

# Knowledge on Vitamin A Deficiency Among Mothers Of Under Five Children

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## Abstract

Vitamin a deficiency is considered as one of the main public health problems in developing countries. Where it is one of the main cause of high morbidity and mortality. Vitamin A deficiency is importance for several functions including vision, reproduction, growth, immunity maintenance of epithelial and regulation of cell proliferation and proliferation. Vitamin A effects are critical during periods of rapid cellular growth and differentiation, such as during pregnancy, when it is supplied by the mother to the fetus. *Methodology:* A quantitative research design and cross sectional descriptive survey research design was used. A total number of 60 samples were selected by using convenient sampling technique. The data was collected using a structured questionnaires. It consist of 20 question developed by the researcher. *Result:* The findings reveals that out of 60 mothers of under five children the knowledge regarding vitamin A deficiency 36(72%) of them had inadequate knowledge, 8(16%) of them had moderate knowledge and 6(12%) of them had adequate knowledge.

**Keywords:** Vitamin Deficiency; Mother; Under Five Child.

## Introduction

Vitamin A is essential for eye health and the proper functioning of the immune system. It is found in foods such as milk, liver, eggs, red and orange fruits, red palm oil and green leafy vegetables, although the amount of vitamin A readily available to the body from these sources varies widely. Vitamin A deficiency is a major nutritional problems among under five children in developing and under developed countries. Vitamin A deficiency is a systemic disease with major effects on eye this

deficiency is usually associated with malnutrition, chronic diarrhea, malabsorption syndrome hepatic insufficiency and prematurity.<sup>1,2</sup>

Vitamin-A deficiency is seen more commonly in under five children (1-5 yrs). Vitamin-A deficiency affect the eyes. It causes "exophthalmia" which is characterized by series of clinical signs. These are include- Night blindness, Conjunctival xerosis, Bitot-spot, Corneal ulceration, Karatomalacia and Corneal scar. Dietary deficiency of vitamin-A most commonly and importantly affects the eyes, and it can lead to blindness. Exophthalmia,



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meaning drying of eyes (from the Greek word Xerox, meaning dry) is the term now used to cover the eye manifestations resulting from vitamin-A deficiency.<sup>3,4</sup>

#### Statement of the Problem

“A Study to Assess The Level of Knowledge on Vitamin A deficiency among Mothers of under Five Children in Lawspet at Puducherry.”

#### Objectives

- To assess the level of knowledge on vitamin A deficiency among mothers of under five children.
- To associate the level of knowledge on vitamin A deficiency among mothers with selected demographic variables.

#### Methodology

A quantitative research design and cross sectional descriptive survey research design was used. A total number of 60 samples were selected by using convenient sampling technique. The data was collected using a unstructured questionnaires. It consist of 20 question developed by the researcher.

#### Result and Discussion

The findings reveals that out of 60 mothers of under five children the knowledge regarding vitamin A deficiency 36(72%) of them had inadequate knowledge, 8(16%) of them had moderate knowledge and 6(12%) of them had adequate knowledge.

Table 1 showed that majority of them age between 20-25. 25(41.7%), and 26-30 years of mother having 21(35%), and 31-35 years of mother having 13(21.7%), and 36-40 years of mother having (1.7%) , gender majority of them below 1 year 35(58.3%), 1-2 years under five child having 17(28.3), 3-4 years child having 8(13.3%). Regarding the Socio-economic status majority of them 10001 – 15000 22(36.7%), below 5000 17(28.3), 5001-10000 15(25%), above 15000 6(10%). Source of information majority of them mass media 21(35%), friends 7(11.7%), health professionals 17(28.3), and no information 15(25%).

**Table 1:** Frequency and percentage distribution of demographic variables among under five mothers at lawspet, puducherry. (N=60).

