



Relationship between Maternal Knowledge and Beliefs regarding Nutrition and Childhood Nutrition Status in District-Dewas, Madhya Pradesh

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BACKGROUND

- Nutrition is a critical part of health and development. Better nutrition is related to improved infant, child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases
- Nutrition is important in every age. A growing child needs every nutrient which helps them to grow healthy and strong. Children need the right nutrition at the right period. The most important time of giving good nutrients to children is up to 2 years from the pregnancy. In the two years, mother's breastfeeding is the best way to give nutrients to the child as it shields the children from the diseases, boosts brain development. A child should be breast feed up to minimum 6 months, after that they need to begin their food and they should be fed frequently in proper quantity. Poor diets in early childhood can lead to deficiencies in essential vitamins and nutrients – such as vitamin A deficiency, which weakens children's immunity, increases their risk of blindness and can lead to death from common childhood diseases like diarrhoea.
- According to the NFHS-5, the rates of all types of malnutrition among children in the age group of 5 years have come down in the state.



RESEARCH QUESTION

How is maternal knowledge and belief regarding nutrition is important for childhood nutrition?



OBJECTIVES

- To assess the maternal knowledge and beliefs regarding nutrition and childhood nutritional status.
- To find out the association between maternal knowledge and belief regarding child feeding practices and child nutritional status.

METHODOLOGY

- **Study Design:** The Study design is Observational Case Control Study.
- **Study Population:** All the malnourished and well-nourished children (Age- 10 to 36 months) and their mothers who were enrolled at the selected AWC.
- **Study Tool:** A close and open-ended questionnaire.
- **Sample Size:** Participants in the present study will be Malnourished (n=55) and well nourished (n=55) children (age- 10 – 36 months) and their mothers who were enrolled at AWC.
- **Data Collection Procedure:** Data will be collected by Anganwadi workers and ASHAs from mothers of children enrolled in the AWC.

DATA ANALYSIS

The objective of the study to identify the knowledge and belief of mothers regarding nutrition and childhood nutrition status. To assess the maternal knowledge about and belief towards child feeding practice among the children of age 10 to 36 months.

Table. 1. Background Characteristics of the Respondents (n=110)		
Characteristics	Percentage	
Age of Respondents	Well-nourished Child (n=55)	Malnourished Child (n=55)
15-19	(5) 9.1	(4) 7.3
20-24	(35) 63.6	(43) 78.2
25-29	(12) 21.8	(7) 12.7
30 & above	(3) 5.5	(1) 1.8
Religion		
Hindu	(32) 58.2	(18) 32.7
Muslim	(15) 27.3	(30) 54.5
Others	(8) 14.5	(7) 12.7
Caste		
Scheduled Caste	(23) 41.8	(25) 45.5
Scheduled Tribe	(19) 34.5	(12) 21.8
OBC	(8) 14.5	(13) 23.6
General	(5) 9.1	(5) 9.1
Education of Respondents		
Illiterate	(4) 7.3	(6) 10.9
Primary	(2) 3.6	(2) 3.6
Middle	(1) 1.8	(3) 5.5
Secondary	(2) 3.6	(3) 5.5
Higher Secondary	(11) 20	(37) 67.3
Graduation & above	(35) 63.6	(4) 7.3
Age of Child		
10 months-12 months	(7) 12.7	(6) 10.9
1 year - 2 year (13 - 24 months)	(30) 54.5	(32) 58.2
2 year - 3 year (25 - 36 months)	(18) 32.7	(17) 30.9

Table. 2 Maternal Knowledge of Respondents for Anaemia		
Mother of	Yes	No
Well-Nourished Child	48 (87.3%)	7(12.7%)
Malnourished Child	28(50.9%)	27(49.1%)

Table. 3 Maternal Knowledge of Respondents for Iron Deficiency		
Mother of	Yes	No
Well-Nourished Child	(45) 81.8	(10) 18.2
Malnourished Child	(26) 47.3	(29) 52.7

