

A Quasi experimental Study to assess the efficacy of selected intervention on Malnutrition among Children

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Introduction

The children of today will be the citizens of the world in the not too distant future. We can't have healthy people in the future if we don't meet the dietary needs of the children today. Around 8% of the world's population is chronically undernourished, with more than 160 million of these children under the age of five. Child malnutrition affects 7% of Chinese children under the age of 5, 28% of those in Sub-Saharan Africa, and 43% of those in India, according to the UN. 27-28 percent of underweight children live in rural areas, where undernutrition is most prevalent. Malnutrition is a severe health issue for children, and it is linked to an increased risk of illness and death. In India, mortality from malnutrition accounted for 58% of all deaths in 2006. Gross malnutrition claims the lives of over 5,00,000 Indian babies and children each year. Approximately 75% to 80% of hospitalized children are malnourished. Underdeveloped countries face a major problem with malnutrition. The most vulnerable age group in India is that of children between the ages of 0 and 4. Infection and inadequate nourishment are to blame for this. The study's goal was to see if Mixed Cereals Porridge had any effect on malnutrition in children under the age of five in certain areas in Sagar Madhya Pradesh.

Methodology

The study made use of a Quasi experimental design. Based on Modified Wiedenbach's Helping Art of clinical nursing as a conceptual framework, the study was conducted (1964) A structured interview schedule was used to gather demographic data. An experimental group of 30 children was compared to an identical control group of 30 children. The youngsters came from various villages in Sagar Madhya Pradesh. To test the hypothesis, descriptive statistics and inferential statistics such as the independent t test and chi-square were employed to analyze the data. The hypothesis was tested with a p-value of 0.001.

Results

The study's major conclusions include the following:

46.7 percent of the participants were between the ages of 3.6-4 years, 69% were female, and 69% lived at home; 91.5 percent were not vegetarian; 51.6 percent were of the second generation; and 64.2 percent belonged to a nuclear family in the experimental group.

•In the control group, 36.9% of the participants were between the ages of 2.6-3 years, 55.7% were male, 56.8% were housewives, 86% were not vegetarians, 48% were born in the first or second position, and 86.7 percent belonged to a nuclear family.

Experimentally, 56.1% of fathers had completed primary education, 33.1% of mothers had completed primary school, 51% of fathers were unskilled 66workers, 73.3 % of moms were unemployed, and 43.1% of the monthly family income ranged from Rs.4893 to 2936 for children.

There were 53.3% of dads who finished primary education, 48.1% of women who finished primary school, 33.9% who were unskilled workers, 71.3 % who were unemployed, and 38% who earned between Rs.4893 and Rs.2936 a month in the control group.

Compared to the control group, the experimental group's mean pretest weight was 10.841.02, indicating a 0.4-pound difference in weight.

the pre-test weight was 10.84 1.02 but the post-test weight was 13.18 1, showing a difference of 2.34 between experimental group and control group

When comparing pre- and post-test weights, researchers found a change of only 0.01 pounds in the control group.

•The mean post-test score in the experimental group was 13.11, whereas the mean post-test score in the control group was 10.12 and the 't' value is 2.7. At the 0.05 level, this value exceeded the one in the table. Under five children were divided into experimental and control groups, with significant differences in post test mean weight (P0.05) reported in both groups.

Children's weight did not correlate significantly with any of the demographic characteristics studied ($P>0.05$), with the exception of age ($p0.05$), which showed a significant correlation.

In both the experimental and control groups, there was a significant correlation between children's weight and a number of demographic characteristics ($p0.05$), except for the father's educational level and his wife's occupation, which showed no such correlation ($p>0.05$). As a result, hypothesis (H2) was supported in the Experimental and Control groups, except for the educational level of the father and the occupation of the mother in the Control group, where it was denied.

