

Assess the Knowledge and Attitude of Mothers Regarding Growth of Under Five Children

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Abstract

A descriptive research design was used to assess the level of knowledge and attitude of Mothers Regarding Growth of Under Five Children in a selected hospital, Kottayam. The study was conducted in Little Lourdes College of Nursing, Kidangoor. The study samples consist of 30 mothers of under five children who came to pediatric and gynecology outpatient departments and wards. Samples are selected by using convenient sampling technique. Structured knowledge questionnaire and 3 point attitude scale used to collect data. The result shows that among 30 samples 6 (20%) of mothers had poor knowledge and 24 (80%) of mothers had average level of knowledge. Among 30 samples 14 (46.6%) of mothers had moderately positive attitude, 16 (53.3%) of mothers had positive attitude towards the growth of under five children. The study findings revealed that there is a significant correlation between knowledge and attitude of mothers regarding the growth of under five children ($r=0.63$).

Keywords: Assess; Knowledge; Attitude; Mothers of under five children; Growth.

INTRODUCTION

Growth is an essential feature of life of a child that distinguishes him or her from an adult. The process of growth starts from time of

conception and continues until grows into adult. Growth refers to an increase in size or mass of the tissues. It is largely attributed to multiplication of cells and increase in intracellular substance. It can be measured in inches, centimetres, kilogram and pounds. So it is a quantitative term.¹ Growth of the child is mainly depends on the nutritional supplements, immunity, absence of congenital defects, care etc. Growth of the child passes through different milestones according to the particular age. Growth monitoring and promotion is an important aspect in child care. Child care in a right perspective is very important, as children are our future generation. Care implies not only providing children with proper food and shelter

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but also their growth, psychological, emotional and social development. This sort of upbringing helps in developing a physically, psychologically, emotionally and socially fit personality. It involves mothers and health workers in a meaningful and reinforcing way, aiming at action before overt malnutrition occurs. Growth monitoring is best initiated from birth rather than when the child is already 2-3 years. Therefore mother plays an important role in the growth of children.²

Need for the Study

Growth refers to an increase in body size (height and weight) and size of organs. From birth to about age one or two years children grow rapidly. It is important that mothers should have idea about the various aspect of growth (motor, sensory, biologic) of their child according to their milestone, its neglect harmfully affect the growth of the child. Children under five form a vulnerable group of our population children (0-4) constitute about 9.30% of Indian population. Malnutrition among children is a major public health concern, it affects all aspects of children's life, proper nutritional intake at this age not only keeps them healthy but also makes them fit for work as they grow.³ In general, the nutritional status of children under five of age can be used as indicator of health and nutrition of community. The report shows that globally 150.8 million children of under five years are stunted and 50.5 million are wasted.⁴

In India, the prevalence of under nutrition among under five children according to National family health survey 4 (NFHS 4) shows that 35.7% were under weight, 38.4% were stunted and 21% were wasted and in Kerala the prevalence of underweight among under five children was 28.8% stunted and 21.8% were wasted. In Kottayam the prevalence of underweight among under five children was 31.5%, 21.8% were stunted and 14.6% were wasted.⁵ We choose this study for our research problem based on our clinical experience, where we encountered so many mothers who have doubts regarding the growth of their child. Based on this experience, we understood that there are so many mothers does not have adequate knowledge regarding growth of their children. So, we choose this topic as our research problem.

Problem Statement

A study to assess the level of knowledge and attitude of mothers regarding growth of under five children in a selected hospital, Kottayam.

Objectives

- To assess the level of knowledge of mothers regarding the growth of under five children.
- To assess the attitude of mothers regarding the growth of under five children.
- To find the correlation between knowledge and attitude of Mothers Regarding Growth of Under Five Children.

Operational Definition

In this study, the specific way in which a variable is measured in a particular study is operational definition.

Assess

In this study it refers to identify the knowledge and attitude of mothers regarding the growth of under five children.

Knowledge

In this study, knowledge refers to response obtained from the mother of under five children regarding the growth of child as measured by using structured questionnaire.

Attitude

In this study, attitude refers to the thoughts of mothers regarding the growth of their under five children.

Growth

Biologic growth: It is about the height, weight, head and chest circumference of the children at that particular age among under five children.

Sensory growth: It is about the sensory system development of under five children.

Motor growth: It is about gross motor (sitting, standing, walking) and fine motor (use of hands and fingers, palmar grasp and release).

Under five Children

Children belongs the age group between 0-5 years.

Assumptions

The study assumes that

1. Mothers of under five children may have the

poor knowledge regarding growth of under five child.

2. Good knowledge and positive attitude of Mothers Regarding Growth of Under Five Children helps to improve their growth of child.
3. Structured questionnaire is an accepted evaluative strategy to evaluate the knowledge level of mothers.
4. Likert scale is the best tool to evaluate the attitude of under five mothers.

