTRODUCTION

The health status of the people is the wealth of a nation and nutrition is one of the most important pre-requisites for good health. Child malnutrition is a widespread public health problem having international consequences because good nutrition is an essential determinant for their well-being. The nutrition of infants and young children are causing great concern among social scientists and planners these days, since child is the chief victim of interplay of nutritional, socio-economic and health factors that cause malnutrition.[1]

Nutrition is a fundamental pillar of human life, health and development across the entire life span. The fundamental WHO goals of 'Health for All' means that people everywhere, throughout their lives, have the opportunity to reach and maintain the highest attainable level of health. Good health is as essential to nutritional wellbeing, as good nutrition is crucial for maintaining healthy growth and development. Children are the most valuable asset of a nation; An insufficient food intake and ignorance about nutrition coupled with low immunity ensure that the most vulnerable experience very fragile health.[1]

Health and nutritional status affect the capacity to learn. Nutrition has major effects on health which enables one to lead a socially and economically active life. On the other hand, malnutrition adversely affects health, which is reflected in the incidence of sickness among children and their life expectancy. Malnutrition during childhood affect growth potential and risk morbidity and mortality in later years of life. Malnourished children are likely to grow into malnourished adults who face heightened risks of disease and death.[1]

A mother is the principal provider of the primary care that her child needs during the first six years of its life. The type of care she provides depends to a large extent on her knowledge and understanding of some aspects of basic nutrition and health care. It is understandable that her educational status has been reported to influence her child-care practices. During the past decade, evidence has accumulated from several studies that maternal education is an important determinant of infant and child mortality. They proposed that children born of educated mothers have a lower mortality risk because educated women tend to marry and have their first child at a later age than uneducated women. They also are likely to be more assertive and to play a greater part in intra-family decision making in favor of their children's needs. Their husbands tend to be economically better off than those of uneducated women. Educated mothers may also make earlier and more effective use of health services. It may be postulated that mothers' education would affect their children's nutritional status by similar mechanisms, and various studies have shown some degree of association between mothers' education and the nutritional status of children.[2]

Utkarsh Shah (2011) studied Impact Assessment of Nutritional Supplement Program in Urban Settings: A study of under nutrition in Slum Community of Mumbai. A brief evaluation study was conducted to evaluate the impact of this food supplement on improvement in parameters like weight, height, and mental abilities among the participants. The study was conducted between August 2010 to October 2010 (n=51), with the participants divided in four different age groups. The height and weight parameters were compared to ICMR standards for the age to understand the impact of the program. The mean improvement in height was 0.84 cms (SD-0.6) while the mean improvement in weight was 0.57 kgs (SD-0.8). A significant variance was observed due to different consumption levels of the supplement and differing levels of under-nutrition. A strong correlation was observed between the consumption level and the improvement in height and weight parameters. In addition, a positive correlation was observed between the extent of deviation from ICMR standards and levels of improvement in height and weight

parameters.[3]

Aklima Jesmin, Shelby Suzanne Yamamoto, Ahmad Azam Malik, and Md. Aminul Haque (2011) studied Prevalence and Determinants of Chronic Malnutrition among Preschool Children: A Cross-sectional Study in Dhaka City, Bangladesh. To understand the prevalence of chronic malnutrition and to identify the factors affecting height-for-age z-score (HAZ) among preschool children, a cross-sectional study was conducted among 380 randomly selected children aged less than five years in Dhaka city, Bangladesh. It was found that the prevalence of stunting among preschool children in Dhaka city was 39.5%, with 25% severely stunted and 14% moderately stunted ($p<0.001$). Results of bivariate analysis revealed that socioeconomic and demographic factors were most significantly associated with the stunting of children. Multivariate linear regression models also showed that height of mothers, birthweight of children, education of fathers, knowledge of mothers on nutrition, and frequency of feeding were the most significant factors that had an independent and direct influence on the stunting of children.[4]

Present study was conducted to assess knowledge regarding nutritional needs of preschool children's among mothers residing in Adgaon village and to find out association between knowledge regarding nutritional needs of preschool children among mothers with their selected demographic variables.

OBJECTIVES:

1. To assess knowledge regarding nutritional needs of Preschool children among mothers in Adgaon village.
2. To find out association between knowledge regarding nutritional need of preschool children among mothers with their selected demographic variables.

MATERIAL AND METHOD:

Non-Experimental research design with Descriptive survey research approach was used. The subject for the study was n=100 mothers of preschool children's by using simple random sampling technique. Section –I demographic variables of mothers of preschoolers children's; Section –II Structured knowledge questionnaire includes the 25 questions on the knowledge of nutritional needs which is scored as 1-8 adequate level of knowledge; 9-16 Moderate level of knowledge; 17-25 adequate level of knowledge.

Inclusion Criteria:

1. Mothers who have preschool child of age group 3-6 years age
2. Understand and read Marathi and English.
3. Willing to participate in the study and live in the Adgaon village.

Statistical Analysis:

The collected data was organized, tabulated and analyzed by using descriptive statistic that is in frequency, percentage, mean and standard deviation and inferential statistic chi-square test to find out association between knowledge regarding nutritional need of preschool children among mothers with their selected demographic variables.

RESULTS:

Demographic finding includes highest percentage (45%) belongs the age group 23-27 years and having and children's in their family. Majority of the sample (65%) samples were belongs to the non-vegetarian food pattern. (50%) of the mothers were from studied up to secondary education.

Association between knowledge score of preschool mothers with selected demographic variables was calculated by the chi square and found significant with food pattern of family, education status of mother and husband and occupation of mother.

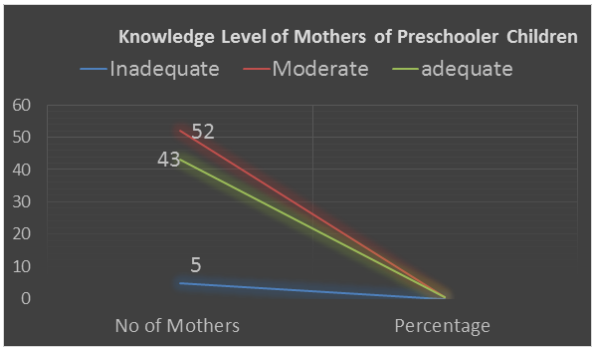

Figure No.1: Knowledge Regarding Nutritional Needs Of Preschool Children's Among Mothers.

Table No 1: Distribution Of Mean, Mean Percentage And SD Of Knowledge Regarding Nutritional Needs Of Preschool Children's Among Mothers.

Sr No	Level of Knowledge	Mean	SD	Mean %
1	Knowledge regarding Nutritional need among mothers	16.46	2.28	65.84%

Table No 2: Association between knowledge regarding nutritional need of preschool children among mothers with their selected demographic variables.

Sr No	Demographic Variables	χ^2
1	Age	2.96
2	Number of children's	3.23
3	Family food pattern	**4.56**
4	Educational status of mother	**5.36**
5	Educational status of husband	**5.36**
6	Occupation of mother	**4.32**

(Df = 1, Table value = 3.84, $p<0.05$)

CONCLUSION:

From the above all findings it is to be concluded that knowledge to the mothers of preschooler children's is the most important aspect to maintain, preserve and help in proper growth and development in health of the preschool children.

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