

## EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON PROTEIN ENERGY MALNUTRITION AMONG MOTHERS OF UNDER-FIVE CHILDREN IN THE SELECTED RURAL AREAS OF JAMMU

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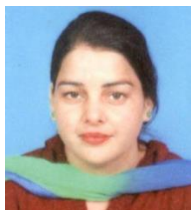
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### ABSTRACT:

Adolescent mothers are particularly vulnerable to malnutrition because they are growing faster than at any time after their first year of life. They need protein, iron and other micronutrients. Research methodology designed to develop or refine procedure for obtaining organizing or analyzing and representing the results of the data. The research method adopted for this study is quantitative approach which is comparative cum descriptive in nature. It is considered to be the most suitable method here because it involves the Protein Energy Malnutrition among Mothers of Under-Five Children in the Selected Rural Areas with selected variables. The Research Design is cross sectional survey with which the research is conducted. It includes an outline of what the research did from writing the hypothesis and its operational implication to find analysis of data. The present study adopts correlational research design. A correlational research design is a specific type of non-experimental design used to describe the relationship between or among variables. Sample size consists of 500 Mothers of Under-Five Children in the Selected Rural Areas. Mothers of under-five children of experimental group had experienced gain in knowledge in post-Intervention assessment compared to control group. Thus knowledge regarding prevention of protein energy malnutrition among selected rural areas of Jammu, India. Protein energy malnutrition was successful in increasing the level of knowledge regarding on protein energy malnutrition among mothers of under-five children in the selected rural areas of Jammu, India. There was no association between pre-test knowledge scores and demographic variables. Nurse researcher can conduct studies to determine the effectiveness of structured teaching programme on protein energy malnutrition among mothers of under-five children in the selected rural areas of Jammu, India. Most researches can be done on preparation of innovative methods of teaching and preparation of effective teaching materials, focusing on interest, quality and cost effectiveness.

**Key Words:** early detection of Juvenile delinquency, Parents.

### ABOUT AUTHORS:



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## INTRODUCTION

Addressing women's malnutrition has a range of positive effects because healthy women can fulfill their multiple roles – generating income, ensuring their families' nutrition and having healthy children – more effectively and thereby help advance countries' socioeconomic development. Women are often responsible for producing and preparing food for the household, so their knowledge – or lack thereof – about nutrition can affect the health and nutritional status of the entire family. Promoting greater gender equality, including increasing women's control over resources and their ability to make decisions is crucial. Improving women's nutrition can also help nations achieve three of the Millennium Development Goals, which are commonly accepted as framework for measuring development progress.

### **How nutrition affects mothers of Under-five children?**

Women are more likely to suffer from nutritional deficiencies than men are, for, reasons including women's reproductive biology, low social status, poverty and lack of education. Sociocultural traditions and disparities in household work patterns can also increase women's chances of being malnourished. Globally, 50% of all mothers of under-five children are anemic, and at least 120 million women in less developed countries are underweight. Research shows that being underweight hinder mother's productivity and can lead to increased rates of illness and mortality. In some regions, the majority of women are underweight: In South Asia, for example, an estimated 60% of women are underweight.

### **NEED OF THE STUDY**

The present study was undertaken with an aim to assess the effectiveness of structured teaching programme on protein energy malnutrition among mothers of under-five children in the selected rural areas of Jammu. Most of the kids suffer from infection. In advanced societies infections are treated fast. As there is no overcrowding, proper vaccination children are given proper diet which is not only balanced but wholesome.

### **STATEMENT OF THE PROBLEM**

***"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON PROTEIN ENERGY MALNUTRITION AMONG MOTHERS OF UNDER-FIVE CHILDREN IN THE SELECTED RURAL AREAS OF JAMMU"***

### **OBJECTIVES**

1. To assess the pre-test knowledge score regarding Protein Energy Malnutrition among Mothers of Under-Five Children in the Selected Rural Areas.
2. To assess the post-test knowledge score regarding Protein Energy Malnutrition among Mothers of Under-Five Children in the Selected Rural Areas.
3. To compare the pretest and post-test knowledge regarding Protein Energy Malnutrition among Mothers of Under-Five Children in the Selected Rural Areas.
4. To find the relationship of post-test knowledge on Protein Energy Malnutrition among Mothers of Under-Five Children in the Selected Rural Areas with selected variables.