Hypothesis

H₁: Mothers may have poor knowledge regarding growth of under five children.

H₂: Mothers may have positive attitude regarding growth of under five children.

H₃: There will be a significant correlation between knowledge and attitude of Mothers Regarding Growth of Under Five Children.

Delimitations

- Study is limited to the mothers of under five children.
- Only significant individuals within the age group of 19-35 years are included in the criteria.
- Measurement of knowledge is assessed through a structured questionnaire method and likert scale is used to measure the attitude of under five mothers.

Projected Outcome

This study helps to assess the existing knowledge and attitude of mothers regarding the growth of under five children. A good knowledge and positive attitude of mothers regarding the growth of under five children helps to reflect a healthy generation.

REVIEW OF LITERATURE

Section A: Level of knowledge regarding growth of under five.

Section B: Level of attitude regarding growth of under five children.

Section A

A descriptive study was conducted to assess

knowledge regarding nutrition among mothers having children between 1-5 years of age in selected area of Dadra and Nagar Haveli. Purposive sampling technique is used. Questionnaire is used to collect information from 25 mothers having 1-5 years child during year 2017. Demographic variable, frequency, percentage distribution, knowledge scoring was done and statistical association was analyzed by using chi-square test.

Result shows that overall knowledge of mothers regarding nutrition was not adequate. Among samples 25 only 40% have adequate knowledge regarding nutrition, 20% have average knowledge and 40% are having poor knowledge. This study concluded that knowledge regarding nutrition among mothers having child 1-5 years age was of moderate level. It is necessary to arrange awareness program among mothers of underfives regarding nutrition which affects the growth status.

Section B

A descriptive study was conducted to assess the knowledge and attitude among the mothers of under three years hospitalized children regarding play therapy in Vydehi Institute of Health Sciences, Bangalore. Purposive sampling technique was used to collect 100 samples. The result shows that majority of mothers 55 (55%) had moderately adequate knowledge, 19 (19%) had inadequate knowledge, 26% had adequate knowledge. Out of 100 samples 51% had moderately favorable attitude, 19% had unfavorable attitude, 13% had favorable attitude.⁸

METHODOLOGY

Research design

Research design selected for the study is non experimental descriptive design.

Setting of the study

Little Lourdes Mission Hospital is a 300 bedded multi specialty hospital. The setting selected in this study is the pediatric and gynecological wards and OPDs of LLM Hospital, Kidangoor.

Population of the Study

In this study, the target population included all the mothers of under fives attending Pediatric and Gynecological wards and OPDs in the hospital.

Sample

In this study the sample consist of 30 mothers who meet inclusion criteria from pediatric and gynecological wards and OPDs in LLM, Hospital.

Sample Size

Sample size is 30 and it is selected using convenient sampling technique.

Criteria for Selection of Sample

Inclusion criteria Mothers of under fives:

- who are willing to participate
- who can read and understand Malayalam

Exclusion Criteria

Mothers:

- who participated in any study related to growth of under fives.
- who have the children above the age of five years.

Sampling Technique

Convenient sampling technique is adopted for this study.

METHOD OF DATA COLLECTION

Instrument: For the assessment of knowledge, structured knowledge questionnaire and 3 point likert scale is used to assess the attitude of under five mothers.

Procedure for data Collection

Tool 1: Structured questionnaire method, which consists of following sections:

Section A

Socio-demographic Data: It includes age of mother, number of children and education and occupation of parent, type of family, family income, mothers source of information regarding growth of under five children.

Section B

a) It consists of multiple choice questions for assessing knowledge of mothers regarding the growth of under five children.

Each correct answer carries 1 mark and total score is 27. According to the score obtained knowledge was classified into:

- 0-9 = Poor
- 10-18 = Average
- 19-27 = Good

Tool 2

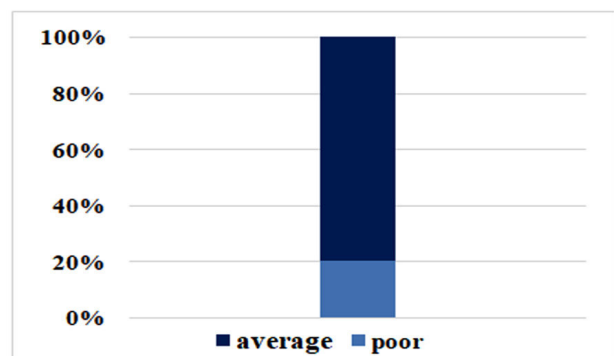
3 point likert scale consists of 10 items is used to assess the attitude of under five mothers. There were 5 positive statements and 5 negative statements with options include agree, uncertain, disagree. Positive statements rated as 3,2,1 and negative statements rated as 1,2,3.