Demographic Variable	Frequency (N)	Percentage (%)
<b>Age</b>		
20 – 25 years	25	41.7
26 – 30 years	21	35
31 – 35 years	13	21.7
36 – 40 years	1	1.6
<b>Gender</b>		
Below one year	35	58.4
1 -2 year	17	28.3
3 – 4 year	8	13.3
<b>Education</b>		
Male	28	46.6
Female	32	53.3
<b>Occupation</b>		
Hindu	53	88.3
Muslim	4	6.7
Christian	3	5
<b>Type of family</b>		
Nuclear family	24	40
Joint family	35	58.3
Extended family	1	1.7
<b>Socio-economic status</b>		
Below 5000	17	28.3
5001 – 10000	15	25
10001 – 15000	22	36.7
Above 15000	6	10
<b>Source of information</b>		
Mass-media	21	35
Friends	7	11.7
Health professionals	17	28.3
No information	15	25
<b>Occupation</b>		
Unemployed	48	80
Government job	3	5
Private job	9	15

**Table 2:** Distribution of the subjects according to the level of knowledge regarding vitamin A deficiency.(N = 60)

Level of Knowledge	Frequency (N)	Percentage %
Inadequate knowledge	25	41.7
Moderately adequate knowledge	29	48.3
Adequate knowledge	6	10

Table 2 showed that majority of them have moderately adequate knowledge 29(48.3%), 25(41.7%) had Inadequate knowledge and Adequate knowledge 6(10%).

**Table 3:** Association between the level of knowledge with selected demographic variables. (N=60)

Demographic Variables	Inadequate Knowledge		Moderately Adequate Knowledge		Adequate Knowledge		Chi Square Value
	N	%	N	%	N	%	
<b>Age of the mother</b>							1.908 df =6 P = 0.928 NS
20 - 25 years	11	18.33	12	20	2	3.33	
26 - 30 years	9	15	9	15	3	5	
31- 35 years	5	8.33	7	11.66	1	1.66	
36 - 40 years	0	0	1	1.66	0	0	
<b>Age of the child</b>							3.775 df =4 P =0.437 NS
Below one year	14	23.33	17	28.33	4	6.66	
1 - 2 year	9	15	6	10	2	3.33	
3 - 4 year	2	3.33	6	10	0	0	
<b>Sex of the child</b>							2.109 df =4 P =0.716 NS
Male	11	18.33	15	3	2	3.33	
Female	14	23.33	14	23.33	4	6.66	
<b>Religion</b>							2.627 df =4 P =0.622 NS
Hindu	21	35	26	43.33	6	10	
Muslim	3	5	1	1.66	0	0	
Christian	1	1.66	2	3.33	0	0	
<b>Type of family</b>							14.164 df =4 P =0.01* S
Nuclear family	7	11.66	16	26.66	1	1.66	
Joint family	18	30	13	21.66	4	6.66	
Extended family	0	0	0	0	1	1.66	
<b>Source of information</b>							2.396 df =6 P =0.880 NS
Mass media	8	13.33	11	18.33	2	3.33	
Friends	3	5	4	6.66	0	0	
Health professional	7	11.66	7	11.66	3	5	
No information	7	11.66	7	11.66	1	1.66	
<b>Socio-economic status</b>							4.530 df =6 P =0.605 NS
5000	5	8.33	11	18.33	1	1.66	
5001 - 10000	5	8.33	8	13.33	2	3.33	
10001 - 15000	12	20	8	13.33	2	3.33	
Above 15000	3	5	2	3.33	1	1.66	
<b>Occupation</b>							2.040 df =4 P =0.728 NS
Unemployed	20	33.33	24	40	4	6.66	
Government job	1	1.66	1	1.66	1	1.66	
Private job	4	6.66	4	6.66	1	1.66	

\*p<0.05-significant

The above table showed that there was significant association (p <0.01 level) between the level of knowledge on vitamin A deficiency among under-five mothers with selected demographic variables as type of family.

*The Major Findings of the Study*

The findings reveals that out of 60 mothers of under five children the knowledge regarding vitamin A deficiency 36(72%) of them had inadequate knowledge, 8(16%) of them had moderate

knowledge and 6(12%) of them had adequate knowledge.

**Conclusion**

From this study it was concluded that the knowledge of the mother of under five children regarding vitamin A deficiency shows inadequate as 36(72%) more than half of them had inadequate knowledge, 8(16%) of them had moderate knowledge and 6(12%) of them had adequate knowledge. So the community health nursing

personal should motivate the mothers of under five children in educating about vitamin A deficiency and its prevention.

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