

CORRELATION BETWEEN KNOWLEDGE AND PRACTICE SCORES OF DIETARY HABITS IN RELATION TO PREVENTION OF MALNUTRITION AMONG MOTHERS OF PRESCHOOL CHILDREN

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ABSTRACT

A child's entire life is determined by giving what kind of food during first five years of life. Since childhood is vulnerable phase in the life of human being, nutritional inadequacies will result in the hampering of the development of the body. Future of the country is determined by the growing generation of the country. In India health hazards associated with under nutrition and micronutrients deficiencies remain major health problems. The past three decades have witnessed the emergence of over nutrition as a problem in school age children in developed countries. In developed countries the consumption of high calories food and the increasingly sedentary life style have been implicated as the major factors responsible for the rising obesity rates. The present study reveals that there is a mild correlation between knowledge and practice scores ($r = 0.06$), practice and attitude correlation value is ($r = 0.042$), correlation between knowledge and attitude is ($r = 0.0061$). The findings will reveal the correlation between knowledge, attitude and practice of preschool children's mothers regarding Dietary Habits in relation to Prevention of Malnutrition.

Key words: Knowledge, Attitude, Practice, Planned teaching programme, Preschool children.

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INTRODUCTION

A mother is the principal provider of the primary care to her child needs during the first six years of its life. The child health care is completely depending on mother's knowledge on some aspects of nutrition. It is understandable that her educational status has been reported to influence her child-care practices. A child's entire life is determined by giving what kind of food during first five years of life. Since childhood is vulnerable phase in the life of human being, nutritional inadequacies will result in the hampering of the development of the body. Future of the country is determined by the growing generation of the country.

One of the greatest problems for India is under nutrition. The country is still struggling with this problem. Nutritional deficiencies prior to school entry have the potential to impact upon cognitive outcome in school age children. In the United States which has the highest per capita soft drink consumption in the world. Globally including in India health hazards associated with under nutrition and micronutrient deficiencies remain major health problem.

In India health hazards associated with under nutrition and micronutrients deficiencies remain major health problems. The past three decades have witnessed the emergence of over nutrition as a problem in school age children in developed countries. In developed countries the consumption of high calories food and the increasingly sedentary life style have been implicated as the major factors responsible for the rising obesity rates.

Mrs. Sarika in 2016 conducted a study to know the knowledge and practice of mothers regarding prevention of protein energy malnutrition among mothers of under five children. For this study Descriptive survey approach was adopted to collect data. A structured interview schedule was prepared and administered to 100 mothers of under five children based on purposive sampling technique at the selected area of Gajipur, New Delhi. The study result shows that majority, 45.36 percent of mothers had knowledge related to general information of PEM, followed by 43.44 percent of the mothers who knew about causes, signs and symptoms of PEM. Majority 46.3 percent of the respondents had the right Dietary practice and 42 percent had the good practice of management of diarrhea. There is significant association observed between knowledge and educational status of the mother. The study concludes that Overall findings showed that, the existing, knowledge and practice is found 45.52% and 41.66% on prevention of protein energy malnutrition. The enhancement in both knowledge and practice is greatly required on the following areas of exclusive breast milk, initiation of breast milk, continuous feeding of breast milk and good dietary practices are the multidisciplinary action it should involve a research team and the findings should be communicated through Journals and other media in order to enlighten nursing students.

Malnutrition is one of the significant factors contributing to Infant and child mortality in developing countries of the world. Nutrition during the first five years has an impact not only on growth and morbidity during childhood, but also acts as a determinant of nutritional status in adolescent and adult life.

Meals take place big influence over the family environment and the type of food the children eat. The eating environment can have a positive or negative impact on children's eating habits. Children who eat with their family tend to eat healthier food like fruits vegetables and whole grains. They are also at lower risk for becoming Over-weighting. Parents can influence their children eating habits in a positive way by being a good role model.

