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Assess the Effectiveness of Information Education and Communication Module Regarding Prevention of Protein Energy Malnutrition Among the Mother of Under Five Children

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Abstract

Protein energy malnutrition is one of the most common under nutrition condition leading to high mortality and morbidity rate among children in influencing greatly the skeletal and dental development as well. Protein energy malnutrition is the most common malnutrition condition were defiance of protein and energy occurs program aimed at poverty alleviations promotion of breast feeding, immunization, and complementary breastfeeding. Assess the effectiveness of information education and communication module regarding prevention of protein energy malnutrition among the mother of under five children . To assess the level of pre test knowledge regarding prevention of protein energy malnutrition among the mothers of under five children .To assess the level of post test knowledge regarding prevention PEM among the mother of under five children . To assess the sample frequency and percentage distribution among sample with selected demographic variable . to compare pre test and post test knowledge score regarding with selected demographic variable . A pre experimental one group pre test , post test research design was used for this study . The non probability purposive sampling technique was used for the study .The present study was conducted in Zindapur at Jungle kaudiya in Gorakhpur.In this study the sample was mother of under five year5 of children and sample size for present study was 30. It is evident from the data that,on comparisioin of pre test and post test knowledge score, in the pre test level of knowledge score the mean score is 5.25, post test mean score is 12.48 and the difference in mean percentage is 1.24 . thus it is inferred that IEM was effective in increasing level of knowledge regarding PEM. The study was found that the knowledge level of mother of under five year children was not over all appreciable in present . after giving IEM there was effective in improving the knowledge about prevention of PEM

INTRODUCTION

Protein is derived from Greek word which means "the take first place ". Protein is chief substances in the cells of the body . they are composed of carbon , hydrogen, oxygen and nitrogen ;Protein are made up of simple substances called amino acids. These are essential for buildup of body tissue ,growth

maintenance and repair .Age wise protein requirement for children is,(infant period) i.e .;0-1 year 1.8 gm/kg/day. But initial 6 month .
It should be only through breast milk and after 6 months breast milk should supplemented by semi solid food (weaning) from 1-3 years children require 1.53 gm/day, 4-6 years -1.56 gm /day 7-9 years -1 .35 gm /day , 10-12 year – 1.24 gm/day, 13-18 years -53gm/day (male) 44 gm/day(female).
The inadequate intake of protein rich foods are due to several factors like poverty, lack of knowledge regarding importance of protein , infections like gastro enteritis which lead to deficiency of protein in body which is known as protein energy malnutrition .

STATEMENT OF THE PROBLEM

ASSESS THE EFFECTIVENESS OF INFORMATION EDUCATION AND COMMUNICATION MODULE REGARDING PREVENTION OF PROTEIN ENERGY MALNUTRITION AMONG THE MOTHER OF UNDER FIVE CHILDREN.

OBJECTIVES OF THE STUDY

- To assess the level of pre test knowledge regarding prevention of protein energy malnutrition among the mothers of under five children .
- To assess the level of post test knowledge regarding prevention PEM among the mother of under five children .
- To assess the sample frequency and percentage distribution among sample with selected demographic variable .
- To compare pre test and post test knowledge score regarding with selected demographic variable .

HYPOTHESIS

H1: There is significant difference between pretest and posttest regarding prevention of PEM among the mother of under five children

Review of literature

A study was conducted by **S. Chakraborty, S.B. Gupta (2023),** in rural population District (UP) The study was conducted by over eleven Anganwadi center of Babina block in the jhansi district Multi stage sampling procedure was adopted to select approximately 200 children (0-6 years) for the present study. The parents were interviewed to get the necessary information. A door to door survey was done and general information was collected from parents and the head of each house hold. The grading of PEM was done as per the recommendations of the nutrition sab of Pediatrics.. The overall occurrence of PEM in under 6 years children was observed to be 67%, however it was found to be significantly higher (80.9%), in the age group of 1-3 years as compare to other age group this age group also exhibited significantly hyper prevalence ($x2=14.67$, $P<0.05$) of grade I, II, III PEM A higher prevalence in the age group 0-1 years also reported. It was found that female had an overall higher prevalence of PEM (70.6%) as also grade I PEM (36.6%) in comparison to male who had overall higher prevalence of PEM and grade 1 PEM as 62.6 and 19.7% respectively. The overall prevalence of PEM was found to be maximum (77.7%) among those children whose father were laborers. While overall prevalence was found minimum (50%) among those children whose father were skilled profession.

