

A Study to Evaluate the Knowledge and Utilization of Supplementary Feeding Among Mothers With Under Five Children in Selected Icds Centres at Puducherry, India.



Medical Science

KEYWORDS : Knowledge , utilization, supplementary feeding, underfive children , ICDS.

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ABSTRACT

The current study aimed to evaluate the knowledge and utilization of the supplementary feeding among mothers with under five children in selected ICDS centre at Puducherry.

Objectives: To find out the level of knowledge and utilization on supplementary feeding among mothers with under five children. To find out the association between the knowledge and utilization of supplementary feeding with selected demographic variables.

Materials and methods: Settings: ICDS centre – Rural area. Sample & size: mothers of under five children, 30 Nos. Research approach , Design: Quantitative, Non experimental -Descriptive. Techniques : Non probability convenient sampling Tools : Structured interview schedule. Results: Level of knowledge and utilization of supplementary feeding shows, 16 (30%) of the subject have adequate knowledge and utilization of supplementary 14 (46.6%) moderately adequate knowledge and utilization of supplementary feeding, 1 (3.3%) fall in inadequate category.

INTRODUCTION:

“ Health is not everything, but everything else is nothing without health “, (K Park's text book of preventive and social medicine page no : 4-50. Since many years, medical researchers have been on their way of treatment for many dreadful diseases which has been increasing because of modifying life styles. In this food takes a major part.

Government has started one programme for supplementary feeding. The focus of this programme is improving the health and nutritional status of infants, aged children less than 5 years, pregnant women and lactating mothers.

The aim of the programme is to supplement the daily nutrition intake of 300 calories, 8-10 g of proteins for women under the antenatal and post natal care. For the children between 3-5yrs we give hot cooked food. For children below 3 yrs of age we distribute nutritional food. The distribution is done weekly. Nutrition is provided as per the programme to needy children for 300 days in a year.

The anganwadi , literally the courtyard play centre located within the village or slum area itself. Anganwadi is the focal point for the delivery services at the community level to children below 5 years of age, pregnant and nursing mothers and adolescent girls.

Anganwadi centres also serve as the meeting place for women group , mothers clubs and mahila mandalas promoting awareness and joint action for child development and women empowerment. Anganwadi is the centre for holistic development of women and children.

Growing infants and children, adolescents girls , pregnant women and nursing mothers face greater risk from the nutritional depletion than others. The nutritional insecurity preeminently of pregnant , nursing women and children in the formative years is addressed through the supplementary nutritional programme.

Need for the study:

Supplementary feeding improving the health and nutritional status of children in the age group of 0-5yrs . The lack of awareness regarding the supplementary nutrition will lead to many health problems in children , especially in under fives. For managing these health related problems adequate information should be given to mothers and anganwadi workers .(S. KAMALAM , essentials for community health nursing practice 272-451) Through ICDS programme government is providing so many resources to the anganwadi centres. Proper utilization of this available resources is very important to note that the measures of severe malnutrition used in ICDS differs.

REVIEW LITERATURE:

RexJ etal. (2007)

Conducted a study on effects of supplementary nutrition in the concentration of reproductive and metabolic hormones of the mechanism that regulate flow of ovulation rate. The researchers assessed 100 population . The result is nutritional stimulation affects the blood concentration of some metabolic hormones.

Sarioj KAdhikari and Caryn B Redenkamp (2007)

Conducted study on moving towards an outcome oriented approach to programme monitoring the India ICDS programme. This series is produced by the health education of population family of the world banks. Human development network. The findings interpretation and conclusion expressed in the study are extremely those of the author(s) and should not be attributed in any manner to the world bank.

Problem statement:

“A study to evaluate the knowledge and utilization of the supplementary feeding among mothers with under five children in selected ICDS centers at Kirumampakkam Puducherry.

Objectives of the study:

- To find out the level of knowledge and utilization on supplementary feeding among mothers with under five children in selected ICDS centres.
- To find out the association between the knowledge and utilization of supplementary feeding among mothers with demographic variables.

Hypothesis:

- There will be a significant relationship between the knowledge and utilization of supplementary feeding.
- There will be a significant association between the knowledge and utilization of supplementary feeding with demographic variables.