The findings will reveal the correlation between knowledge, attitude and practice of preschool children's mothers regarding Dietary Habits in relation to Prevention of Malnutrition.

Hence the investigator had taken up a study to find out correlation between knowledge and practice scores of dietary habits in relation to prevention of malnutrition among mothers of preschool children in selected areas at Jaipur District.

OBJECTIVE OF THE STUDY

1. To find out correlation between knowledge and practice scores of dietary habits in relation to prevention of malnutrition

METHODS:

A pre-experimental research design was used for the study and data was collected using structured interview schedule. The sample were drawn through purposive sampling technique and consisted of 400 mothers of preschool children (3-5 years). Knowledge, attitude and practice was assessed by structured knowledge questionnaire, Likert scale and rating scale respectively. The analysis was done by Spearman Rank Correlation, Paired t test, RAM ANOVA, and Chi Square test. The data was analysed and interpreted in the form tables.

Correlation between knowledge, attitude and practice scores**Table No .1: Correlation between knowledge and practice scores N=400**

Variables	Mean	SD	Range	r value	P Value	Statistical inference	Remarks
Knowledge	16.06	3.58	8-29	0.068	P=0.174 p>0.05	Not significant	Null Hypothesis accepted
Practice	37.46	7.46	17-54				

The above table shows that mean knowledge score is 16.06 and mean practice score is 37.46. The standard deviation of knowledge score is 3.58 and SD of practice score is 7.46. Whereas correlation value is 0.068 (P=0.174, P>0.05). So, it shows that the calculated value is less than table value at 0.05 with $df_{398}=0.0983$ level of significance. With this inference can be drawn as no statistically significant correlation between knowledge scores and practice scores.

Correlation between knowledge and attitude scores of dietary habits**Table No .2: Correlation between knowledge and attitude scores N=400**

Variables	Mean	SD	Range	r value	P value	Statistical inference	Remarks
Knowledge	16.06	3.58	8-29	0.023	p=0.645 P>0.05	Not significant	Null hypothesis accepted
Attitude	53.71	11.39	26-128				

The above table shows that mean knowledge score is 16.06 and mean attitude score is 53.71. The standard deviation of knowledge score is 3.58 and SD of attitude score is 11.39. Whereas correlation value is (r=0.023, p=0.645, P>0.05). So it shows that the calculated value is less than table value at 0.05 with $df_{398}=0.0983$ level of significance. With this inference can be drawn as no statistically significant correlation between knowledge scores and attitude scores.

Correlation between attitude and practice scores of dietary habits**Table No .3: Correlation between attitude and practice scores N=400**

variables	Mean	SD	Range	r value	P value	Statistical inference	Remarks
Practice	37.46	7.46	17-54	0.007	P=0.895 P>0.05	Not significant	Null hypothesis accepted
Attitude	53.71	11.39	26-128				

The above table shows that mean attitude score is 53.71 and mean practice score is 37.46. The standard deviation of attitude score is 11.39 and SD of practice score is 7.46. Whereas correlation value is (r=0.007, P=0.895, P>0.05). So, it shows that the calculated value is less than table value at 0.05 with $df_{398}=0.0983$ level of significance. With this inference can be drawn as no statistically significant correlation between Attitude scores and practice scores.

RESULTS & CONCLUSION:

Correlation between knowledge, practice and attitude regarding prevention of malnutrition was studied. The study revealed that there is a mild correlation between knowledge and practice scores (r =0.06), practice and attitude correlation value is (r =0.042), correlation between knowledge and attitude is (r =0.0061). Findings of the study indicated that the mothers of preschool children had poor knowledge, attitude and practice regards to prevention of malnutrition. The findings of the study should be used as a basis of in-service education programs for nurses so as to make them aware of the present problems in the community. All nurses need to take an active part in policy making including allocation of resources within the health and social sections. The government can be appealed to make special provision for severe malnourished children and their families to be cared at home and those who are in hospital for treatment should have free services.

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