ORIGINAL RESEARCH PAPER

EFFECTIVENESS OF VATM REGARDING MALNUTRITION

Nursing

KEY WORDS:

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ABSTRACT

INTRODUCTION: Every child develops and grows at her/his own time through reaching the various development& milestone. Children growth and development do not occur in a linear fashion. But are influenced by each child's environment nutrition and mothers care, these factors play and critical role in a child reaching her/ his full potential. Recent evidence indicates that good nutrition particularly in early childhood is critical to the positive heath outcomes of children. In fact children's nutritional status can be viewed as a good proxy indicator of a community's status of health. Food is the prime necessary of life cannot be sustained without an adequate nourishment child need's adequate food for growth and development. Acc. To the WHO, breast milk has the complete nutritional requirement that a baby need for healthy growth and development in the first six months of life.

Acc. To the united nation child emergency fund (UNICEF), children who are breastfeed in the first six month's of life have a six times greater chance of survival as opposed to non-breastfeed children.

Children are malnourished if their diet does not provide adequate nutrients for growth and maintenance or they are unable to fully utilize the food eat due to illness (under nutrition).

NEED FOR STUDY

"To prevent malnutrition people need to consume a range of nutrients from a variety of food types. There should be a balanced intake of carbohydrate, fats, protein, vitamins, and Minerals as Well as plenty of fluids and especially water".

The 2017 global hunger index (GHI) report ranked India 97th out of 118 countries with a serious hunger situation, amongst SOUTH ASIAN NATION, it ranks third behind only at GANSTAN AND PAKISTAN with a GHI score of 29.

Lastly we need to understand level of knowledge of the mother regarding the malnutrition and management of malnutrition. The study should that knowledge of malnutrition will help to prevent the malnutrition.

STATEMENT OF THE PROBLEM

"A study to assess the effectiveness of video assisting teaching module regarding malnutrition among mothers under 5 year children's at selected slum areas Bhopal."

OBJECTIVES

- To assess the knowledge regarding malnutrition among mothers of under five year children.
- To assess the pre-test knowledge score of the mother's under five year children regarding the malnutrition.
- To assess the Post-test knowledge score of the mother's under five year children regarding the malnutrition.
- To compare the pre and post test knowledge the mother's under five year children regarding the malnutrition.
- Assess the effectiveness of video assisting teaching module on prevention and management of malnutrition among under 5 year children mother.
- To determine the association between pre test knowledge score of the mother's with selected demographic variables.

HYPOTHESIS

H₁: There will be significant difference between pre and post knowledge score's of the mother's of under five children regarding malnutrition.

H₂: There will be significant association between pre test

knowledge score of the mother's of under five children with selected demographic variables.

ASSUMPTION

- Mother 0-5 year children may have in-adequate knowledge regarding malnutrition.
- It is assumed that the VATM bring and impact on knowledge regarding malnutrition and its prevention among mothers to 0-5 year children.

REVIEW OF LITERATURE

Kumar I. P ambala haryana india in (2017) The study to assess the prevalence of protein energy malnutrition [PEM] among under five children.

Study Design & Setting House to house visits by cross sectional study covering 300 cases under 5 children in rural areas of Ambala, Haryana, India.

RESULT

Acc. To Gomez classification 44.3% had good nutrition status with the proportion of first, second & third degree malnutrition was 39.34%, 15.66% & 0.66% respectively.

CONCLUSION

Need to provide health education regarding antenatal diet, the importance of exclusive breast feeding, importance of immunization among under-five children & development of the integrated child development scheme at the school level.

Mishra Alka & Bhardwaj Urmila New Delhi In (2017) A study was conducted to assess the knowledge of mothers regarding malnutrition & ITS prevention & evaluate effectiveness of structured teaching programme in terms of knowledge gain in mothers of under-five children attending a Crèche run by an NGO in slum area of New Delhi.

Study Design & Setting Purposive sampling technique was used to select 45 mothers having children under 5 year of age. Quantitative research approach with one group pre-test, post-test design was used.