Discussion

Under-five kid distribution based on demographic variables A total of 46.7% of the participants were between the ages of 3.6-4 years old, 69% were female, and 69% lived at home; 91.5% were not vegetarians; 51.6% were of the second birth order; and 64.2% belonged to a nuclear family. In the control group, 36.9% of the participants were between the ages of 2.6-3 years, 55.7% were male, 56.8% were housewives, 86% were not vegetarians, 48% were born in the first or second position, and 86.7 percent belonged to a nuclear family. Experimentally, 56.1% of fathers had completed primary education, 33.1% of mothers had completed primary school, 51% of fathers were unskilled 66workers, 73.3 % of moms were unemployed, and 43.1% of the monthly family income ranged from Rs.4893 to 2936 for children. Control group: 53.3% of dads had completed primary education, 48.1% of women had completed primary school, 33.9% of fathers were unskilled workers, 71.3 % of mothers were unemployed, and 38% of the monthly family income is between Rs.4893-2936 in the control group. •

A cross-sectional study conducted by Sapthika.V.S and Greeshma.C.P, (2008) was used to compare the findings and establish the prevalence of malnutrition and the factors that contribute to it. It was discovered that children from low socioeconomic position had a four times greater chance of being malnourished than those from higher socioeconomic status families, while children from joint families have a lower risk of stunting than those from nuclear families. It demonstrates that malnutrition is common in children under the age of five, and that the poor socioeconomic category is disproportionately affected by it.

Objective 1: To compare the nutritional status of experimental and control children under the age of five. •The experimental group's mean pretest weight was 10.841.02, whereas the control group's mean pretest weight was 10.801.02, demonstrating a difference of 0.4 and a difference of 0.13. An investigation into the prevalence of malnutrition in children under five was carried out in Bihar as part of the National Family Health Survey (2005). According to the findings, 42.5% of children are underweight, 48.5% are stunted, and 19.8% are obese. It also showed that India has one of the highest rates of underweight children in the world.

Using a cross-sectional design, Gowtham, VP, and Gurung, KK conducted an investigation on the prevalence of undernutrition. The study's findings revealed that 27% of children were underweight, 37% were stunted, and 11% were wasting away due to malnutrition. According to the findings of this study, underweight is widespread among children under the age of five, and action must be taken to decrease the negative influence on their health.

Objective 2: To determine if mixed cereal porridge can reduce malnutrition in experimental children under the age of five.

There was a difference of 2.34 in the mean pre- and post-test weights in the experimental group.

Nevertheless, in the control group, the mean pre- and post-test weights were 11.811.29 and 11.821.22 respectively, showing an absolute weight difference of only 0.01. Kasthoorba et al. (2008) studied the impact of mixed cereal porridge on malnourished under-five children in Uttar Pradesh and came up with similar results. For eight weeks, researchers gave 50 grams of mixed cereal porridge to 100 healthy volunteers.

As a result of the intervention, there was a statistically significant difference in weight of under five children of 0.21. Oral supplementation with mixed cereal porridge was found to be helpful for malnourished children under the age of five, with only minor improvements to body weight.

Associating the nutritional status of under-five children in experimental and control groups with demographic data chosen by the researchers was the third and final objective. Except for age, where a significant link was detected ($p < 0.05$), there was no correlation between the weight of under-five children and their demographic factors in the experimental or control group ($P > 0.05$). As a result, hypothesis (H2) was rejected when it came to kid demographic characteristics ($P > 0.05$), with the exception of age ($P < 0.05$). According to the National Family Health Survey (2003), the nutritional health of children is also influenced by the mother's educational level, the occupation of the father, the monthly income, and the age.

This demonstrates that the nutritional status of malnourished children under the age of five depends on a variety of factors, including parent and mother education, occupation, and monthly income.

Conclusion

Researchers carried up a study to determine the effectiveness of a specific strategy for combating malnutrition in communities around Sagar, Madhya Pradesh. Sagar Madhya Pradesh served as the backdrop for the action. We used a convenience sampling strategy to choose the samples, and we took a total of 60, with 30 going to the experimental group and 30 going to the control group. The study's findings demonstrated that feeding malnourished youngsters mixed grain porridge improved their nutritional status.

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