

EFFECTIVENESS OF STP ON THE KNOWLEDGE OF MOTHERS OF UNDER FIVE YEAR CHILDREN REGARDING PEM & ITS PREVENTION IN JAMSERA VILLAGE, ODISHA

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ABSTRACT

Professor Prativa Roul undertook a departmental study in the year 2021-2022 to assess the effectiveness of structured teaching program through pamphlet on the knowledge of mothers of under five year children regarding PEM & its prevention in a village, Jamsara Odisha, towards the fulfillment of the requirement of community people needs of adopted areas by Dr. Ambedkar Institute of Medical Science District, Jamsara Odisha state. A semi-structured questionnaire used to be used to investigate the knowledge. Descriptive and inferential data have been used to analyze the data. The evaluation and the data had been primarily based on the goal and hypothesis. Both descriptive and inferential information had been used for records analysis. The evaluation of ordinary publish take a look at expertise degree of the moms of below five children concerning prevention of protein electricity malnutrition suggests that, the majority of 50 (100 %) mothers had common knowledge, 0(0 %) had bad understanding and 0(0 %) had been had desirable knowledge. The degrees of know-how at some point of the pretest and put up take a look at are in contrast to show the effectiveness of planned educating programme. The find out about concluded that there is substantial make bigger in the knowledge level amongst moms of underneath 5 adolescents after deliberate educating programme.

Keywords: PEM Protein Energy Malnutrition, Knowledge, Attitude, Practice, Self Instructional Module.

Introduction

Children are treasures of our nation. They are to develop into citizen and leaders of tomorrow. Healthy children are the greatest resources and pride of any nation. Investment in the children development is an investment in the future of the nation. Their health and development monitored at every step of their life. According to WHO 15th April 2022 Malnutrition refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients. The term malnutrition covers 2 broad groups of conditions. One is 'under nutrition'—which includes stunting (low height for age), wasting (low weight for height), underweight (low weight for age) and micronutrient deficiencies or insufficiencies (a lack of important vitamins and minerals).

Malnutrition affects people in every country. Around 1.9 billion adults worldwide are overweight, while 462 million are underweight. An estimated 41 million children under the age of 5 years are overweight or obese, while some 159 million are stunted and 50 million are wasted. Adding to this burden are the 528 million or 29% of women of reproductive age around the world affected by anaemia, for which approximately half would be amenable to iron supplementation. Many families cannot afford or access enough nutritious foods like fresh fruit and vegetables, legumes, meat, and milk, while foods and drinks high in fat, sugar, and salt are cheaper and more readily available, leading to a rapid rise in the number of children and adults who are overweight and obese, in poor as well as rich countries. It is quite common to find undernutrition and overweight within the same community, household or even individual – it is possible to be both overweight and micronutrient deficient, for example.

The results of the study will help the mothers of under 5 year children's in improving the level of knowledge regarding causes, prevention and management of protein energy malnutrition in under five children and main aim of study is emphasis on specific areas of health education to the parents, and also it can be communicated by the community health nurses to create awareness to the public.

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Background of the Study

Today's youngsters are tomorrow's citizens; baby hood is very one of a kind and prone length of life. A brilliant future for an character for a family, for a society, for a united states of america lies in offering a protected surroundings for youngsters to develop and mature. Every dad or mum assume that they are accurate mother and father and take excellent care in defending youth from any damage or risks but there is one region the place the infant is greater a danger than somewhere else, and that is their very own home. No rely how cautious dad and mom are, there will be time when infant is unsupervised. It solely takes a break up Second for a infant to swallow something and choke. Accidental accidents are the main reasons of dying in young people beneath 5 of age. The developmental stage of the infant in part determines the kind of accidents that are most in all likelihood to manifest at a particular age. The infant with best curiosity to explore, look at and with the capacity to run and stroll are extra inclined to range of accidents like burns, scalds.

Drowning is a common, preventable hassle specially in childhood the place it is the 2nd most frequent reason of demise via accidents with 0-3 years ancient and comprising 22 per cent of drowning. Rates of drowning range with age, gender and race. Age businesses at biggest threat are babies and boys at larger risk. It takes place whilst in bathtubs, pools, spas or wadding pool or close to irrigation ditches or other open standing water. It is vital that a small toddler can drown in a remember of seconds and in simply few inches of water. Thousands of harmless youth have been drowned each 12 months from now not being conscious of the chance of water.

