



THE EFFECTIVENESS OF A PLANNED TEACHING PROGRAMME ON THE KNOWLEDGE AND PREPARATION OF HYDERABAD MIXTURE AMONG MOTHERS OF UNDER-FIVE MALNOURISHED CHILDREN IN THE VILLAGE OF KARBALAPUR, SITAPUR, UP.

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ABSTRACT

BACKGROUND:- Protein energy malnutrition has been identified as one of the major nutritional problems among children in India. If mothers possess adequate knowledge on food and nutrition of children, they can prevent protein energy malnutrition among their children. The purpose of the study was to evaluate the effectiveness of a planned teaching programme on the knowledge and preparation of Hyderabad Mixture among mothers of under-five malnourished children.

AIMS AND OBJECTIVES:- The study was conducted to assess the effectiveness of the planned teaching programme regarding the knowledge and preparation of Hyderabad mixture and compare it with selected demographic variables. **MATERIALS AND METHODS:-** Using Gomez formula, children of Karbalpur village were assessed for malnutrition, and 50 under-five children were found malnourished in varying degrees. 50 mothers were selected for the study using a non-probability convenient sampling technique. Pre-test was conducted with self-structured questionnaire to assess the Mother's knowledge on the preparation of Hyderabad Mixture followed by the planned teaching programme and the demonstration of preparation of Hyderabad Mixture at home to all the participants. The post-test were conducted on 7th day using same tool. **RESULTS:-** Statistically significant effectiveness of structured teaching program was found. Mean pre-test knowledge score was 7.16 and mean post-test knowledge score was 16.54. There was no significant association found with selected demographic variables and knowledge score.

CONCLUSION:- The study findings denote that planned teaching programme was beneficial to the women participants gained knowledge on the preparation of Hyderabad Mixture. Moreover, the study suggests that it is essential for community health nurses to develop knowledge regarding malnutrition, its management and prevention in order to avoid life threatening complications among under-five children.

KEYWORDS : Structured Teaching Programme, Mothers of under- five Children, Hyderabad Mixture, Knowledge.

INTRODUCTION AND NEED FOR THE STUDY

Malnutrition among under-five children is a major public health problem in India. UNICEF, in the year 2006, reported that the causes of childhood malnutrition are insufficient diet, frequent infections, poor breastfeeding practices, delayed introduction of complementary foods and inadequate protein in the diet. In the UNICEF report of 2019, India is ranked 102 out of a total of 119 countries. According to the National family health survey 4 (NFHS 4), with regard to the prevalence of under nutrition among under- five children, in India, 35.7% under five children were underweight, 38.4% were stunted and 21% were wasted (Swaroop K S. 2015). In India, almost 60 million children are underweight. Nearly 50% of total deaths in the developing countries occur among children under 5 years of age as compared to less than 5% in developed countries. Millennium Development Goal aims to reduce the prevalence of under-weight among under-five children (Park K. 2007). In India, gross malnutrition is said to kill around 5,00,000 of our infants and children every year. This is quite understandable in view of the fact that around three fourth of our paediatric population is suffering from one or another nutritional deficiency. Around 25% of the paediatric beds are occupied by patients whose major problem is malnutrition (Gupta, S. (2004). Out of the total world's undernourished children, 80% lives in 20 countries. Malnutrition is regarded as the most widespread condition affecting the health status of under-five children. Approximately 47% of the India's (under-five) children are underweight, one in three adult women in India is under-weight and therefore at risk of developing babies with low birth weight (Rudreshi S. 2017). The Government of India has accepted the new WHO child growth standards, which estimates severe malnutrition in children between 1 and 3 years of age to be 15.6%, much above the current estimate of 4.2%, based on the IAP classification, and 13.7% among children between 3 and 5 years of age (Sanjiv Kumar B. 2009).

The key preventive measures suggested in the UNICEF report for malnourished children were appropriate complementary feeding with supplementary foods include powdered cereals, puffed Bengal gram dhal and roasted groundnut mixed with

jaggery; these have been used for treatment of malnutrition among children of various groups. Children with mild to moderate malnutrition are best managed in their own homes, kept under surveillance, so as to find out improvement or deterioration in their nutritional status. Parents of such children could be enlightened about the inadequacy in their child's intake and be guided to correct it. Hyderabad mixture was found beneficial in managing mild to moderate malnutrition at home level (Gupta, S. 2004).

