



## A Study To Assess The Knowledge Of Mothers of Under Five Children Regarding Nutrition In Selected Urban Area of Karad Taluka.

### KEYWORDS

under five children, mothers of under five children

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**ABSTRACT** *BACKGROUND: Malnutrition manifested commonly among under five children. We found that mothers of under five children have inadequate knowledge regarding weaning practices and balanced diet which stand as a primary cause of malnutrition. OBJECTIVE- to assess the knowledge of mothers of under five children regarding nutrition. To find out the associations between level of knowledge and selected socio demographic variables.*

*RESEARCH METHODOLOGY --Research approach-descriptive Design --non-experimental Population- the target population for the study are mothers of under five children Sample --mothers of under five children Sample technique- purposive Sample size-50 mothers*

*RESULT: 34(68%) had average knowledge in section B & 33(66%) had average knowledge in section C. 6(12%) mothers had poor knowledge in section B & 4 (8%) had poor knowledge in section C.*

*CONCLUSION: With the help of above findings we concluded that ,the urban area people they are educated and having all health resources available still there is negligence over under five children .They are not able to provide proper attention towards under five children.*

**INTRODUCTION:** Children are the future of society and mothers are guardian of that future to ensure sound foundation and secure future of any society health and nutrition of their children need protection. Children in preschool stage, require most attention, as this is the rapid growth and development, which make them highly vulnerable to malnutrition<sup>1</sup>. The purpose of our study is to know the factors which influences the nutritional status of the under five children, to find out the level of knowledge of mothers and also to create the awareness about nutrition and its importance to prevent and control nutritional problem.<sup>1</sup>

### OBJECTIVES

To assess the knowledge of mothers of under five children regarding nutrition.

To find out the association between level of knowledge and selected socio demographic variables.

### HYPOTHESIS

H<sub>0</sub>: There will be no statistical significant association between socio- demographic variables and knowledge of mothers regarding nutrition

H<sub>1</sub>: There will be statistical significant association between socio- demographic variables and knowledge of mothers regarding nutrition AT P = 0.05 level of significance

### METHODS AND MATERIAL:

**RESEARCH APPROACH:** descriptive approach was considered appropriate for the study.

**RESEARCH DESIGN:** The present study is non- experimental descriptive design.

**RESEARCH SETTING:** The research setting selected for

study in urban area of Karad Taluka.

**POPULATION:** The target populations for the study are mothers of under five children from urban area of Karad Taluka

**SAMPLE:** For the present study, the mothers of under five children from urban area of Karad Taluka

**SAMPLE TECHNIQUE:** Purposive sampling technique is used for the present study

**SAMPLESIZE:** 50 mothers.

### INCLUSION CRITERIA:-

Mothers those are willing to participate

Mothers those who are present at the time of data collection.

### EXCLUSION CRITERIA:-

Mothers those are not willing to participate in my study.

### METHOD OF DATA COLLECTION:

A structured questionnaire was applied to collect data

To know the basic information of mothers that is socio demographic variable

To know the various etiological factors responsible for malnutrition.

To know the cooking practices and food handling practices of mothers.

ANALYSIS AND INTERPRETATION

TABLE - 1 Frequency and percentage distribution of sample according to socio- demographic variable

Sr. No	Demographic variable	Frequency	Percentage
1.	<b>Age in years:-</b>		
	18-24 yrs	13	26%
	24-30 yrs	27	54%
	30-36 yrs	10	20%
2.	<b>Education:</b>		
	Illiterate	0	0%
	primary	29	58%
	Higher secondary	21	42%
3.	<b>Income in Rs:-</b>		
	3000-7000 /-	33	66%
	7000-10,000 /-	09	18%
	10,000 above /-	08	16%
4.	<b>Occupation:</b>		
	House wife	37	74%
	Job	09	18%
	Daily wages	4	8%
5.	<b>Dietary pattern:</b>		
	Vegetarian	00	4%
	Non- vegetarian	02	0%
	Both	48	96%
6.	<b>Family:</b>		
	Joint	33	66%
	Nuclear	17	34%
	Extended	0	0%
7.	<b>Religion:</b>		
	Hindu-Maratha	23	46%
	Hindu-jain	0	0%
	Muslim	27	54%