Accidental poisoning was once frequently involving 50-90 per cent of young people beneath 5 years of age. It is a international problem. Children between 1-3 years age had been the most susceptible group. During infant period, exploratory nature aided by way of their newly obtained hand abilities and mobility. Negligence and lack of know-how of mother and father and caretakers in making surroundings of baby for poisoning. In small residence with restricted space, the households chemicals, disinfectants and kerosene are most probably ingested by way of the adolescents accidentally. Raising focus in protected retaining of all poisonous chemical substances out of kid's attain into infant resistant small print found.

Accidental aspiration of meals objects such as nuts and seeds are frequent in younger youth can also end result death, Inedible objects such as balloon, coins, pills, protection pins, marbles and child powder might also additionally be fatally aspirated.

Research Statement

A experimental study to assess the effectiveness of structured teaching program through pamphlet on the knowledge of mothers of under five year children regarding PEM & its prevention in a village, Jamsara Odisha,

The objectives of the Study were:

- To assess the knowledge of mother's under five year children regarding PEM.
- To evaluate the effectiveness of structured teaching programme regarding PEM for mothers of under 5 year children.
- To prepare informative lesson plan regarding the PEM & its prevention for mother of under five year children in village.
- To provide planned teaching programme for mothers of under five year children in village Jamsara Odisha,

Operational Definitions

- **Effectiveness:** It refers to the extent to which the planned teaching programme has accomplished the preferred impact in improving the information of moms of under-five children regarding Prevention of protein electricity malnutrition.
- **Planned Instructing Programme:** It refers to a systematically organized educating design to grant data to mothers of underneath 5 young people involving prevention of protein energy malnutrition.
- **Knowledge:** In this study, expertise to attention of mothers of below 5 youngsters involving prevention of Mothers of under-five children: Refer to these biological mothers of the under-five young people (0-5 years of age) who are satisfying their dietary requirement such as feeding, preparing food, deciding on meals and taking care of them.

- **Protein Power Malnutrition:** Refers to a nutritional problem characterized by means of low top for age or low weight for height, protein deficiency and electricity (caloric) inadequacy viewed in children.
- **Prevention of Protein Power Malnutrition:** In this study Refers to provision of enough diet i.e. four to 5g of protein/kg/b/wt/day and calorie consumption 200 kcal energy/kg/b/wt. for keeping foremost fitness according to the WHO chart suggestion yr by means of teaching the mothers of under-five youngsters concerning prevention of protein electricity malnutrition protein electricity malnutrition.
- **Under 5 Children:** In this find out about it refers to the children who had been under the age team of 5 years.

Research Hypothesis

H₁: There will be significant difference between pre-test and post test knowledge score of mother of under five year after the administration STP at the level of $p \leq 0.05$.

Assumptions

PEM, its causes, and prevention may be unknown to mothers of children under the age of five.

In this study, a study approach was used with a one group pre-test post-test design. The study's population consisted of all mothers from a certain location of Jamsara Odisha, The purposeful sampling strategy was utilized to pick 30 mothers with children under the age of five.

The study aimed to assess the increase in knowledge score of mothers of children under the age of five following the administration of organized instruction on the causes and prevention of protein energy deficiency. The group was evaluated before and after the intervention, with the major variables being mothers' understanding of protein energy malnutrition and an organized education program. For data gathering, a structure knowledge questionnaire was created. The tool was validated by three professionals. The split half approach was used to calculate the reliability of each tool.

The actual data collecting took place between the 5th of June 2021 and the 5th of July 2021. The mean post-test knowledge score of 32.3 was higher than the mean pre-test knowledge score of 13.2. The study's analysis and findings revealed that training mothers with children under the age of five helped them increase their understanding and practice of PEM prevention.

The study's findings had implications in community health nursing, nursing practice, nursing education, nursing administration, and nursing research by helping to raise awareness among mothers of under five-year-old children and community health workers about protein energy malnutrition. The Government of India or Odisha is educating community members and health workers, as well as nursing and medical professionals, about protein energy malnutrition and its prevention.

Thus, this study revealed that structured training programs are beneficial in enhancing the knowledge of mothers of children under the age of five about protein energy deficiency and its prevention.

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