

# A Descriptive Study to Assess the Knowledge of Mothers Regarding Nutrition for Under Five Children in Selected Rural Area of Rohtas District with a View to Develop Information Booklet

Anjani Kumari, Himanshu Kumar, Amit Singh, Lincy Joseph

Narayan Nursing College, Jamuhar, Sasaram, Bihar

**Abstract:** In India it is observed from various nutrition surveys that the nutritional status of pregnant and lactating mothers and infants is not satisfactory, this is probably due to lack of basic knowledge regarding proper nutrition and wrong customs prevalent in the community besides non-availability and low intake of food. In order to bring about changes in the knowledge in the mothers regarding nutrition, an attempt was made to assess mothers' knowledge and hence to improve it based on their learning needs through an information booklet. Children are future of society and mothers are guardian of that future (WHO2005).

**OBJECTIVES OF THE STUDY:** To assess the knowledge of mother regarding the nutrition for under five children. To find out the association between the mother knowledge regarding nutrition for under five children with selected demographic variable. To develop in information booklet regarding the nutrition for under five children based on their learning need.

**MATERIALS AND METHODS:** The research approach used in the present study is quantitative research approach and the research design is descriptive research design is chosen for conducting the study, where there is no randomization and control group. In this design all the subjects were selected by convenience sampling technique and a pre-test conducted. The setting of the study was selected rural area of Rohtas District. The target population comprises of all mother of under five children. The accessible population in this study are all the mother of under five children in selected rural area of Rohtas district. Structured questionnaire was prepared containing a set of questions, were asked by the sample. The investigator collected the data from the 50 mothers. **RESULTS:** Nearly 4% of the mothers are of the age group 19-21years, 32% of the age group 22 - 24 years, 34% of the age group 25-27 years and 30% are above 28 years. About 100% of the mothers are married and no one are divorce or widow. Nearly 36% of the mothers having matriculation, 16% of the mothers having intermediate and 18% of the mothers are graduated and 30% of the mothers having no formal education. Approx. 12% of the mothers having less than Rs 10,000family income, 44% of the mothers having Rs 10,001-20,000 family income, 28% of the mothers having Rs 20,001-30,000 family income and 16% of the mothers having family income above Rs 30,001. About 70% of the mothers from nuclear family, 28% of the mothers from joint family and 2% of the mothers from extended family. Approx. 96% of the mothers are housewife, 4% of the mothers having private job and none of the mothers having govt. job or other job. About 54% of the mothers having 1 under five children, 34% of the mothers having 2 under five children, 6% of the mothers having 3 under five children and 6% of the mothers having more than 3 under five children. The main score of concept of knowledge of mother regarding of nutrition for under five children is raised from 8.74 and (SD = 2.388).

**CONCLUSION:** The obtained findings of the study led to the following conclusions: Majority of the mothers suffered from the deficit knowledge. Deficit of knowledge regarding nutrition for under five children existed in varying degree of mothers in all the learning need area.

**Keywords:** Assess the knowledge of mothers regarding the nutrition for under five children.

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