Majority of women 27(54%) of belonged to 25to 35 years of age, and the 10 (20%) were in the age group of 35to40, years of age

Regarding educational status maximum (29) 58%had primary education

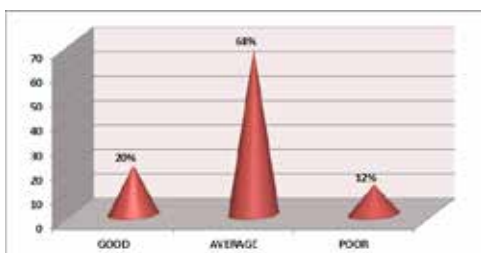
Regarding income of the family maximum (33) 66% of family income ranged between Rs 3000-7000/month and (8)16% ranged 10,000 and above per month. Regarding occupation status of woman majority (37)74% were housewife

TABLE -2 Frequency and percentage distribution of level of knowledge

Knowledge area	Good		Average		Poor	
	Fre-quency	%	Fre-quency	%	Fre-quency	%
Section B	10	20%	34	68%	6	12%
Section C	13	26%	33	66%	4	8%

Table. No. 2 indicate 34(68%) had average knowledge in section B &33(66%) had average knowledge in section C. 6(12%) mothers had poor knowledge in section B & 4 (8%) had poor knowledge in section C.

GRAPH-1 SHOWING DISTRIBUTION LEVEL OF KNOWLEDGE



Association between knowledge and demographic variables:-

Sr.no	Selected variable	Good	Average	Poor	Chi-square	d.f
1	Age in years				3.29(NS)	4
	18-25 yrs	0	12	1		
	25-35 yrs	2	19	6		
	35-40 yrs	2	6	2		
2	Education				.555(NS)	2
	Illiterate	0	0	0		
	Primary	2	23	4		
	Higher secondary	2	14	5		
3	Income in Rs				0.514(NS)	4
	3000-7000 /-	2	25	6		
	7000-10,000 /-	1	6	2		
	Above 10,000/-	1	6	1		
4	Occupation				1.51(NS)	4
	House wife	3	26	8		
	Job	1	7	1		
	Daily wages	0	4	0		
5.	Dietary pattern				0(NS)	2
	vegetarian	0	2	0		
	Non vegetarian	0	0	0		
	Both	4	35	9		
6.	Family				3.52(NS)	2
	Joint	3	25	5		
	Nuclear	0	12	5		
	Extended	0	0	0		
7	Religion				3.21(NS)	2
	Hindu -Maratha	2	18	3		
	Hindu-jain	0	0	0		
	Muslim	1	19	7		

d.f (4)=9.49, N=50, d.f (2) = 5.99,NS = not significance

As the calculated chi- square value is less than tabulated value, the H<sub>1</sub> can be accepted. Hence there is no significant association between knowledge regarding nutritional status of mothers and demographic variables.

Major Findings:

The major findings of this research study are

The majority mothers having low socioeconomic status and having less monthly income (33)66%.In our studied area major sours of income is services or jobs and many woman's are housewife's (37)74%.Maximum under five children mothers having good knowledge regarding the nutrition (34)68%.

CONCLUSION

So it is concluded that, majority of mothers having average knowledge regarding nutrition, the majority of mothers in from low socio economic group. With the help of above findings we concluded that ,the urban area people they are educated and having all health resources available still there is negligence over under five children .They are not able to provide proper attention towards under five children. It is our responsibility to educate mother to provide proper attention towards under five children and it's importance to prevent malnutrition of the under five children.

So, the study shows that the some educated mothers having control over purchase of dietary items and take care of their children. More effectively, which is reflected in better nutritional status of their children but some educated mothers having less attention towards their children nutri-

tional status. Whereas, children of poor employed nutritionally weaker mothers and those having no control over purchase of dietary items suffer nutritionally.

Thus the study underlines the need to improving mother's status even in low economic status which turns will help in improving the nutritional status of their children

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