Assessment of Knowledge Regarding Prevention of Malnutrition Among Mothers of Under Five Children at Irengbam Village, Bishnupur District, Manipur

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Abstract—**Background— Food is the prime necessity of life. Life cannot be sustained without an adequate nourishment. Child needs adequate food for growth and development. Adequate nutrition during early childhood is fundamental for the development of each child's potential. In order to have a healthy and productive labor force in future, a country needs a well-nourished population of the children. Today's nutritional status of the child reflects a healthy and productive generation in future. The World Health Organization defines malnutrition as "the cellular imbalance between the supply of nutrients and energy and the body's demand for them to ensure growth, maintenance and specific functions". There are three types of malnutrition i.e undernutrition, overnutrition and specific deficiency disorders.**

Objectives: To assess the knowledge regarding prevention of malnutrition among the mothers of under five children.

Methodology: Quantitative research approach-cross sectional research design was used for the study. 60 mothers were selected by using simple random sampling technique. Self- Administered Structured Questionnaire was used to collect data. Descriptive (Frequence percentage distribution) and inferential statistics (Chi square) were used to analyzed the data.

Results: The knowledge regarding prevention of malnutrition among mothers of under five children revealed that 17 (28 %) mothers had adequate knowledge regarding prevention of malnutrition and majority of the mothers 39 (65%) had moderately adequate knowledge and only 4 (7%) had inadequate knowledge. There was no significant association between the level of knowledge with selected demographic variables like age, type of family, dietary pattern, number of under five children in the family, birth order of child, major illness to the child whereas educational status, occupation, monthly income, previous knowledge regarding malnutrition versus level of knowledge are significant at 0.05 level of significance. ($p<0.05$)

Conclusion: The study was conducted to assess the level of knowledge regarding prevention of malnutrition among mothers of under five children. The study concluded that majority of the mothers had moderately adequate knowledge. Promotion of education and literacy in the community, especially non formal education among the village women, would reduce the increase in malnutrition.

Index Terms—**Assess, knowledge, malnutrition, mothers of under-five.**

I. INTRODUCTION

Malnutrition continues to be a major health problem in the world, particularly in children under five years of age. It can lead to childhood mortality due to diarrhea, pneumonia, severe infections, malaria and measles The World Health Organization Infant and young child feeding 2019 report revealed that globally 144 million children under five years were stunted (too short for age), 47 million children were wasted (too thin for height) and 38 million children were overweight or obese. According to United Nation International Children's Emergency Fund (UNICEF) – World Health Organization (WHO) Joint Child Malnutrition report 2018, shows that approximately 149 million children under five years of age suffer from stunting, 49 million children under

five years were wasted and globally, there are over 40 million overweight children.

Statement of the problem: Assessment of knowledge regarding prevention of malnutrition among mothers of under five children at Irengbam village, Bishnupur District, Manipur.

II. METHODOLOGY

The objectives of the study were to assess the knowledge regarding prevention of malnutrition among mothers of under five children and to find out the association between knowledge level and demographic variables of mothers of under five children. Quantitative research approach – cross sectional research design was used for the study. 60 mothers from Irengbam Village, Bishnupur District Manipur was selected by using simple random sampling technique. Self-administered structured questionnaire was used to collect data. Descriptive and inferential statistics were used to analyzed data.

Sample Size: The sample size for the study consists of 60 samples.

Sampling Techniques: Simple random sampling technique was used for the study.

III. DATA COLLECTION

Data Collection
The tool for data collection was:
Section I: Demographic Proforma

Section II: Self-administered Structured questionnaire which contain three sections.
Formal permission for data collection was taken from the concerned authorities. The data was collected after taking informed consent from the mothers and ensured confidentiality of the data collected. The knowledge regarding prevention of malnutrition was assessed using Self-Administered Structured questionnaire.

