

# An Illustrative study on Malnutrition Khan Rehan Dilshad

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**Abstract:** *Malnutrition has become associate degree imperative world health issue, with underneath nutrition killing or disabling various youngsters annually. Deficiency disease conjointly prevents millions a lot of from reaching their full intellectual and productive potential. In youngsters, severe deficiency disease accounts for roughly one million deaths annually, with more or less twenty million youngsters underneath the age of five stricken with severe deficiency disease. In India, concerning 2/3 portion of the underneath seven youngsters of our country is underfed among them 5-8% is severely underfed rest fall inside the cluster of delicate or moderate deficiency disease, thus it's aforementioned that deficiency disease one of the foremost widespread conditions touching kid health.*

**Key Words:** *Malnutrition, children and parents, environment, diseases, deficiency.*

## 1. INTRODUCTION:

Malnutrition is said to non-availability of quality food. It's a typical problem in South Asia, Latin American countries and India. An individual whose caloric intake remains below minimum of 2000kcal/day becomes malnourished. Over 1 billion people don't get enough food to steer fully productive lives. A minimum of 400 million of them get but 85% of their basic needs hence they're stunted in their growth, development and should constantly suffer in illness. Per annum about 13 million children under age of 5-7 die from hunger or hunger related diseases. Those that survive may never reach their full potential and growth. Every child develops and grows at her/his own pace and in her/his own time through reaching the varied developmental milestones. Children's growth and development don't occur in an exceedingly linear fashion, but are influenced by each child's environment, nutrition and parental care. These factors play a critical role in an exceedingly child reaching her/his full potential. Recent evidence indicates that good nutrition, particularly in babyhood, is critical to the positive health outcomes of kids.

The nutritional status of a baby is typically described in terms of anthropometry, i.e. body measurement, like weight, in reference to age or height, which is reflective of the degree of underweight or wasting of that child. Food is that the prime necessity of life; life cannot be sustained without an adequate nourishment child needs adequate food for growth and development.

According to the WHO, breast milk has the whole nutritional requirements that a baby needs for healthy growth and development within the first six months of life, in keeping with the international organisation Child Emergency Fund (UNICEF), children who are breastfed within the first six months of life have a sixfold greater chance of survival as critical non-breastfed children. Children are malnourished if their diet doesn't provide adequate nutrients for growth and maintenance or they're unable to totally utilize the food they eat because of illness (under nutrition).

**2. NEED FOR STUDY:** In India about 2/3 portion of the under seven children of our country is malnourished among them 5-8% is severely malnourished rest fall within the group of mild or moderate malnutrition, so it may be said that malnutrition one in all the foremost widespread conditions affecting child health. In India nearly 75% of the populations reside within the village of the full rural population around 50% continues to be under the poverty lines. Majority of kids in India don't seem to be in a very position to urge adequate nourishment due to very low per capita income of their families. A big proportion of those children board economic and social environment which impedes the child's physical and mental development, this condition include poverty, poor environment sanitation, diseases, infections, inadequate access to primary health care, inappropriate child caring and feeding practices.

### 3. STATEMENT OF THE PROBLEM:

A descriptive study to assess the knowledge and attitude regarding malnutrition among parents of under seven children at Dharavi, Mumbai City.

### 4. OBJECTIVES:

- To assess the knowledge regarding malnutrition among parents of under seven children.
- To assess the attitude regarding malnutrition among parents of under seven children.
- To correlate the knowledge and attitude regarding malnutrition among parents of under seven children.
- To find out the association between knowledge and attitude regarding malnutrition with selected demographic variables of parents of under seven children.

### 5. OPERATIONAL DEFINITION:

**Malnutrition:** During this study it refers to the lesser intake of food for kids in terms of quality and quantity to require care of optimum health.

**Mother of Under seven Children:** It refers to those that have child old group (1-5 years). **Knowledge:** During this study it refers to information awareness and proper response of mothers towards malnutrition.

