

# A study to assess the effectiveness of Structured Teaching Program on Knowledge regarding Protein Energy Malnutrition among mothers of under five children attending OPD at selected rural community of Bhopal

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## ABSTRACT

Protein energy malnutrition (PEM) is a major public health issue in India. It can be attributed for more than 54% mortality ratio of all under five children in India. PEM among under five children is an important concern for health ministries in India. Children with primary protein energy malnutrition are found in developing countries. Although malnutrition is a condition of deficiency or excess of energy & protein and other nutrients, this article deals with undernutrition & specifically PEM. Children with primary PEM generally are found in developing countries as a result of inadequate food supply caused by socioeconomic, political and occasionally environmental factors such as natural disasters. In the present study, to accomplish the research objective, Quantitative pre experimental research approach was considered appropriate to evaluate the effectiveness of Structured Teaching Program on Knowledge regarding Protein Energy Malnutrition among mothers of under five children. The research design used in this study is one-group pre-test post-test pre-experimental design. Non probability purposive sampling technique was used in this study. Sample size consists of 60 mothers of under five year children. Self structured questionnaire was prepared to collect socio-demographic data and Structured Teaching Program on Knowledge regarding Protein Energy Malnutrition among mothers of under five children attending OPD at selected rural community of Bhopal.

**Keywords-** Protein Energy Malnutrition, Under Five, Balanced diet, Kwashiorkor, Marasmus, Weaning.

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## INTRODUCTION

Mothers being in close contact and primary care takers most of the times, directly influence health of the children. Children are the future of our society and mothers are their guardian of their future, health, safety and nutrition for young children is written on behalf of young children everywhere. Protein energy malnutrition (PEM) is a major public health issue in India. It can be attributed for more than 54% mortality ratio of all under five children in India. PEM among under five children is an important concern for health ministries in India.

### Need Of The Study

Malnutrition means more than feeling hungry or having enough food to eat, inadequate intake of protein, carbohydrate, and other nutrients make up different types of malnutrition, poor nutrition occurs in developing countries and in prosperous areas of the world. As many as 800 million children worldwide are influenced by malnutrition. More than half of the childhood deaths in developing countries are related to malnutrition.

### Objective Of The Study

1. To assess the pre existing knowledge on selected aspects of protein energy malnutrition among mother of under five children attending OPD at selected Rural Community of Bhopal.
2. To provide the structured teaching programme on selected aspects of PEM among mother of under 5 children attending OPD at selected rural community of Bhopal.
3. To assess the post test knowledge on selected aspects of protein energy malnutrition among mother of under five children attending OPD at selected rural community of Bhopal.

- To find out the association between pre test knowledge aspects of protein energy malnutrition among mothers of under five children with their selected demographic variable.

### RESEARCH HYPOTHESIS

**H0:** There will be no difference between pre-test and post- test knowledge score regarding Protein Energy Malnutrition among mother of under five children.

**H1:** There will be a significant difference between pretest and posttest knowledge score regarding Protein Energy Malnutrition among mother of under five children.

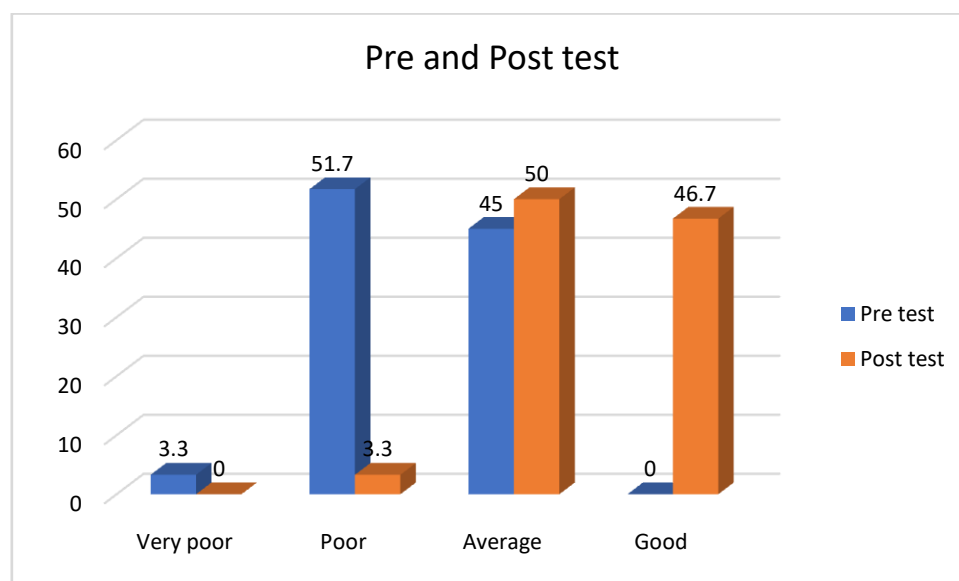
**H2:** There will be a significant association between posttest level of knowledge and selected demographic variables regarding Protein Energy Malnutrition.

