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"A STUDY TO ASSESS THE KNOWLEDGE REGARDING PREVALENCE OF NUTRITIONALDEFICIENCYAMONGMOTHEROFUNDERFIVECHILDREN AT SELECTED BALAWADI CENTRE IN GUDUR."

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ABTRACT

The study conducted to determine the knowledge regarding the prevalence of nutritional deficiency among mothers of fewer than five children. The study concluded that after completion of structured questionnaires the mothers of under five children have increase their knowledge regarding the nutrition deficiency.

In this study revealed that the assessment of knowledge of fewer than five children mothers regarding the prevalence of nutrition deficiency. The study was conducted in the Balawadi Centre Gudur. It shows that with regards to level ofknowledgeofmother, 13(26%) are having poor knowledge, 29 (58%) having average knowledge, 8(16%) having good knowledge.

INTRODUCTION

Nutritional deficiencies are a significant public health concern globally, affecting individuals of all ages. Despite advances in nutrition education and healthcare, a substantial proportion of the population suffers from inadequate nutrient intake, leading to a range of health problems and impaired quality of life. Nutritional deficiencies can have far-reaching consequences, including impaired growth and development, weakened immune systems, increased risk of chronic diseases, and reduced productivity. In children, nutritional deficiencies can have long-term effects on cognitive function, educational attainment, and future economic prospects. Children under the age of 5 years constitute a priority group because of their large numbers. In India, they comprise about13%of the total population.

Nutritional deficiency disorders are major public health Problem in India and other developing countries. They considered as leading killers and significant cause of childhood mortality and morbidity. They contribute towards various physical and mental handicapped conditions in later life.

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Nutritional deficiency is any deficiency of the nutrients that are required to sustain human life. Nutritional deficiencies occur when a person's nutrient intake consistently falls below the recommended requirement. Children between 0-5 years of age face serious nutritional deficiencies worldwide, according to the World Health Organization. By understanding the prevalence and determinants of nutritional deficiencies in India, this research seeks to contribute to the development of effective strategies to prevent and address these deficiencies, ultimately improving the health, well-being, and productivity of India's population."

OBJECTIVESOFTHE STUDY

- To assess the knowledge regarding nutritional deficiency among the mother of under 5 children.
- To assess the knowledge regarding prevalence of nutritional deficiency among the mother of under 5 children.
- To find out the association between knowledge regarding prevalence of nutritional deficiency with selected demographic variable.

METHODS AND MATERIALS

In this study the evaluative quantitative approach is used to assess the knowledge and practice regarding the nutritional deficiency among mother of fewer than five children. The target population this study is under five children with nutritional deficiency and mother of under five children at selected balawadi Centre at Gudur. The target population this study is under five children with nutritional deficiency and mother of fewer than five children at selected balawadi Centre at Gudur. The sample of this study is mother of fewer than five children in the selected balawadi center at Gudur. The sampling technique used for this study is simple random sampling technique.

RESULTS

It shows that with regards to age of mothers of under-fivechildren,30 (60%) are below the 25 years,17(34%) are below the 35 years and 3(6%) are above the 35 years.

Sl. no.	Age of the mother	Frequency(f)	Percentage (%)
a.	Below 25 years	30	60%

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b.	Below 35 years	17	34%
c.	Above 35 years	3	6%
	Total	**50**	**100%**

It shows that with regards to gender of child, 20(40%) are males and 30 (60%) are females.

Sl. no.	**Gender of the child**	**Frequency (f)**	**Percentage (%)**
1.	Male	20	40%
2.	Female	30	60%
	Total	**50**	**100%**

It shows that with regards to gender of child, 20 (40%) are males and 30(60%) are females.

Sl. No.	**Education status of the mother**	**Frequency (f)**	**Percentage (p)**
1.	Illiterate	20	40%
2.	Intermediate	18	36%
3.	Graduate	12	24%
	Total	**50**	**100%**

It shows that with regards to gender of child, 20 (40%) are males and 30(60%) are females.

Sl. No.	**Occupation**	**Frequency (f)**	**Percentage (P)**
1.	Employed	20	40%
2.	Housewife	25	50%
3.	Self employed	5	10%
	Total	**50**	**100%**

It shows that with regards to gender of child, 20(40%) are males and 30(60%) are females.