IV. DATA ANALYSIS

Data analysis: The data was analyzed by using Descriptive and inferential statistic

Table No 1: Frequency and Percentage distribution according to demographic variables

n=60

Demographic variables	Category	Frequency (N)	Percentage
Age	21-25 yrs	10	16.7
	26-30 yrs	16	26.7
	31 yrs and above	34	56.7
Educational status	Under matric	24	40.0
	Class X Passed	11	18.3
	Class XII Passed	20	33.3
	Graduate and above	5	8.3
Occupation	Govt Employee	7	11.7
	Private Employee	3	5.0
	Self Employee	13	21.7
	Housewife	37	61.7
Type of family	Nuclear family	2	3.3
	Joint family	58	96.7
Family's monthly income	Less than 5K	5	8.3
	5K-10K	22	36.7
	10K and above	33	55.0
Dietary pattern	Vegetarian	40	66.7
	Non-Vegetarian	20	33.3
No.of under 5yrs Children	1	53	88.3
	2	6	10.0
	More than 2	1	1.7
Birth order of the child	First born	25	41.7
	Second born	29	48.3
	Third Born	6	10.0
Previous Knowledge regarding Malnutrition	Yes	21	35.0
	No	39	65.0
Source of information	Television	1	4.8
	Health Professional	20	95.2

The above Table 1 shows that majority of the mothers 34 (56.7%) were 31 years and above, majority 24(40%) were under matric, 37(61.7%) were Housewife, 58 (96.7%) were from Joint Family and majority 33 (55%) of the family's income were 10K and above. Majority 40 (66.7%) were vegetarian and regarding the birth order of the child, majority of the child under five 29 (48.3%) was the second born.

Most of the mothers 39 (65%) do not have previous knowledge regarding malnutrition and 21 (35%) mothers had previous knowledge from the health professional 20 (95.2%) and from television 1 (4.8%).

Table 3: Frequency and percentage of knowledge level regarding prevention of malnutrition

Knowledge level	Frequency	Percentage
Inadequate (<50%)	4	6.7
Moderately adequate (50 – 75%)	39	65
Adequate (>75%)	17	28.3

The above table no - 3 shows the overall knowledge score regarding prevention of malnutrition among mothers of under five children. The finding shows that majority 39 (65%) of the mothers had moderately adequate knowledge, followed by 17 (28%) mothers had adequate knowledge and only 4 (7%) had inadequate knowledge.

Table 4: Association between the knowledge level with selected demographic variables

Demographic Variables	Knowledge level			Chi square	df	P value	Inference
Age	Inadequate	Moderately adequate	Adequate				
21-25	1	7	2	7.79	4	0.09	NS
26-30	2	13	1				
31 and above	1	19	14				
Educational qualification							
Under matric	4	19	1	25.31	6	0.01	S
Class X	-	10	1				
Class XII	-	8	12				
Graduate & above	-	2	3				
Occupation							
Govt employee	-	1	6	14.35	6	0.026	S
Pvt Employee	-	2	1				
Self-employee	1	8	4				
Housewife	3	28	6				
Type of family							
Nuclear	-	2		1.114	2	0.573	NS
Joint Family	4	37	17				
Monthly income							
<5000	-	5	-	9.69	4	0.046	S
5000-10000	3	16	3				
10000 above	1	18	14				
Dietary pattern							
Vegetarian	2	27	11	0.645	2	0.724	NS
Non-vegetarian	2	12	6				
Birth order of child							
1st Born	1	19	5	5.947	4	0.203	NS
2nd Born	3	18	8				
3rd Born	-	2	4				
Major illness to child							
Yes	-	4	2	0.506	2	0.776	NS
No	4	35	15				
Previous knowledge							
Yes	-	9	12	14.05	2	0.01	S
No	4	30	5				

*p<0.05 Level of Significance
NS=Not Significant

The above table 4 shows that significant association was obtained between knowledge level and selected demographic variables such as educational qualification, occupation, monthly income and previous knowledge regarding malnutrition at 0.05 level of significance. ($p<0.05$).

The other demographic variables such as age, type of family, dietary pattern, birth order of child and major illness to child were found non-significant.

V. CONCLUSION

The study was conducted to assess knowledge regarding prevention of malnutrition among mothers of under five children at Irengbam village, Bishnupur District Manipur. The findings shows that majority 39 (65%) of the mothers had moderately adequate knowledge, followed by 17 (28%) mothers who had adequate knowledge and only 4 (7%) had inadequate knowledge. The chi-square showed that there is an association between the overall knowledge scores with selected demographic variables except in the age of the mothers, type of family, dietary pattern, birth order of the child and major illness of the child. The study findings will be helpful in the future studies to develop insight into the health education tools for the mothers regarding prevention of malnutrition and also serves as a basis to conduct further studies in different aspects of malnutrition.

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