### METHODOLOGY

In the present study, to accomplish the research objective, Quantitative pre experimental research approach was considered appropriate to evaluate the effectiveness of Structured Teaching Program on Knowledge regarding Protein Energy Malnutrition among mothers of under five children The research designed used in this study is one-group pre-test post-test pre-experimental design. Non probability purposive sampling technique was used in this study. Sample size consist of 60 mothers of under five year children. Self structured questionnaire was prepared to collect socio-demographic data and Structured Teaching Program on Knowledge regarding Protein Energy Malnutrition among mothers of under five children attending OPD at selected rural community of Bhopal

#### Comparison of Pre and Post test

	Pre test		Post test	
	Frequency	Percent	Frequency	Percent
Very poor	2	3.3	0	0
Poor	31	51.7	2	3.3
Average	27	45.0	30	50.0
Good	0	0	28	46.7
Total	60	100.0	60	100.0



**Figure No.1-** Bar diagram showing comparison of Pre-test and Post-test scores.

- The data in above graph represents the comparison of pre-test and post-test scores. After introduction of structured teaching about protein energy malnutrition the levels of knowledge regarding PEM increased in the participants.

**Table No 2- Comparison between Pre test and Post test according to frequency and percentage**

	Mean	Std. Deviation	T	Df	significance	P value
Pre test	9.10	2.137	24.717	59	.000	S
Post test	13.98	2.819				

**Result-**The table above shows the comparison of mean pre-test score and mean post-test scores with standard deviation, t value as 24.717 and p values 0.0, which is significant.

#### **Nursing Implication**

Based on the finding of the study several implications were drawn for nursing education, nursing research, nursing administration and nursing practice.

#### **Nursing Education**

The study findings shows that there is huge impact of knowledge regarding PEM to improve the knowledge regarding protein energy malnutrition and to reduce the protein energy malnutrition cases in rural areas and should have more awareness regarding knowledge about PEM

#### **Nursing Research**

The present study revealed that there is need to improve the knowledge regarding PEM (Protein Energy Malnutrition) of under five year children's mother. The finding of the study shall provide baseline data for research studies to be conducted in future Research studies can be conducted to identify to prevent PEM among five-year age children and its impact on their health

#### **Nursing Practice**

The present study revealed that under five-year age children's mother had an adequate knowledge and only 45% of the mother had good knowledge hence there is a strong need for motivational programmers Nurse should be knowledgeable regarding PEM and its impact on their health, and they need to conduct types of awareness programme for all mother of under five-year age children.

#### **Nursing Administrator**

The present study revealed that nurse administrator should assess the learning needs and encourage organization to conduct awareness programs in school and college. The nurse administrator can enhance information regarding knowledge of PEM among mother and its impact on their health through various innovative method of educational program.

### **RECOMMENDATION**

- A similar study can be conducted by using experimental design having control group.
- A Descriptive Study can be conducted to assess the knowledge regarding knowledge of Protein Energy Malnutrition among mothers of under five-year age.
- Same study can be done taking larger sample size.

### **LIMITATION**

- Study was limited to a small sample size.
- Study was limited to only mothers of under five children of the selected rural community of Bhopal.
- The Study was limited to small population, which limits the generalization of the study.

### **DISCUSSION**

Effectiveness of Structure Teaching program on knowledge regarding Protein Energy Malnutrition among mothers of under Five Year age. The chi-square value is significant when compared to the table of value at .000 level of significant and revealed that significant relationship between knowledge score and other socio demographic variable like area of residency.

The chi-square value is not significant when compared to the table of value at .000 level of significant and revealed that no significance relationship between knowledge score and other socio demographic variable like age, gender, religion, education of father and mother and occupation of father, monthly income, type of family, types of food habit, and how many meals in a day.

## CONCLUSION

From the finding of the study, it is clear that the mother of under 5-year age had Pre-test knowledge was average after implementing structure teaching programme Post test knowledge was good regarding PEM. There was significant association between knowledge score and socio demographic variable like area of residency. There was no significant association between knowledge score and socio demographic variable like age, gender, religion, education of father and mother, occupation of father, monthly income, type of family, types of food habit and how many meals in a day.

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