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Sl. No.	Religion	Frequency (f)	Percentage (%)
1.	Hindu	23	46%
2.	Muslim	17	34%
3.	Christian	10	20%
	Total	**50**	**100%**

It shows that with regards to gender of child, 20 (40%) are males and 30(60%) are females.

Sl. No.	Residence	Frequency (f)	Percentage (p)
1.	Rural	25	50%
2.	Urban	25	50%
	Total	**50**	**100%**

It shows that with regards to gender of child,20 (40%) are males and 30(60%) are females.

Sl. No.	Family income	Frequency (f)	Percentage (p)
1.	Below 5000rs	20	40%
2.	Below 10000rs	16	32%
3.	Above 20000rs	14	28%
	Total	**50**	**100%**

It shows that with regards to gender of child, 20(40%) are males and 30(60%) are females

Sl. No.	Type of family	Frequency (f)	Percentage (p)
1.	Joint family	20	40%
2.	Nuclear family	30	60%
	Total	**50**	**100%**

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It shows that with regards to gender of child, 20(40%) are males and30(60%) are females

Sl. No.	Number of children	Frequency (f)	Percentage (p)
1.	1	20	40%
2.	2	25	50%
3.	3and above	5	10%
	Total	50	100%

It shows that with regards to gender of child, 20(40%) are males and 30(60%) are females

Sl. No.	Type of food	Frequency (f)	Percentage (p)
1.	Vegetarian	14	28%
2.	Non-vegetarian	18	36%
3.	Mixed	18	36%
	Total	**50**	**100%**

Assessment of knowledge regarding prevalence of nutritional deficiency among the mother of under-five children.

Sl.no.	Level of knowledge	Frequency (f)	Percentage (%)
1.	Poor	13	26%
2.	Average	29	58%
3.	Good	8	16%
	Total	**50**	**100%**

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ASSOCIATION BETWEEN LEVEL OF KNOWLEDGE WITH SELECTED DEMOGRAPHIC VARIABLES

SL .NO.	DEMOGRAPHIC DATA	SAMPLES	DEGREE OF FREEDOM	x2
1.	**Age** a) Below25 years b) Below35 years **c)** Above35 years	30 17 3	4	8.9471 NS
2.	**Gender of the child** a) Male **b)** Female	20 30	2	3.5333 NS
3.	**Education status** a) Illiterate b) Intermediate **c)** Graduate	20 18 12	4	18.1331 NS
4.	**Occupation** a) Employed b) Housewife c) Self employed	20 25 5	4	5.0726 NS
5.	**Religion** a) Hindu b) Muslim **c)** Christian	23 17 10	4	4.062 NS

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6.	**Area of residence** a) Rural **b)** Urban	25 25	2	1.972 NS
7.	**Family income** a) Below5000rs b) Below10000rs **c)** Above 20000rs	20 16 14	4	21.4114 NS
8.	**Type of family** a) Joint family **b)** Nuclear family	20 30	2	1.387 NS
9.	**Number of children** a) 1 b) 2 **c)** 3and above	20 25 5	4	9.863 NS
10.	**Type of food** a) Vegetarian b) Non-vegetarian **c)** Mixed	14 18 18	4	5.061 NS

NS: Non-Significant

S: Significant

Table no. 12. Shows association between level of knowledge with selected demographic variables by x^2test. The variables like age, gender of the child, occupation, religion, area of residence, type of family, type of food refers not associate with level of knowledge less than0.05andeducationstatus,familyincomeandnumberofchildrenisassociatedwith level of knowledge greater than 0.05.

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DISCUSSION

The aim of the present study was to assess the knowledge regarding prevalence of nutritional deficiency among the mother of under-five children in a selected balawadi Centre. A quantitative research approach and descriptive research design was adapted for this study.

A total of 50 under five children mothers was selected for this study.30 multiple choices question was used to collect the data. The data was analyzed by using descriptive and interferential statistics. Findings of the study are presented according to the objectives of the study.

RECOMMENDATION

The study can be assessing the nutritional practices for preventing the nutritional among under-five children. The study can be conducted to assess the effectiveness of national practices in daily living to reduce the nutritional deficiency among under-five children. The study can be conducted to improve knowledge regarding the prevalence of nutritional deficiency among the mothers of under-five children.

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