Baranwal Kavita, Guptavm etal (2020) a study was conducted on factors fluencing the nutritional study of under five children and to know the prevalence of PEM. The sample of the study was 1-5 years children and the study was conducted on urban slum areas of Varanası The study reported that the prevalence of PEM among under five year children in slum areas was 63.3% which was higher in 3 year of age as compared to 4th and 5th year while it was lowest during and year of life and females
were affected more Ban the males Socio-economic factors, mother, s listeracy and caste are signficantly association with PEM

A study was conducted in Rajasthan 2020, prevalence of PEM was observed be 67.7% ever was found to be significant higher (80.9%) is the age group of 13 years as compared to other age groups. This age group also exhibited Significantly higher prevalence (x2-14.67, P<0.05) of grade 1,11 III PEM. It was found that in Rajasthan study female had an overall higher prevalence of PEM (70.6%) Grade II, III and IV PEM was found to be significantly higher(12-1.41, P<0.05) in males (27.4,109, 4.31 respectively) then in females (23.8, 7.3 and 2.7% respectively) A descriptive study done to evaluate the prevalence of PEM, operated in faster care institution in Srilanka. The sample was 52 under five year children. The prevalence of PEM was (51.9%) under weight (63.5%) and wasting (25,0%) which was found to be considerably higher than national prevalence (13.5%, 29.4% 14.0% respectively)

Saito K, Korezenik JR, (2022), conducteted a cross sectional study in rural area in Tamil Nadu India with an aim to explore maternal knowledge of the causes of PEM health care seeking attitude and socioeconomic risk factors in relation to children's nutritional status in rural south India 34 cases and 34 control were selected from the population of approximately 97,000 by using the local hospitals' list of young children. Severe malnutrition was defined as having less then 60%of expected median weight-far-age. The data was collected by interview on 1. Socio- economic information on the family, 2 knowledge of the cause of PEM and, 3 health care-seeking attitudes for common child hood illness, including malnutrition and study showed that poor nutrition status was associated with socio-economic variable such as sex of the child's and fathers occupation. Based on their traditional belief, the mother did not believe that medical care was an appropriate intervention of child hood illness such as a malnutrition. The result suggested that the gender of the child and socio economic factors were stronger risk factor for malnutrition than health care seeking attitudes.

METHODOLOGY

A pre experimental one group pretest and posttest research design was adopted for conducting these study. The non probability purposive sampling technique was used for the study. This study was conducted after obtaining formal permission from the principal of guru shri gorakshnath college of nursing Gorakhpur ,we have taken written permission from the gram Pradhan of village Zindapur jungle kaudiya at Gorakhpur oral consent taken from the sample 930 mothers of under five year children before administering the questionnaire.In this study the sample was mother of under five years children and sample size for present study was 30.the tools consists of self structured knowledge questionnaire was used to assess the knowledge level of sample.

A pre test was carried out for assessing the knowledge about prevention of PEM followed by an IEM , which was given for 45 minutes and post -test was done to know the effectiveness of IEM.

The data was planned and analyzed by using descriptive statics (frequency, percentage, mean, median and standard deviation.)