During the health survey, it was found that there is a high prevalence of malnutrition among children at Karbalapur and so Hyderabad mixture was assumed to be the cheap and best supplementary food in treating the malnutrition, which is introduced by National Institute of nutrition at Hyderabad. Hence the researcher intends to evaluate the usefulness of planned teaching programme on the preparation and effectiveness of the Hyderabad Mixture, by doing this study.

MATERIALS AND METHODS

The aim of the study was to assess the effectiveness of the planned teaching programme regarding the knowledge and preparation of Hyderabad mixture among the mothers of under-five malnourished children in the village Karbalapur.

OBJECTIVES:-

- To assess the under-five children for the degree of malnutrition in the village Karbalapur.
- To assess the knowledge of mothers of under-five children on preparation of Hyderabad mixture.
- To assess the effectiveness of a planned teaching programme on preparation of Hyderabad mixture among the mothers of malnourished under-five children.

METHODOLOGY:-

In this study, researcher used a quantitative research approach, and the research design selected was pre-experimental study. The research hypothesis was that there is significant difference between pre-test and post-test knowledge score regarding the importance and preparation of Hyderabad mixture among mothers of under-five children. Samples were selected by using

a non-probability convenient sampling technique. Researcher gave a brief introduction about the study and obtained consent. 50 mothers participated in this study and their knowledge was assessed by 20 items structured knowledge questionnaire validated by experts, followed by administration of planned teaching programme and demonstration of preparation of Hyderabad mixture. In post-test, same tool was used to obtain data after 7 days, which was analysed by using descriptive and inferential statistics.

RESULTS

It was found that among the 50 under-five children, 29 children belonged to 1st degree malnutrition, 10 children to 2nd degree malnutrition and 11 children belonged to 3rd degree malnutrition. Maximum numbers of mothers were in the age group of 18-25 years and 4% of mothers belonged to more than 35 years. 46% of mothers were illiterate and 38% of mothers had primary school education. Only 4% were graduates. Mean pre-test knowledge score was 7.16 and mean post-test knowledge score was 16.54.

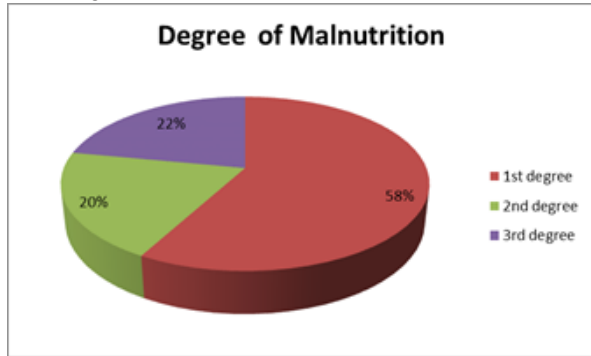
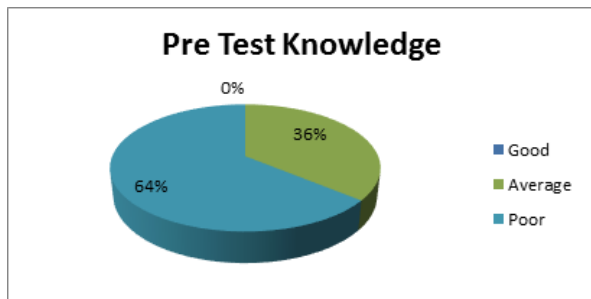


Figure 1: Percentage distribution of Degree of Malnutrition of Under-Five Children in Karbalapur

Table 1: Knowledge Level before Administration of Planned Teaching Programme Regarding the Preparation of Hyderabad Mixture among Mothers of Malnourished Children

| Score Criteria | Frequency | % | Mean | Mean% | Standard Deviation |
|---------------------|-----------|-----|------|-------|--------------------|
| Good (16-20marks) | 0 | 0% | 0 | 0% | 0 |
| Average (8-15marks) | 18 | 36% | 0.35 | 0.7% | 6.68 |
| Poor (0-7marks) | 32 | 64% | 0.64 | 1.28% | 2.28 |

Figure 2:- Percentage Distribution of Pre-test Knowledge Score of Mothers of Under-Five Malnourished Children



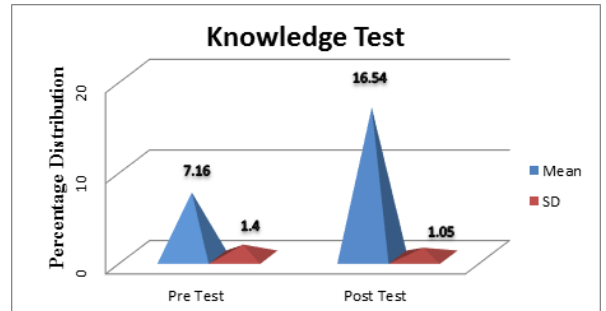
Above figure shows knowledge level before administration of planned teaching programme. It was found that mean % of mothers scoring good marks were 0%, for average marks were 0.7% and for poor marks were 1.28%.

