Research Paper | **Nursing**

Knowledge and Practice of Mothers "Regarding Prevention and Control of Protein Energy Malnutrition Among Children Between 0-5 Years"

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ABSTRACT

BACKGROUND : Children are mankind's seeds for the future. A god given gift the hope in life. Protein energy malnutrition (PEM) refers to imbalance between the supply of protein and energy and the body's demand for them to ensure optimal growth and function. A total 80% of the children affected live in Asia – mainly in southern Asia 15% in Africa, and 5% in Latin America. Approximately, 43% of children (230 million) in developing countries are stunted. AIM OF THE STUDY :To assess the knowledge and practice of mother regarding prevention and control of Protein Energy Malnutrition among children between 0-5 years MATERIAL AND METHOD: An evaluative research approach with Descriptive Research design was used. The sampling technique used was non - probability convenient sampling..RESULT : The assessment of knowledge revealed the mean for over all Knowledge of mother of between children 0-5 year was 13.97(S.D = 7.08).The highest mean knowledge was for prevention and control of PEM source and dietary pattern mean 4(S.D = 1.4) and lowest mean knowledge score Prevention was 1.75 % (S.D = 0.88).The assessment of the practice of mother of children between 0-5 year revealed that the mean score of overall practice was mean 10.6 (S.D = 53).The correlation between the knowledge and practice showed there is a positive correlation between the knowledge and practice of mother of between children 0-5 year (r = +0.9). From the present study show that there is no significant association between knowledge, practice with selected demographic variable DISCUSSION: Majority of the mother inadequate knowledge with regarding the prevention and control of PEM. There was the positive correlation between knowledge and practice of mother regarding prevention and control of Protein Energy Malnutrition among children between 0-5 years. From the present study show that there is no significant association between knowledge, practice with selected demographic variable

KEYWORDS | Assess, Knowledge ,Practice ,Mother ,Prevention and control PEM and 0-5 year children

INTRODUCTION

Children are mankind's seeds for the future. A god given gift the hope in life. They deserve the utmost care from us, for they are like wet clay in the hands of a potter. The way we mould them, the way the pot of the future will be. Children's growth rate reflects accurately the state of a nation's public health and average nutritional status of its citizens.

According to World Health Organization,
"Protein energy malnutrition (PEM) refers to "an imbalance between the supply of protein and energy and the body's demand for them to ensure optimal growth and function".

Protein energy malnutrition is a major health and nutrition problem in India. It occurs particularly in weaklings and children in the first year or life. It is not only an important cause of childhood morbidity and mortality but leads to permanent impairment of physical and possible of mental growth of those who survive. The current concept of protein energy malnutrition is that of clinical forms- Kwashiorkor and Marasmus .

NEED OF STUDY

Marasmus involves inadequate intake of protein and calories and is characterized by emaciation. Kwashiorkor is characterized by edema Predisposes the child to infection and complements its effect in contributing to child mortality.The prevalence of stunting among under five is 48% and wasting is 19.8% and with an underweight prevalence of 42.5%, it is the highest in the India . Predisposes the child to infection and complements its effect in contributing to child mortality Marasmus was the most common type of PEM noted in our review (34.9%) beside the unclassified cases. Children in India (2012) 48 per cent children under the age of five are stunted (too short for their age), which indicates that half of the country's children are chronically malnourished. PEM in India were

51.1% of children are undernourished at given point of time.

OBJECTIVES

To assess the knowledge regarding prevention and control of Protein Energy Malnutrition among mothers of children between 0-5 years.

To assess the practice regarding prevention and control of Protein Energy Malnutrition among mothers of children between 0-5 years.

To find correlation between knowledge and practice of mother regarding prevention and control of PEM.

To find out association between the knowledge and practice score of mothers with their selected demographic variables**.**

METHODOLOGY
RESEARCH APPROACH
Quantitative Research approach is selected for the study.

RESEARCH DESIGN
Descriptive Research design.

SETTING
The study will be conducted in a Paediatric ward, O.P.D, NRC ward in Dhiraj General Hospital.

SAMPLING TECHNIQUE
Non probability convenience sampling technique

POPULATION
In this study Population are the mothers of 0-5 year children who are staying Vadodra, Piparia**.**

SAMPLE
Mothers of children between 0-5 years who having is staying the Dhiraj General Hospital .

SAMPLE SIZE
Sample size 60.

SAMPLING CRITERIA
INCLUSION CRITERIA
Mothers who having 0-5 year's children.

Mothers who are willing to participate in the study.

Mother available during data collection.

Mother can read Gujarati or Hindi

VARIABLES

RESEARCH VARIABLE
Knowledge of mothers of children between 0-5 years regarding prevention and control of   Protein energy malnutrition.

LIMITATIONS
The study is limited to:

Mothers having 0-5 year children

Who are willing to participate

Study is limited to mothers of children between 0-5 years admitted in a Dhiraj general hospital with protein energy malnutrition only.

DESCRIPTION OF TOOL
Part 1 : Consist of demographic variables such as Age of mother, Area of domicile, Religion,   Type of family, Occupation ,Education of mother, Monthly family income, Dietary   pattern ,No of children in the family, Previous knowledge regarding PEM.