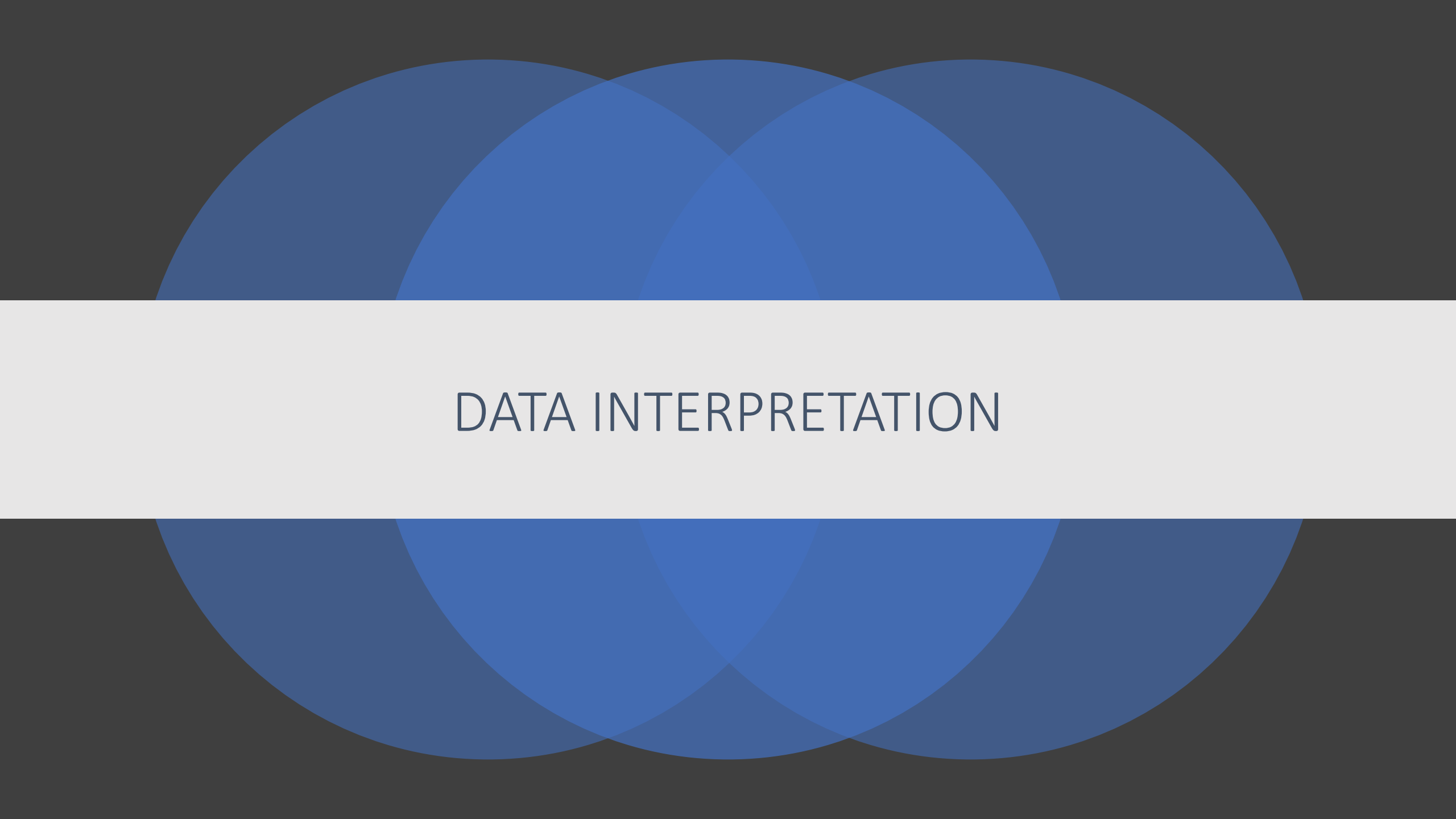
Table. 4. Maternal Knowledge of Respondents Malnutrition		
Mother of	Yes	No
Well-Nourished Child	(46) 83.6	(9) 16.4
Malnourished Child	(30) 54.5	(25) 45.5

Table 5. Child-feeding practices by the mothers.

Variables	Frequency n= (%)	
	Well-nourished child	Malnourished child
Do you breastfeed your child?		
Yes	10 (18.2)	25 (45.5)
No	35 (63.6)	20 (36.4)
Sometimes	10 (18.2)	10 (18.2)
When do you give them food in a day?		
Three times a day (breakfast, lunch, dinner)	35 (63.6)	15 (27.3)
Anytime	14 (25.5)	20 (36.4)
When the child is hungry	6 (10.9)	20 (36.4)