RESULT

Before administration of the structured teaching programme 18(40%) mother had poor knowledge 15(33.3%) had average k knowledge & 12(26.7%) had good knowledge while after administration of structured teaching programme 12(26,7%) had poor knowledge ,21(46.7%) had average knowledge & 12(26.7%) had good knowledge. The structured teaching program was effective tool to enhance the knowledge of mother.

MATERIAL & METHODS

Design: Pre experimental one group pre-test post-test

design was adopted for this study.

Settings: The study was conducted at urban slum Kolar road Bhopal.

Sample Size: Sample size was 30 mother's.

Sampling Technique: Convenient sampling is a type of non-probability sampling was adopted for the study. In this study, regarding malnutrition mothers were selected during the data collection period. All the 5 year children mothers of fulfilled the sample a criterion was selected as the sample for the study.

DESCRIPTION OF THE TOOL
Structured interview schedule – It has two parts section A and B.

Section A - Socio - Demographic variables The first part consisted of 8 items related to baseline characteristics (Age, Religion, education ,occupation, monthly income, dietary pattern, no. of children, type of family)

Section B – Structured knowledge questionnaire regarding malnutrition.
Questionnaire is prepare for assess the knowledge of subjects regarding malnutrition. Which consist of 30 items with multiple choice questions. Where total score is 30. The tool was prepared in Hindi to facilitate better comprehension for the mothers of under-five children of slum area.

SCORING PATTERN
The structure knowledge questionnaire consist of 30 multiple choice questions. Every correct answer a score on one (1) and zero (0) for wrong answer. The maxima score of structured knowledge questionnaire is 30. The different level of knowledge is categorized as follows.

LEVEL OF KNOWLEDGE	KNOWLEDGE SCORE
Poor	0 – 10
Average	11-20
Good	21-30

RESULTS:
Frequency & percentage distribution of mothers of under five year children's based on demographic viable.

Demographic Variables		Frequency	Percentage
AGE	18-22	12	40%
	23-27	10	33%
	28-32	5	17%
	Above 33	3	10%
RELIGION	Hindu	29	97%
	Muslim	1	3%
	Christian	0	0%
	Others	0	0%
EDUCATION	Illiterate	5	17%
	Primary	10	37%
	High school	11	33%
	Above higher	4	13%
OCCUPATION	Housewife	16	53%
	Labour	11	37%
	Business	3	10%
	Other	0	0%
MONTHLY INCOME	<2000	6	20%
	2001-4000	9	30%
	4000-6000	7	23%
	Above 6000	8	27%
DIETRY PATTERN	Veg	16	53%
	Non –Veg	14	47%
NO. OF CHILDREN	1	15	50%
	2	7	23%
	3	7	23%
	More than 3	1	4%
TYPE OF FAMILY	Nuclear	13	43%
	Joint	12	40%
	Extended	4	14%
	Step	1	3%

Differences between pre & post test knowledge score.

Test	Mean Knowledge Score	S.D	Mean difference	't' Value
Pre-Test	10.83	4.67	10.64	22.5
Post –Test	21.47	3.56		

"t" = 22.5 p<0.05 * significant

DISCUSSION
There was post-test mean score (21.47) is higher than pre-test mean score (10.43) of under five children mothers regarding malnutrition. Result shows significant association between knowledge levels of subject with their demographic variable. There was significant association between pre-test knowledge score are- Age of mothers of under-5 year children at level of 0.05 the calculated value is (x^2=13.68) and table value is p=12.59, Education of mothers of under-5 year children at level of 0.05 the calculated value is (x^2=13.52) and table value is p=12.59, No. of children of mothers of under-5 year children at level of 0.05 the calculated value is (x^2=18.38) and table value is p=12.59, Type of family of mothers of under five children at level of 0.05 the calculated value (x^2=15.33) and table value is p=12.59.

The findings of the present study were analyzed and discussed with the findings of other similar studies confirmed That (VATM) regarding malnutrition was effective. It's increasing the knowledge of mothers of under 5 year children