### **HYPOTHESES**

Hypotheses will test at 0.05 level of significance.

$H_0$ : There will be no significant difference between pre test and post test knowledge scores of mothers of under five children regarding prevention of protein energy malnutrition.

$H_1$ : There will be significant difference between pre test and post test knowledge scores of mothers of under five children regarding prevention of protein energy malnutrition.

$H_2$ : There will be significant association between pretest knowledge scores with selected demographic variables among mothers of under-five children regarding prevention of protein energy malnutrition.

An extensive review of the related literature on the problem similar to the effectiveness of structured teaching programme on protein energy malnutrition among mothers of under-five children or related to it was done. It was done to get help in the planning of research. The study of related literature was done by finding, reading and evaluating reports of worldwide research.

Studies on protein energy malnutrition among mothers of under-five children have showed that the increase in protein energy malnutrition is usually due to a certain factors which include socio-economic factors, lifestyle. The condition is worst in rural or distant corners, where the people are deprived socially, economically, and educationally and illiterate with inadequate health facilities.

## RESEARCH METHODOLOGY

The methodology adopted for effectiveness of structured teaching Programme on protein energy malnutrition among mothers of under-five children in the selected rural areas of Jammu is given as follows.

## RESEARCH APPROACH

The research method adopted for this study is quantitative approach which is comparative cum descriptive in nature. It is considered to be the most suitable method here because it involves the Protein Energy Malnutrition among Mothers of Under-Five Children in the Selected Rural Areas with selected variables.

## RESEARCH DESIGN

The Research Design is cross sectional survey with which the research is conducted. It includes an outline of what the research did from writing the hypothesis and its operational implication to find analysis of data. The present study adopts correlational research design. A correlational research design is a specific type of non-experimental design used to describe the relationship between or among variables.

## POPULATION

The term population refers to the entire set of individuals or objects having some common characteristics. The target population in the present study consisted of mothers of under-five children in the selected rural areas of Jammu.

## Accessible Population:

In my study accessible population is the mothers of under-five children in the selected rural areas of Jammu.

## SAMPLE

Sample consists of the subject of the population selected to participate in the research study. Sampling refers to the process of selecting the portion of population to represent the entire population. In my study, the sample comprise of all the mothers of under-five children in the selected rural areas of Jammu.

## SAMPLE SIZE

Sample size consists of 500 Mothers of Under-Five Children in the Selected Rural Areas.

## RESULTS AND DISCUSSIONS

Table .1 : Overall mean, median, standard deviation, paired 't' value of pre test and posttest score.

N=100

Test	Mean	Median	Standard deviation	Paired 't' value
Pre test	8.05	7	3.73	't' <sub>cal</sub> =48.6Df=59
Post test	22.15	22.5	3.56	't' <sub>tab</sub> =2.000P<0.05SS*

SS\* statistically significant, df-degree of freedom

Table No .1 depicted that the mean and median of post test knowledge scores among mothers regarding selected needs of fewer than five children was 22.15 and 22.5 which is significantly higher than mean and median of pre test knowledge scores of 8.05 and 7 respectively. Standard deviation of post test score and pre test score is 3.56 and 3.73 respectively. The computed paired value (48.6. df -59, at level of 0.05) is greater than table value 2.000) which represents significant gain in knowledge through structured teaching program. The overall experience of conducting this study was satisfying one, as there was good co-operation from mothers of under-five children and higher authority. The study was a new learning experience for the investigator. The result of the present study showed that of structured teaching programme on protein energy malnutrition among mothers of under-five children in the selected rural areas of Jammu, India. Mothers of under-five children of experimental group had experienced gain in knowledge in post-Intervention assessment compared to control group. Thus knowledge regarding prevention of protein energy malnutrition among selected rural areas of Jammu, India. Protein energy malnutrition was successful in increasing the level of knowledge regarding on protein energy malnutrition among mothers of under-five children in the selected rural areas of Jammu, India. There was no association between pre-test knowledge scores and demographic variables.

## CONCLUSIONS

The structured teaching program on protein energy malnutrition among mothers of under-five children in the selected rural areas of Jammu, India was very effective. Nurse researcher can do further research and conduct teaching programs and awareness campaign. Most researches can be done on preparation of innovative methods of teaching and preparation of effective teaching materials, focusing on interest, quality and cost effectiveness.

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