



## A Study to Assess the Knowledge Regarding Prevention of Nutritional Problems Among Mothers of Under Five Children in Anakaputtur Chennai-43".

### KEYWORDS

**Brindha.P**

Lecturer ,Sree Balaji College Of Nursing, Bharath University Chennai, India

**ABSTRACT** Nutritional status of a population is a prominent reflection of a nation's economic development and public welfare policies. Malnutrition in its several forms of under nutrition, namely wasting, stunting and underweight has been coined as the "silent emergency" by the United Nations Children's Fund (UNICEF).the purpose of the study is to Assess the knowledge regarding prevention of nutritional problems among mother s of under five children in anakaputtur at Chennai. The objectives of the study is to assess the knowledge regarding prevention of nutritional problems among mothers of under-five and to assess the level of knowledge among mother of under-five with their selected demographic variables. Evaluative research approach and descriptive design is used. Non-randomised purposive sampling technique was used to select the sample of this study. The sample comprises of 30 mothers of underfive children in anakaputhur, Chennai. The result of the study concluded that that majority4(13%) of them had inadequate knowledge 10(33%) of them had moderately adequate knowledge and them 1(3%)had adequate knowledge

### 1.Introduction

Malnutrition among children below five years continues to be one of India's major human development challenges. In spite of tremendous economic progress made in the last two to three decades, malnutrition among children in both urban and rural India still claims many lives. However, mounting cases of malnutrition has caught the public eye and so healthcare providers as well as the government are taking the necessary steps to improve the current status of nutrition for children in India.

### 2. Objectives of the study

To assess the knowledge regarding prevention of nutritional problems among mothers of under five children . To assess the level of knowledge among mother of under five with their selected demographic variables.

### 3.Methodology

Evaluative research approach and descriptive design is used. Non-randomised purposive sampling technique was used to select the sample of this study. The total sample consist of 30 mothers of underfive children

### 4.Result

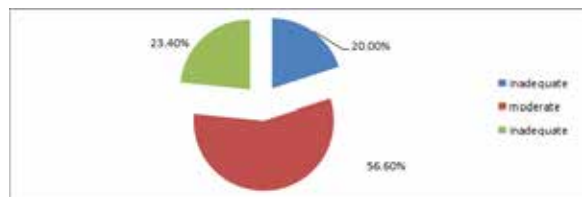
The result were 6(20%) Of mother had inadequate, 17(56.6%) had moderately adequate knowledge and 7(23.4%) mother had adequate knowledge in percentage

### FREQUENCY AND PERCENTAGE DISTRIBUTION OF KNOWLEDGE LEVEL OF MOTHERS OF UNDER FIVE CHILDRENS

Table : Level of knowledge among mothers

Knowledge level %	No (n=30)	Percentage %
Inadequate (< 49%)	6	20 %

Moderate adequate (50 -74%)	17	56.6%
Adequate (75- 100%)	7	23.4%



Percentage distribution on level of knowledge among mothers of under five children

### 5.Conclusion

To conclude the present study was undertaken study was to assess the level of knowledge regarding prevention of nutritional problems among mothers of under five children the data was collected from thirty mothers. The findings of the study have been discussed with reference of the objectives, and with the findings of the other studies. The data is organised, analysed through descriptive and inferential statistics.

### 5. Recommendations

- A similar study can conduct for a larger group on a long term basis.
- A similar study can be conducted using an experimental research approach
- A similar study can be repeated in different settings
- A comparative study can also be done between urban and rural area ofmother with under five children.

### REFERENCE

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