

A Study to Assess the Knowledge on Protein Energy Malnutrition among Mothers of Under Five Children in Selected Areas at Kanchipuram District, Tamil Nadu

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Abstract

A descriptive study was conducted to assess the level of knowledge on protein energy malnutrition among mothers of under five children in selected areas at Kanchipuram District, Tamil Nadu. The objectives of the study was to assess the level of knowledge on protein energy malnutrition among mothers of under five children and to associate the knowledge on protein energy malnutrition with demographic variables.

Research approach for the present study was a quantitative descriptive approach. Quasi Experimental design seems to be the most appropriate design for this study. The study was conducted at Paiyanoor village, Kanchipuram District, Tamil Nadu. Mother of under-five children in the age group of five years residing in Paiyanoor Village, Kanchipuram and The participants of the study were selected by purposive sampling technique. The data analysis was done using descriptive and inferential statistics. Descriptive statistics like frequency, percentage and mean.

Chi-square test was used to find out the association between the risk factors and selected personal information sheet of the mothers of under-five. The findings shows that the majority (20%) of the mothers of under-five children having adequate knowledge. The majority (63%) of mothers of under-five having moderate knowledge. The majority (17%) of mothers of under-five having inadequate knowledge.

Keywords: Assess, Knowledge, protein energy malnutrition, mothers of under five children.

Introduction

The prevalence of protein Energy Malnutrition among children in south Asia is the highest in the world. It is the almost double the prevalence in sub Saharan Africa. This high prevalence together with the large population of the region explain why more than half of all malnourished children live in south Asia, 101 million

out of 184 million. On average there has been a small decrease in the prevalence of underweight children in south Asia⁽³⁾

Using the WHO Global Database on Child Growth and Malnutrition, which covers 87% of the total population of under 5 year old in developing countries, we describe the worldwide distribution of Protein energy malnutrition based on nationally representative cross sectional data gathered between 1980 and 1992 in 79 developing countries in Africa, Asia were underweight, 269(44.3%) were stunting and 72(11.9%) were wasting. Protein energy malnutrition is an important problem in this contemporary epoch and more under- Five children's are affected with Protein energy malnutrition. This is mainly due to unhealthy Environment and poor knowledge among the parents regarding the disease condition.⁽⁵⁾

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Consequently, a number of health-related non-governmental organizations, including Catholic Relief Services (CRS), Adventist Development and Relief Agency (ADRA), World Vision International (WVI) and the Ghana Health Service (GHS) have been promoting proper childcare practices, including appropriate infant-feeding practices and management of childhood illnesses, such as diarrhea⁽²⁾. Health and nutrition messages are usually targeted to mothers, most of whom have not received formal education. These women usually patronize health services at antenatal clinics and child welfare center's (CWC). Additionally, patronage of preventive health services provides an opportunity to improve care practices through both preventive healthcares.⁽⁶⁾

Materials and Method

The methodology of research indicates the general patterns of organizing the procedure for getting valid and reliable data for investigation. Research approach for the present study was a quantitative descriptive approach. Quasi Experimental design seems to be the most appropriate design for this study. The study was conducted at Paiyanoor village, Kanchipuram District, Tamil Nadu. A purposive sampling technique was used to select 30 samples that full fill the inclusion criteria viz. The tool was organized in two sections.

Section A: Demographic variable

It consist of the demographic data age, occupation, income, types of family and source of information

Section B: Knowledge questionnaire's

A structured questionnaire consists of 14 items. The total attainable score was 14 the cut off score was 8. The knowledge scoring is given below:

1. 0-5(<50%) Inadequate knowledge
2. 6-10(51-73%) Moderately adequate knowledge
3. 10-14(>74%) -Adequate knowledge

Results and Discussion

The collected data was tabulated and analyzed. Descriptive research study was used. The Mean value is 51.5% and standard deviation is 2.093, Table shows that Mean, Mean% and SD of knowledge of under-five mothers on protein energy malnutrition the study shows that (20%) of them having adequate knowledge. (63%) of them having moderate knowledge and (17%) of them

having inadequate knowledge. The findings shows that the majority (74%) of the mothers belongs to the age of 21-30 years.

Regarding the demographic variables, The majority (74%) mothers are Hindu. The majority (74%) mothers are occupation. The majority (75%) mothers having per income is a 6000-8000. The majority (78%) mother having nuclear family. The study showed that there is no significant association between protein energy malnutrition with the selected demographic variables

Conclusion

Health and nutrition messages are usually targeted to mothers, most of whom have not received formal education. These women usually patronize health services at antenatal clinics and child welfare center's (CWC). Additionally, patronage of preventive health services provides an opportunity to improve care practices through both preventive healthcares and services.

Conflict of Interest: Nil

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