

An Observational Study to Assess the Health Status of Preschooler Children in Selected Rural Anganwadi Centre of Selected City

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Abstracts

The present study assessed the physical status and nutritional status of pre-school children who are attending anganwadi. *Objectives of the study:* To determine the health status of rural pre-school children in terms of physical assessment. To determine the health status of rural pre-school children in terms of nutritional assessment. To find the association of health status (physical) of pre-school children with selected demographic variables. *Methodology:* The research Methodology use for study that, Research design- Non-experimental descriptive design, Study Setting - Anganwadi centre, Research Approach -Non-experimental descriptive approach. *Results:* The results were drawn based on the following findings. The study findings revealed that majority of the subjects who attend Anganwadi centers were in the age group of 2 to 5 years. The most common illness, which affected pre-school-child population, was fever and acute respiratory tract infection. It was observed that majority of the subjects (40) who attended Anganwadi centers had very good health states (score 50-64). Major area of deviation from normal was nasal discharge (20), dental caries (26) & tooth deposits (14) Majority of the subjects 81% had normal height, weight, mid-arm circumference and only 19% of the subjects had their height below ICMR mean height. Nutritional status of subjects studied was satisfactory compared to NFHS-2 data. There were only 18 subjects (8%) among 3 years. 25% among 4 years and 35.7% among 5 years) having Grade-1 Mild) Mal-nutrition.

Keywords: Health Status; Rural; Preschooler Childrens; Anganwadi Centre; Mortality Rate; Physical Assessment; Nutritional Assessment; Malnutrition.

Introduction

"The child is like a bank, where something must be put before we expect to draw out"

(Mahatma Gandhi)

A Child is precious to his parents, to his family, community, and nation and to the world at large. The young children needs love for growth but also adequate nutrition and health facilities, so that he can growth up to complete at his optimum level.

The concept of the importance of a child to society greedily emerged as each group settled in an area of

fertile land. Instead of being a liability, the child slowly became an asset to the family and to the society. Children between 2-5 years of age are generally called pre-school age children.

Need for the Study

India is still among high infant mortality rate country (67 in the year 2002). IMR has declined slowly from 204 during 1911-1915 to 129 per 1000 live births in 1970 and remained static around 127 for Many years and then declined a bit once again to 114 in 1980 and coming to 67 in the year 2002. Despite this significant decline the rates are very high as compared to developed countries, which are now mostly in the range of 5-8 per 1000 live

births [2].

It is well known fact that the diseases like pneumonia, diarrhea, Malaria and mal-nutrition have roots in the environment around the child. Inadequate and poor quality of water, sanitation food hygiene and child rearing practice result in infection and Malnutrition the two constant companions of children in poor families.

Statement of the Problem

An observational study to assess the health status of preschooler children in selected rural anganwadi centre of selected city.

Objectives of the Study

1. To determine the health status of rural pre-school children in terms of physical assessment.
2. To determine the health status of rural pre-school children in terms of nutritional assessment.
3. To find the association of health status (physical) of pre-school children with selected demographic variables.

Hypothesis

- H_1 - Physical and nutritional health disorder may exist among pre-school children who attend Anganwadi centers
- H_2 - There will be an association between the health status of pre-school children and selected demographic variables

Methodology

Research Design

Non-experimental descriptive design

Study Setting

Anganwadi of kondhwa, pune

Research Approach

Non-experimental descriptive approach.

Target Population

All rural preschool children who are attending Anganawadi centers

Accessible Population

All rural preschooler children present at the time of study.

Criteria for Sample Selection

Inclusion Criteria

1. Rural pre-school children in the age of 2 to 5 years.
2. Rural pre-school children who are attending Anganwadi center.

Exclusion Criteria

1. Rural pre-school children who are not available at the time of data collection.
2. Rural Pre-school children whose mothers Anganawadi workers not willing to give consent for the study.

Results

Organization and Presentation of Data

Section I: Description of pre-school children based on demographic variables.

Section II: Description of pre-school children based on physical health status.

Section III: Description of pre-school children based on nutritional status.

Section IV: Association of physical health status with selected demographic variables

The present study assessed the physical status and nutritional status of pre-school children who are attending anganwadi.

The following conclusions were drawn based on the following findings.

1. The study findings revealed that majority of the subjects who attend Anganwadi centers were in the age group of 2 to 5 years.
2. The most common illness, which affected pre-school-child population, was fever and acute respiratory tract infection.
3. It was observed that majority of the subjects (40) who attended Anganwadi centers had very good health states (score 50-64).
4. Major area of deviation from normal was nasal discharge (20), dental caries (26) & tooth deposits (14).
5. Majority of the subjects 81% had normal height, weight, mid-arm circumference and only 19% of the subjects had their height below ICMR mean height.

6. Nutritional status of subjects studied was satisfactory compared to NFHS-2 data. There were only 18 subjects (8%) among 3 years. 25% among 4 years and 35.7% among 5 years) having Grade-1 Mild) Mal-nutrition.

Summary

Children are invaluable human assets. It is the states responsibility to protect the rights of the children and provide equitable chances to them for development. In India, scheme of ICDS is considered the single largest programme to provide the basis services to children from the deprived section of society. It aims for a better start in life by providing nutrition, health education and non-formal pre-school education in addition to providing many other services.

In India, poverty, population explosion, low female literacy and environmental degradation, protein energy malnutrition contributes to majority of infant and under five mortality. Nutrition affects the physical dimensions of the body, particularly in the rapidly growing period of early childhood. The present study was carried out to investigate the physical health status of pre-school children with special attention to nutrition status in terms of anthropometrics measurements.

Sample Characteristics

- Majority 35% (21) of the subjects were of 4yrs of age,
- Maximum 55%(33) of them were female,
- Higher 93.3% (56) of subject were Hindus,
- Majority 70% (42) of pre – school children were first child in their family,
- 83.3% (50) of mother were delivered in hospital,
- 16.7% (10) were deliver in home,
- 88.3% (53) of child mother were delivered by full term normal delivery
- 11.7% (7) were delivered by LSCS, 100%(60) of mother were given colostrum feeding,
- 70% of subjects belonged to first order of birth
- 100% (60) of preschool children were immunized and vitamin –A prophylaxis given. Considering the number of siblings 53.3%(32) had no brothers.

Physical Examination Findings

The most common area of deviation from normal was lips, teeth and gums. A total of 24 subjects had dental caries and 15 subjects had tooth deposits and stains. The next common area of deviation from normal was ENT, where 29 subjects had thick nasal discharge. No deviation were found in the lower respiratory system, cardio-vascular system, musculo-skeletal system and genito-urinary system.

Anthropometrics Measurements/Nutritional Status

Out of 60, majority of the subjects were aged between 2 to 5 years. There was no abnormality found in height, weight and mid-arm circumference. Association between personal characteristics of the subject of physical health status. There was no significant association between physical health status of pre-school children and selected demographic variables age, sex, religion, no. of siblings, birth order, education and occupation of parents, place of delivery and mode of delivery.

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