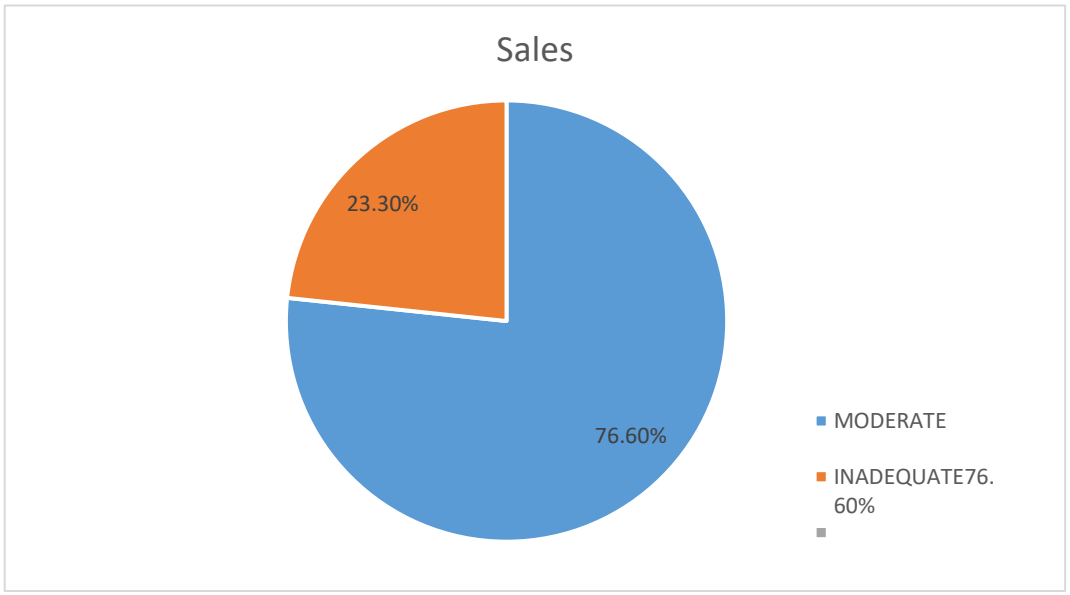
RESULT

Distribution of sample according to the level of knowledge score

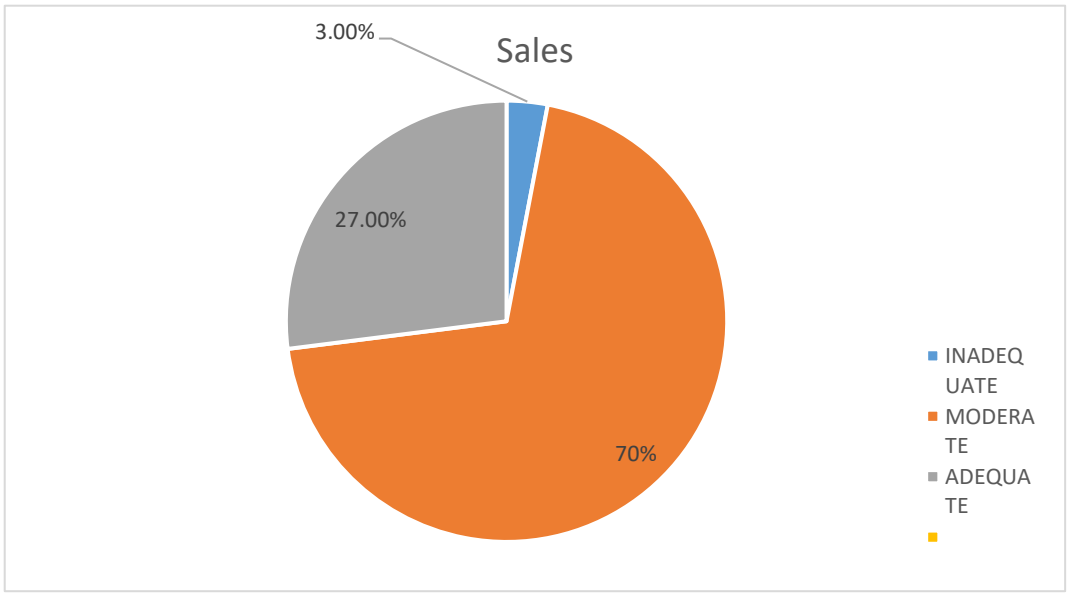
TABLE -1

	Pre- test score			Post -test score			
ONE GROUP PRE TEST-POST TEST RESEAERCH DESIGN	Mean	SD	Mean	Mean	SD	Mean	Difference In mean%
	5.25	3.16	0.82	12.48	3.31%	2.06	1.24

Assess the level of pre- test knowledge score



Asses the level post test knowledge score



DISCUSSION

In demographic variable has been presented in the term of frequency and parentage. Among 30 mother

of under five children 63.33% of the sample were in the age group of 24-29 years, 30 % of sample were in the age group of 8-23 years and 6% of the sample were in the age group of > 35 years.
Among 30 mother of under five children 40% of the sample were 10th standard. 30% of sample were 12th standard, and 30% of sample were educated.Among 30 mother of under five children, 23.3% of the sampie had 10000-20000 family income per month and 6.66% of the sample had >20000 family income per month and 4.9% of the sample had less than 5000 family income per month and 1.8% of sample were belongs to family income 5000-10000.Among 30 mother of under five children 93.33% of the sample were Hindus and 6.66% of sample were Muslims. Among 30 mother of under five children, 76.66% of sample were living in joint family and 13.33% of the sample were staying with extended family and 6.66% of the sample were staying with nuclear family, 3.33% of sample were belongs to broken family.Among 30 mothers of under five children 23.33%f the sample had one child, 36.66% of the sample had 2 child and 26.66% of the sample had 3 child and 13.33% of the sample had more than 3 child. Among 30 mother of under five children, 83.33% of the sample were house wife and7. 16.66% of sample were employee.... Among 30 mother under five children, 53.33% of the sample were vegetarian and 46.66% of the sample had non vegetarian. Among 30 mothers of under five children 93.33% of the sample were married, and 3.33% of the sample were widow and 3.33% of the sample were divorced.

CONCLUSION

PEM is a potentially fatal body depletion disorder it's the leading cause of death children in developing countries. It is occurs particularly in weakling and children in the first years of life. Proper knowledge about preventions of protein energy malnutrition has shown to reduce morbidity and mortality rate
The study aimed "at assess the effectiveness of information educational module (IWEM) on prevention of. PEM among the mothers of under five year children in Zindapur, Jungle Kaudiya at Gorakhpur.

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