Part 2 : Self structured Questionnaire will be used to assess the knowledge of Mother.

Part 3 : Checklist will be used to assess the practice of Mother.

RESULTS
The chapter deals with analysis and interpretation to assess the knowledge and practice of Mothers regarding prevention and control of Protein energy malnutrition among children between 0-5 year

SECTION 1: Description of Sample Characteristics.
Socio demographic sample characteristics would be analyzed using   frequency and percentage

SECTION 2:   Assess of knowledge score regarding prevention and control of PEM

SECTION 3:   Assess of Practice Score regarding prevention and control of PEM

SECTION 4:   Relationship between knowledge and Practice of mothers regarding Prevention and control of PEM

SECTION5: Association of socio demographic variable with knowledge and practice   regarding prevention and control PEM 0-5 year children

Section 5 have to divided to two part

PART1 :Association of socio demographic variable with knowledge regarding prevention and control PEM among 0-5 year children.

PART 2:   Association of socio demographic variable with practice   regarding prevention and control PEM.

SECTION 1 : Description of Sample Characteristics.

Socio demographic sample characteristics would be analyzed using frequency and percentage

Among the age characteristics finding the 20(33.33%) belonged to the age group of 18 -25 years, 18 (30%) belonged to the age group of 26-35 years, 17(28.33%) belonged to the age group of 36-45 years, 5(8.34%) belonged to the age group of above 45 year.

It is shows the distribution of respondent according to their area of domicile. It was observed that among 60 participants7 (11.66%) belonged to urban,53(83.33%) belonged to Rural area.

According to religion it was observed that 53(88.33%) belong to Hindu, 6(10%) belong to,) and 1(1.367%) belong of any other

Among the types of family of 45(75%) belong Nuclear, 14(23.33%) was joint family ,1(1.67%) was belong that Extended

Among the occupation. Was find the that 24(40%) are having unemployed, 16(26.67%) are having Agriculture, 18(30%) are having Labour worker and 2(3.33%) having skilled worker

According to Education of Mother among 60 respondents 55(91.66%) was no formal education,2(3.33%) was primary education ,1(1.66%) was Secondary education.

According to Monthly family income it was that result was find to36(60%) was below the 3000, 14(23.33%) was between the 3001 and 5000 ,10 (16.66%) was between 5001-10000.

Among the subject 18(30%) was Vegetarian and 42(70%) was Non Vegetarian..

Among the subject that 24(40%) was 1 children in family, 16(26.67%) was 2 children in the family , 18(30%) was 3 children in family and 2(3.33%) was above 4 children in the family.

Among the subject ,3(5%) was YES to previous knowledge of PEM and 57(95%) was NO to previous knowledge. That who have the of PEM to previous knowledge related to get knowledge about the PEM like ,the family members, health members, Mass media TV radio news paper and Magazines.

SECTION 2 : Assess of knowledge score regarding prevention and control of PEM

Reveals that Introduction of PEM 6 items had a mean of 3.11 with a standard deviation of 2.57 and mean% of 51.83%. Risk factor and causes with 5 items had a mean of 2.33 with a standard deviation of 1.09 and mean% of 46.66%. and Signs and symptoms and complication of PEM 6 item had a mean 2.78and slanders deviation of 1.14 and mean % of 46.33% and source and dietary pattern of 9 item had of 4 mean and standard deviation 1.4 and 44.44 mean % and prevention of 1.75 with mean and standard deviation of 0.88% and mean % of 43.75 .

SECTION 3 : Assess of Practice Score regarding prevention and control of PEM That overall Practice score was found to have a mean of 10.6, standard deviation of   53% and mean% of1.61%.

SECTION 4 :   Relationship between knowledge and Practice of mothers regarding Prevention and control of PEM

Study result finding that the positive correlation between the knowledge and practice of mother regarding prevention and control of PEM

SECTION 5 : Association of socio demographic variable with knowledge and practice regarding prevention and control PEM 0-5 year children

Section 5 have to dived to two part

PART 1: Association of socio demographic variable with knowledge regarding prevention and control PEM among 0-5 year children.

There was no significant association between the knowledge scores and Socio demographic

PART 2: Association of socio demographic variable with practice regarding prevention and control PEM.

There was no significant association between the Practice scores and Socio demographic

DISCUSSION AND CONCLUSION
Majority of the mother inadequate knowledge with regarding the prevention and control of PEM. This study overall knowledge and practice Percentage score was found 46.56% and 1.61%..There was the positive correlation between knowledge and practice of mother regarding prevention and control of Protein Energy Malnutrition among children between 0-5 years. From the present study show that there is no significant association between knowledge, practice with selected demographic variable.

Limitation of the study
Mothers having 0-5 year children

Study is limited to mothers of children between 0-5 years admitted in a Dhiraj general hospital with protein energy malnutrition only

Recommendation study
• Based on the finding the present study recommendation offered for the future study are :
• Similar study can be conducted on a large samples .
• A Pre test and post test study can be conducted to study the effectiveness of self instruction module.
• A comparative study can be undertaken to see the difference between the rural and urban areas regarding prevention and control PEM
• Regular health education programmers can be conducted by health personal related to prevention and control