Table 2:- Effectiveness of Planned Teaching Programme Regarding knowledge on Preparation of Hyderabad

Mixture among Mothers of Malnourished Children

| S. No. | Knowledge test | Maximum score | Obtained range | Mean | MD | SD | t' value |
|--------|----------------|---------------|----------------|-------|------|------|----------|
| 1 | Pre-test | 20 | 6 | 7.16 | 9.38 | 1.40 | -1.943 |
| 2 | Post-test | 20 | 4 | 16.54 | | 1.05 | |

Figure 3 Shows the Effectiveness of Planned Teaching Programme



Above Figure shows Mean post-test knowledge score of the mothers of malnourished Children were (16.54) higher than the Mean pre-test knowledge score (7.16). Post-test knowledge score of standard deviation was (1.05) and pre-test score Standard deviation was (1.40)

Table 3: The Comparison of Knowledge Level Before and After the Administration of Planned Teaching Programme on Preparation of Hyderabad Mixture among Mothers of Malnourished Children.

| Knowledge level | Score range | Pre Test | | Post Test | |
|----------------------|-------------|-----------|-----|-----------|-----|
| | | Frequency | % | Frequency | % |
| Good (16-20marks) | 16-20 | 0 | 0% | 41 | 82% |
| Average (8-15 marks) | 8-15 | 18 | 36% | 9 | 18% |
| Poor (0-7marks) | 0-7 | 32 | 64% | 0 | 0% |

Table 3 describes 0% of the sample does not have good knowledge level, 36% had average knowledge and 64% had the poor knowledge in the pre-test. While in the post-test, 82% had good knowledge level, 18% had the average knowledge and 0% had poor knowledge.

DISCUSSION

The objective of the present study to find the effectiveness of the planned teaching programme, where the test results showed the mean pre-test knowledge score was 7.16 with standard deviation 1.40 and mean post-test knowledge score was 16.54 with standard deviation 1.05 on the importance and preparation of Hyderabad mixture, suggests that knowledge level has increased with the administration of planned teaching programme. The pre-test score was compared by using paired 't' test (t = -1.943 at P < 0.05). The main observation was the significant difference between performance in pre-test and post-test. Hence the planned teaching programme was effective. So therefore, null hypothesis was rejected and research hypothesis accepted. In support to this study, an experimental study was conducted on a supplementary food based on Hyderabad mix in National Institute of Nutrition, Hyderabad. The food contains about 12.5% proteins. Daily supplements of 80 grams of Hydrabadi mix provide 300 kcal and 10 grams of proteins. The studies have shown that there is significant improvement in the growth rate of preschool children. A similar study was also carried out on the Hydrabadi mix recipe in a village around Hyderabad by the National Institute of Nutrition with an objective to show that it is possible to develop action programmes with the active participation of the community to utilise the Hydrabadi mix recipe as local food resources for the best advantage of the preschool children in the community.

If Hyderabad mixture becomes the part of the daily diet for malnourished children for 30 days, it is expected that more of children will not come in the category of malnourishment. The role of nurse is crucial in directing the mothers towards importance and preparation of Hyderabad mixture. Health education and health assessment of children should be considered as a major part of nursing practice. There is a need to extend intensive nursing research in the area of women's education especially to assess their knowledge and practice regarding importance and preparation of Hyderabad mixture. The study was limited to mothers of malnourished children of a small village. A similar study can be conducted among different settings of villages where larger samples could be used.

CONCLUSION

From the findings of this study, it was concluded that the level of knowledge on preparation of Hyderabad mixture among mothers of Karbalapur was inadequate during the pre-test assessment. However, the findings of the post-test in the same group revealed that their knowledge has improved after the planned teaching programme. So, the teaching programme was effective. During the researcher's field experience, it has been observed that most of the mothers of under-five children were unaware of malnutrition, its prevention, management and complications. Therefore, structured teaching programme is an effective strategy to enhance knowledge of the mothers on malnutrition and its prevention.

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