



IMPACT OF MOTHER EMPLOYMENT ON THE NUTRITIONAL STATUS OF SCHOOL CHILDREN: A NARRATIVE REVIEW

Nursing

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ABSTRACT

Introduction–Nutrition status of school going children is most important in their future well establishment quality, and scholarly imperativeness is laid amid this period. It is a changeable period of their development and psychological advancement. Malnutrition is the condition that occurs when the body does not get enough nutrients. Inadequate nutrition caused by the lack of a balanced diet. Maternal employment status plays an important role in all aspects of growth, development and nutrition outcomes of the children.

Objective–The aim of this narrative review is to assess the impact of maternal employment on the nutritional status of the school children.

Method–Pub Med-Medline, EBSCO data base was searched for narrative review study in assessment of nutritional status among school children of employed and unemployed mothers that are focusing from 2009 to 2017.

Result–The findings shows that out of 7 articles, 5 studies are showing that occupation of mothers have a poor impression on the nutritional status of the school age children and 2 articles shows that mothers socio-economic status and education effect the nutrition status of their children.

Conclusion–The review article concluded that mother working status has an impact on nutritional status of school age children. As the children with employed mothers had less healthy nutritional pattern, understanding this wide elements of children's nutrition is exceptionally imperative for their prosperity and future advancement.

KEYWORDS

Employed mothers, nutritional status, anthropometric assessment, School children, unemployed mothers

INTRODUCTION

Beginning nutrition education in early childhood is an important part of helping to ensure that children will achieve healthful lifestyle.

Robert Earl

Nutrition of school going children is important for their strength, intellectual vitality and healthy life style. It is a most wanted time period to develop their physical and mental abilities. (Sharma, Watode and Shrivastava 2017).

Malnutrition is the condition that occurs when the body does not get enough nutrients. Inadequate nutrition caused by the lack of a balanced diet that have coordinate outcomes on wellbeing and harm might be irreversible during growth (Wikipedia). There are three common indicators of undernutrition for children are low height –for-age (stunting), low weight for height (wasting) and low weight-for-age is called under-nutrition (Sultan Sameena 2014). In the developing countries, 52% school children are stunted and 34-62 percent school going children are underweight. Children are more exposed to undernutrition due to their less dietary intake, unequal distribution of food within family units, inappropriate storage of food materials and preparation, dietary taboos and infections with pathogen. Under-nutrition results due to long-term nutritional deprivation, lack of proper child care, poor environmental and socio-economic conditions. (Degarege & Animum 201) Malnutrition is related with higher mortality (higher death rate) and morbidity (higher disease rate), poor mental abilities, decreased educational performance and reduced intellectual abilities. Child undernutrition is a largest contributor for the global burden disease and to killing the school going children in developing countries.

Anthropometric measurements are generally used to assess growth, nutritional status and general wellbeing of individuals and populations. Anthropometric comparison studies are useful to identify the population at risk of malnutrition and helpful to implement and organize various educational programmes to improve the health status of the community peoples (Sharma, Watode and Shrivastava 2017)

1.1. AIM

The aim of this narrative review is to find the evidence about impact of mother employment on the nutritional status of the school going children.

1.2 OBJECTIVE

To find the impact of mother employment on the nutritional status of the school children.

2. METHODOLOGY

2.1 SEARCH METHODOLOGY

Impact of mother employment on nutritional status of school going children was chosen as area of interest and a search was conducted of the online database EBSCO, PUBMED to recover quantitative research articles published till 2017. The term used for search for this review was Mother employment, nutritional status and school children. Search was restricted only for English language.

2.1.1 SEARCH STRATEGY-

MeSH Terms

Nutritional status, school, age, child, children, work, working, mothers

Non- MeSH Terms

Assess, unemployed

2.1.2 TYPES OF STUDIES:

Cross-Sectional studies, Comparative observational and analytical study

2.1.3 TYPE OF PARTICIPANTS

School age children and working, non- working mothers

2.1.4 SETTINGS

School and community

2.1.5 OUTCOMES

Impact of mother employment on the nutritional status of school children

3. RESULT-

The systematic search was conducted by constructing the terms individually and with their synonyms according to the database. In addition to this, PubMed search was done using the keywords like-maternal employment, nutritional status etc and search synonyms from found in articles. Introductory inquiry recovered 10516 articles over which 4265 articles were chosen manually. Duplicate articles were removed 200 articles selected according to eligibility criteria. 4065 articles were excluded due to duplications in two databases. 182 studies were excluded because of inaccessibility of full text. Subsequently 7 articles were screened which includes quantitative study.

3.1 PRASMAFLOW CHART (fig.-1)

3.2 DETAILED DESCRIPTION OF STUDIES (Table: 1)3.3.

SUMMARY OF FINDINGS:

•The available literature refines to get 7 quantitative.

In this narrative review 5 studies are showing that occupation of mothers have a negative impact on the nutritional status of the school age children and 2 study shows that mothers socio-economic status and education effect the nutrition status of their children.

4. DISCUSSION-

Most of the quantitative studies on nutritional status of employed mother children conducted in developing countries like - India, Ethiopia, Nepal and Japan. And the review concluded that Mother working and socio-economic status has an impact on nutritional status of school age children. This narrative review concluded that children of working women was escaping the meal and not maintain a healthy pattern of nutrition because of that children getting more nutritional problems, considering these issues in future there is a need to conduct nutritional programmes to improve the nutritional status of the children and knowledge of the mothers related to healthy nutrition pattern.