METHODOLOGY :

Research approach and design; The study approach for present study was quantitative in nature and non experimental descriptive design was adapted.

Setting of the study:It is the place where the study is conducted.

The study was conducted in rural area of kirumampakkam and Pillaiyarkuppam anganwadis in Puducherry , India.

Samples: Sample is a selected proportion of the defined population. It is a sub set of the population.

lation. Mothers with under five children.

Sample Size : The sample size includes 30 Nos of mothers with under five children.

Sampling technique : Non probability convenient sampling technique is used in this study.

Data collection method: Method of data collection is structured interview schedule using as structured questionnaire based on review of books, journals, internet and the tool is developed.

Description of tool: The tool consist of part A and part B

Part A : Demographic variables which includes age, educational status of the mother, monthly family income , residents, type of family , available health sources.

Part B : structured questionnaire is used to assess the knowledge on supplementary nutrition among mothers of under five children.

Pilot study; A pilot study is a small scale replica of the main study. It is the rehearsal of the main study. It covers the entire process of research.

Pilot study was conducted to evaluate the knowledge and utilization among the mothers with under five children in selected ICDS centre at kirumampakkam, Puducherry, India.

Procedure for data collection : Data collection period is 3 days . before starting the data collection permission obtained from head of the institution. The sample is based on inclusion criteria 30 mothers of under five children's selected through convenient sampling techniques. Researchers conducted interview to mothers using structured questionnaire.

Plan for data analysis: The data collected was analyzed by using descriptive statistics and inferential statistics, Percentage distribution was for demographic variables and knowledge of utilization of supplementary nutrition of mothers with under five children.

Chi square test was checked to associate the knowledge of under five children with utilization of supplementary nutrition with selected demographic variables.

RESULTS/ DISCUSSION:

Table No: 1 Level of knowledge and utilization of supplementary feeding among mothers with under five children.

Sl.No	Adequate	Moderate	Inadequate
1.	16 (53%)	14 (46.6%)	1 (3.3%)

The table No:1 depicts , overall categorization 16(53%) of the subject have adequate knowledge in various aspects of knowledge and utilization of supplementary feeding 14(46.6%) mod-

erately adequate knowledge regarding utilization of supplementary finding compared to 1 (33%) falls in inadequate category.

The second objective was to find out the association between the knowledge and utilization of supplementary feeding among mothers with demographic variable.

The variable family type shows significant at the level of $P < 0.03$ and other variables like age of mother, education, occupation , economic status does not show any significant relationship

.Mother with age group of 18-22 yrs is 10% , 23-26 yrs is 60% , 27-30yrs is 13% and 31-39 yrs is 17% were non significant . They will not knowledge about the utilization of supplementary feeding.

Mother with education status of degree is 17% , higher secondary 10% , high school 17% and primary 67% were non significant.

Mother who are housewives are 50% Private employees 23% , government employees 10%, business 3.3% , coolie 13%. Nuclear family which consist of 37% and joint family which consist of 60% and extended family 1% of whole subject are highly signified. Mothers who are belonging to low class 13% , middle class 70% , high class 17% are not signified.

Recommendations :

Similar study can be carried out with large samples to improve the knowledge and utilization of supplementary feeding.

A comparative study can be done in mothers of low socio economic status and high socio economic status in a particular ICDS centres at Kirumampakkam, Puducherry, India.

Implications:

Nursing research ;

Research provides knowledge and utilization of supplementary feeding among the mothers with under five children to the nurses. Hence the nurses in the clinical and community set up to strive to improve the knowledge and utilization regarding supplementary feeding among mothers with under five children.

Nursing education:

Improving the knowledge of mother in community setup should be a part of curriculum, through which the student nurses can apply this knowledge in practical settings.

Nursing administration :

The nurse as a administrator organize and conduct teaching programmes regarding knowledge and utilization of supplementary feeding. Periodic health education can improve attitude towards supplementary feeding.

CONCLUSION:

The study concluded that 16(53%) of the subject have adequate knowledge in various aspects of the knowledge and utilization of supplementary feeding 14 (46.6%) had moderately adequate knowledge regarding the utilization of supplementary feeding. 1 (3.3%) fall in inadequate category.

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