Score Key:

- 0-15: Negative attitude
- 16-30: Positive attitude

ANALYSIS AND INTERPRETATION OF DATA

Distribution of sample based on knowledge of Mothers Regarding Growth of Under Five Children Knowledge was assessed by using structured knowledge questionnaire containing 27 questions. Each correct answer carries one mark.



The above figure shows that among 30 samples 24 (80%) were having average knowledge, 6 (20%) were having poor knowledge.

Distribution of sample based on level of attitude of Mothers Regarding Growth of Under Five Children.

Attitude was assessed by using a structured attitude questionnaire, containing 10 questions. **N=30**

Grade	Frequency	Percentage
Negative Attitude	0	0
Moderately Positive Attitude	14	46.60%
Positive Attitude	16	53.30%

Data in the above table shows that the among 30 samples 14 (46.6%) have moderately positive attitude and 16 (53.3%) have positive attitude towards growth of under five children.

Correlation between knowledge and attitude of Mothers Regarding Growth of Under Five Children.

Variable Mean	Median	Standard Deviation	Correlation
Knowledge	11.9	12	2.58
Attitude	25.4	26	2.36
			0.63

The above table indicates that obtained $r = 0.63$ is greater than the table value (0.381) at 0.05 level of significance, that the research hypothesis is accepted which indicates that there is a correlation between knowledge and attitude at 0.05 level of significance.

DISCUSSION

Findings related to knowledge of mothers The present study revealed that the 80% of mothers having average knowledge and 20% having poor knowledge regarding growth of under five children.

According to a study conducted in Western Rajasthan mothers of under five children (65.33%) have average knowledge and 28.67% have good knowledge while only 6% of have poor knowledge.⁶

Findings Related to Attitude of Mothers

The present study revealed that 46.6% have moderately positive attitude and 53.3% have positive attitude towards the growth of under five children.

According to a study conducted in Kohlapur out of 70 mothers of under five children 21.42% were having unfavorable attitude, and 30% having moderately favorable attitude and 48.57% is having favorable attitude.⁷

Findings Related to Correlation between Knowledge and Attitude of Mothers.

The present study revealed that there is significant correlation between knowledge and attitude of Mothers Regarding Growth of Under Five Children. The mothers who have good knowledge have positive attitude.

Major Findings

- Maximum number of mothers 17 (56%) were belongs to the age group of 31-35 years and 19 (63.3%) were graduates
- Out of 30 samples 21 (70%) were belongs to

nuclear family.

- Most of the mothers 16 (53.3%) have only one child.
- Out of 30 samples 21 (70%) are living in rural area.
- Maximum number of mothers 26 (86.7%) were got information regarding growth of under fives from their parents.
- The mean knowledge score of mothers are 11.9%, in which 24 (80%) have average level of knowledge and 6 (20%) have poor level of knowledge regarding growth of under five children.
- Out of 30 samples the mean attitude of mothers are 25.4%, in which 14 (46.6%) have moderately positive attitude and 16 (56.6%) have positive attitude regarding growth of under five children.
- There is moderately positive correlation between knowledge and attitude of mothers regarding the growth of under five children ($r = 0.63$).

NURSING IMPLICATION

Nursing Practice

As a vital part of health team, nurse can do greater contribution in improving mothers knowledge regarding growth of under five children. As proper care, it will contribute to decrease the incidence of growth failure in under five children. So the nurse performs a key role in providing adequate and accurate information regarding the growth of under five children.

Nursing Education

Today the nursing professional need to have sufficient knowledge. The nursing student should be better taught about the growth of under five children. In service education should be provided to nursing personnel to conduct awareness programs.

Nursing Research

Knowledge of the normal growth of children is essential for preventing and detecting disease by recognizing overt deviations from normal patterns, so many mothers does not have adequate knowledge regarding the growth of their child. To accomplish this all periodic research has to be undertaken.

Limitations

- The study is limited to mothers of under five children.
- The study is limited to mothers within the age group of 19-35 years.
- The study is assessed using only limited number of questions.
- The study is limited to small number of 30 samples.

Recommendations

- A similar study can be conducted with a larger sample so that the findings can be generalized.
- A similar study can be conducted in different target population such as other care givers.
- A similar study can be conducted between the urban mothers and rural mothers.

CONCLUSION

The objective of the study is to assess the level of knowledge and attitude of mothers regarding growth of their under five children. The study findings shows that maximum number of mothers were 80% have average level of knowledge and 20% have poor knowledge. The attitude of mothers

towards the growth of children are 53.3% have positive attitude and 46.6% have moderately positive attitude.

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