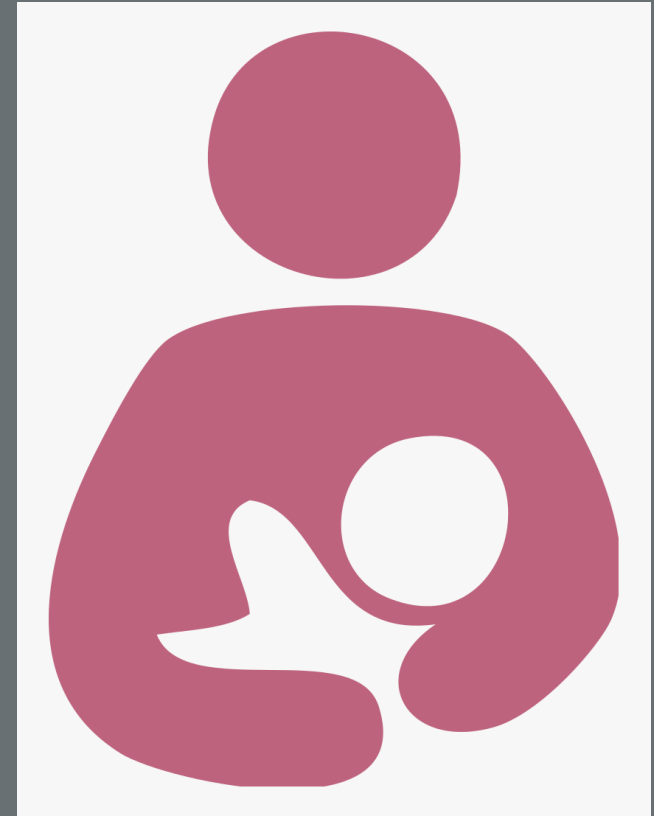
Table 6. Myths and beliefs of mother regarding child nutrition.

Variables	Frequency n= (%)	
	Well-nourished child	Malnourished child
Do you think dairy products can harm the body?		
Yes	8 (14.5)	15 (27.3)
No	26 (47.3)	20 (36.4)
Sometimes	21 (38.2)	20 (36.4)
Do you think only non-vegetarian food can fulfil the nutrition?		
Yes	30 (54.5)	33 (60)
No	15 (27.3)	17 (30.9)
Sometimes	10 (18.2)	5 (9.1)
Do you think feeding much food at a time can reduce malnutrition?		
Yes	4 (7.3)	8 (14.5)
No	40 (72.7)	25 (45.5)
Sometimes	11 (20)	22 (40)



DATA INTERPRETATION

- Table 1 indicates that characteristics of socio-demographic profile of respondent mothers. Out of 55 mothers of well-nourished children, the majority 63.6% of the mothers are from the age group 20-24 years of age followed by 21.8% of mothers in the age group 25-29. The group of respondents did consist of 9.1% mothers belonging to teen age i.e., less than 20 years, remaining 5.5% mothers belongs to the age group of more than 30 years. Out of 55 mothers of malnourished children, the majority 78.2 of the mothers are from the age group 20-24 followed by 12.7% of mothers in the age group 25-29. The group of respondents did consist of 7.3% mothers belonging to teen age i.e., less than 20 years, remaining 1.8% mothers belongs to the age group of more than 30 years. Majority of the mothers from well-nourished children (58.2%) belongs to Hindu Religion, followed by 27.3% of the mothers are Muslim and 14.5% of the mothers belongs to other religion. Whereas mothers from malnourished children, the majority 54.5% of the mothers are Muslim, followed by 32.7% of mothers are Hindu and 12.7% of mothers belongs to other religion.
- Out of 55 mothers of well-nourished mothers, majority of mothers have completed their graduation (63.6%), followed by 3.6% of mothers had attended primary education, 1.8% of mothers attended middle level education, 3.6% of mothers attended secondary education and 20% of mothers have completed their higher secondary education.
- Majority of the mothers of the malnourished children, 67.3% mothers have completed their higher secondary education followed by 3.6% of mothers had attended primary education, 5.5% of mothers have attended middle education and 5.5% of mothers have attended secondary education and 7.3% of mothers have completed their graduation. Majority of the children belongs to age group of 1year-2year of both well-nourished (54.5%) and malnourished (58.2) followed by 12.7% of well-nourished children of age group 10 to 12 months, 32.7% of well-nourished children of age group 2year to 3 years, 10.9% of malnourished children of age group 10 to 12 months, 30.9% of malnourished children of age group 2 year – 3 years.



- Table 2 indicated the maternal knowledge of respondents for Anaemia. Majority of the mothers of well-nourished children have knowledge about Anaemia (87.3%), followed by 12.7% mothers who does not have knowledge about Anaemia. Out of 55 mothers of malnourished children 50.9% of them have knowledge about Anaemia followed by 49.1% mothers does not have knowledge about Anaemia.
- Table 3 indicated that maternal knowledge of respondents for Iron Deficiency. Majority of the mothers well-nourished children have knowledge about Iron Deficiency (81.3%), followed by 18.2% mothers who does not have knowledge about Iron Deficiency. Out of 55 mothers of malnourished children 4.7% of them have knowledge about Iron Deficiency followed by 52.7% mothers does not have knowledge about Iron Deficiency.
- Table 4 indicated that maternal knowledge of respondents for Malnutrition. Majority of the mothers well-nourished children have knowledge about Malnutrition (83.6%), followed by 16.4% mothers who does not have knowledge about Malnutrition. Out of 55 mothers of malnourished children 54.5% of them have knowledge about Malnutrition followed by 45.5% mothers does not have knowledge about Malnutrition.