J.Akombi Blessing et. al.

conducted a systematic review on Stunting, Wasting and Underweight in Sub-Saharan Africa. 49 articles were included in this systematic review. result revealed that nutrition status of children is associated with these factors: Education of mothers, expanding child age, sex of child (male), riches record/SES (poor family unit), delayed term of breastfeeding (more than twelve months), low birth weight, mother's age (less than 20 years), wellspring of drinking water (unchanged), low mother's BMI (less than 18.5), birth estimate, diarrhea, low father's instruction and place of home (provincial). The components that

incline a youngster to under-nutrition are multisectoral.

4.1 IMPORTANCE IN EDUCATION

The dietary evaluation is done to get data about the predominance and geographic dispersion of nourishing issue inside a group or a predetermined populace gathering. It can likewise be utilized to recognize high-hazard gatherings and to survey the part of various epidemiological factors in wholesome insufficiency. Appraisal of the healthful status helps surveying the predominance of nutritious issue, arranging restorative measures, and assessing the viability of the executed systems all the while.

4.2 FUTURE SIGNIFICANCE:

•Assessment of nutritional status of the children advances mindfulness and routine with regards to nourishment standards through a battle coordinated at the general population by and large and the defenceless gatherings specifically and it expands labor assets for group nourishment work through profundity preparing programs

4.3 LIMITATIONS:

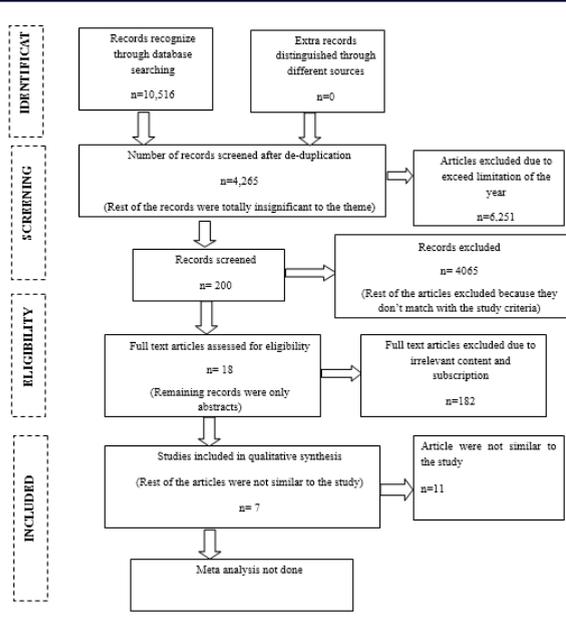
- Computerized data bases were limited
- Was limited to employed and unemployed mother children.
- Was limited to last 10 years.

5. CONCLUSION

The mother working status has an impact on nutritional status of school age children, as the children with employed mothers had less healthy nutrition pattern. So understanding and assessing these more extensive determinants of youngsters' nourishment is critical for their prosperity and future advancement. There is yet a need to provide education related to healthy nutrition pattern for the mothers to achieve the healthy nutrition status among the school going children.

Table: 1 A detailed description of studies

Author and Year	Research Design	Finding of the study
1. Sharma Mukesh et.al 2017	Cross sectional descriptive design	The finding shows that severe malnutrition was more common in children of working mother's is (4.2%) and moderate malnutrition is highly pervasive in homemaker mother's children (7.9%). Study concluded that malnutrition was highly pervasive in homemaker mother's children and severe malnutrition was generally seen in working mother's children.
2. Degarege Dawit et.al 2015	Cross-sectional study	The finding shows that out of 459 children, 30.9% were undernourished. And it was significantly high in children having employed and protestant or catholic mother. Study concluded that undernutrition is prevalent in school going children and it is mainly seen in children of working mother and large family size.
3. Dr. Vaida Naheed 2013	Comparative, observational and analytical study	The finding of this study showing 34 percent of working mother's pre-school children not taking food properly, where by just 12% of nonworking mother's pre-school are not taking dinner properly. This article reveled that maternal employment play an important role in the well being and development of a child.
4. HS Joshi, R Gupta 2011	Descriptive cross-sectional	The finding shows that in total number of participants, 26% of the students was under-nourished and 13% students was stunted, 12% children wasted and only 1% of students both stunted and wasted and the outcome of this article was the maternal social status and literacy rate is the main factors which affect the nutritional status of the child.
5. Sultan Sameena 2010	Descriptive cross-sectional	The finding shows that stunting among children of working mother is 43.3%, and children with nonworking mothers 27.7%. Study concluded that mother working status effect the nutritional pattern of the child.
6. Gaina A et al 2009	Cohort study	The finding shows that the part time working mother and non working mother's children was escaping the meal as compare to the children of full time working mothers.
7. Mukherjee R Maj et.al 2007	Cross-sectional study	The finding shows that out of 760 children, prevalence of stunting was 13.81%, wasting 6.71% and undernutrition 9.87%, and study concluded that maternal employment status, socio-economic status and family size are play an important role of nutrition status of school children.



Acknowledgements-

It is my great pleasure to record our deep sense of gratitude and sincere thanks to all those who have contributed to the successful completion of this endeavor.

First, I would like to thanks, Prof. Dr. N.V. Muninarayanappa, Principal, Teerthanker Mahaveer College of Nursing, for his most support, encouragement and provide valuable pieces of advice.

Then I extend my sincere gratitude to Dr. Nageshwar V, Department of Mental Health Nursing, and Research Co-coordinator. For his kind generosity to give us advice in right time and his meticulous supervision for the successful completion of the narrative review. His guidance and interest have helped us a great deal during this research to make this project fruitful and successful learning experience.

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