- Table 5 indicates the child feeding practices by the mothers. Majority of the mothers of well-nourished children, does not breastfeed their child (63.6%) followed by 18.2% of mothers who breastfeed their child regularly and 18.2% mothers breastfeed their child sometimes. Majority of the mothers of malnourished children, does not breastfeed their child (54.5%), followed by 27.3% of mothers who feed their child regularly and 18.2% of mothers breastfeed their child sometimes. That implies mothers of malnutrition children breastfeeds more than the mothers of malnourished children.
- Out of 55 mothers of well-nourished children, 63.6% of mothers feed their child three times a day i.e., breakfast, lunch and dinner, 25.5% of mothers feeds their child anytime, 10.9% of mothers gives food to child when the child is hungry. Out of 55 mothers of malnourished children, 27.3% of mothers feed their child three times a day i.e., breakfast, lunch and dinner, 36.4% of mothers feed their child anytime, 36.4% of mothers gives food to child when the child is hungry.



- Table 6 indicates the myths and beliefs of mothers regarding child nutrition. Out of 55 mothers of well-nourished children, majority of the mothers believes dairy products does not harm the body (47.3%) followed by 14.5% of mothers believes it can harm the body and 38.2% believes it can sometimes harm the body. Whereas 54.5% of mothers believes non-vegetarian foods can fulfil the nutrition, 27.3% of mothers believes it does not fulfil the nutrition and 18.2% of mothers believes non-vegetarian does fulfil the nutrition of the body sometimes. Majority of the mothers thinks that eating much food at a time cannot reduce malnutrition (72.7%) followed by 7.3% of mothers who thinks eating much food at a time can reduce malnutrition and 20% of mothers who thinks eating much food at a time can sometimes reduce malnutrition.
- Out of 55 mothers of malnourished children, majority of the mothers believes dairy products does not harm the body (36.4%) and mothers who sometimes believes dairy products can harm the body (36.4%) followed by mothers who believes dairy products can harm the body (27.3). Whereas 60% of mothers believes non-vegetarian foods can fulfil the nutrition, 30.9% of mothers believes it does not fulfil the nutrition of the body and 9.1% of mother believes non-vegetarian food can sometimes fulfil the nutrition of the body. Majority of the mothers thinks that eating much food at a time cannot reduce malnutrition (45.5%) followed by 14.5% of mothers who thinks eating much food at a time can reduce malnutrition and 40% of the mothers thinks that eating much at a time can sometimes reduce malnutrition.



DATA INTERPRETATION

- In the study of relationship between maternal knowledge and belief regarding nutrition and childhood nutritional status. We have taken the AWCs of District-Dewas, Madhya Pradesh. The total respondents were 110 mothers of 55 well-nourished children and 55 malnourished children. Out of the total respondents 75% of the mothers have basic knowledges about the childhood nutrition. In many studies, it is suggested that breastfeeding after 6 months is not enough for the nourishment of the child. The child needs iron rich food and Vitamin A supplements in their diet. They should be fed in a proper time, so that they will not acquire any type of malnutrition.
- The 95% mothers of well-nourished children have the good knowledge of nutrition for their child. And the remaining 5% have less knowledge and experience due to their age and education. 65% mothers of malnourished children have good knowledge, and 35% mothers have less knowledge as per their age and education, as more of them were between 15-29 of age group.

SUGGESTIONS

- Malnutrition tracing should be regularly done in the AWCs and respected areas.
- Mother's counselling session should be conducted in regular interval of time.
- The mothers who do not bring their child to the AWC centre should be encouraged by different activities performed in the centre.
- Mothers should know about the benefits of the “poshan aahar” available in the AWC.

CONCLUSION

- The findings of this research are knowledge and belief of a mother is directly proportional to the child nutrition. Because when she knows about the basic need of a child's body, she used to fulfil the requirements in the diet.
- Before the survey, the women were taken session for anaemia and nutrition where they got to find the pyramid of nutrition. The chart contains all the nutrients need by the body. From that knowledge they give good nutrition to her child which does not cause any type of malnutrition to the child. In the selected area, the mothers where 83.63% mothers were between 24-29 age group and had proper education.
- The age group of mothers of 30 & above, they had more experience from their mothers and followed the same by giving every nutrient to the child. Due to this, no child from their age group got any low nutritional status. Although mothers from 15-19 were less educated and less experienced for the child, they have less knowledge about the nutrition factors for the child and avoid breastfeeding after 6 months. After 6 months, mothers milk is not enough for the child's nutrition then too they are suggested to breastfeed the child up to 1 or 1.5 year.



THANK YOU