**Attitude:** During this study it refers to opinion feelings or thought exhibited by the mothers under seven children.

#### Assumptions:

The researcher assumes that,

- Parents of under seven children will have some knowledge on malnutrition.
- Parents of under seven children will have positive attitude towards malnutrition.
- Parents of under seven children will have some knowledge regarding the diet of children.
- Parents of children will extend their co-operation in providing factual information regarding their knowledge and attitude on malnutrition.

#### Limitations:

- Only 36 mothers/fathers of under seven children in the Dharavi, Mumbai City.
- Data collection is limited to 3-4 weeks.
- Data collection is only in the Dharavi, Mumbai City.
- Data collection is through interview method only.

### 6. REVIEW OF LITERATURE:

The Review of Literature arranged in 2 sections,

Section- A: Studies related to knowledge regarding malnutrition among parents of under seven children.

Section- B: Studies related to attitude regarding malnutrition among parents of under seven children.

#### Research approach

In this study the descriptive survey approach was used and geared toward assessing the knowledge and attitude regarding malnutrition among parents of under seven children.

#### Research design

Visible of the character of the study and to accomplish the objectives of the study.

Non-experimental design was appropriate to assess the knowledge and attitude regarding malnutrition among parents of under seven children.

#### Setting

Setting is that the physical location and condition during which data collection takes place. The study was conducted within the Dharavi, Mumbai city.

## Population

Within the present study the population comprised of Fogeys having children below 7 yearsold living within the Dharavi, Mumbai City.

## 7. RESEARCH METHODOLOGY:

Two variables have selected for the research process.

**Independent Variable:** informant, age, occupation, religion, type of family, number of children, food pattern of family, previous exposure to malnutrition.

**Dependent Variable:** Knowledge and attitude of malnutrition among parents of under 5 children.

**Sample and sample size:** The present study was conducted among 30 parents of under seven children.

### Sampling technique:

The sampling technique used for the present study is convenient sampling technique.

### Criteria for Selection of Sample:

#### Inclusion Criteria: Mothers/Fathers

- Having under seven children (1-7 years)
- Who can understand, read and write Hindi and Marathi.
- Residing in Dharavi, Mumbai City.
- Willing to participate in the study.
- Available at the time of data collection.
- Having more than one child.

#### Exclusion Criteria: Mothers/fathers

- Having children group more than 7 years.
- Working in Health care sector.

#### Child

- Suffering with any chronic physical or mental illness.

### Description of the tool

The tools were designed for collecting the information from the parents of under seven children regarding their demographic data, knowledge and attitude on malnutrition. The tools were divided into three steps,

**Step-1:** Demographic Data of parents of under seven children.

**Step-2:** Structured interview schedule seeks information about knowledge on Malnutrition.

**Step-3:** To assess the attitude among parents towards malnutrition.

### Major finding:

Regarding the informant 28(56%) were mothers and remaining 22(44%) fathers. Age of parents about 5(10%) of samples belongs to 18 years and below, 11 (22%) belongs to 19-22 years, 29(58%) of samples fit in to 23-27 years, 5(10%) were in the age group of 28 years & above. Majority of the parents 50(100%) were residing in rural area. Maximum parents 35(70%), belongs to Jain religion. 10(20%), Hindu religion 4(8%) Muslim religion and remaining were Christian religion 1(2%). Education status of parents about 7(14%) were Illiterate, 35(70%) Primary, 6(12%) Secondary and Degree and Above 2(4%). Major type of families was 36(72%) Nuclear, 10(20%) Joint and minimum were Extended 4(8%).

Maximum Occupation of mother was 46(92%) unemployed and remaining Employed 4(8%). Occupation of Father 1(2%) Unemployed, 7(14%) Government employee, 20(40%) Private employee and Others 22(44%). Majority of family income were 3000 and below 27(54%) and 6(12%) 12001 and below were minimum. About 38(76%) of the

parents were Vegetarian, 5(10%) Non-Vegetarian and 7(14%) remaining were Mixed Maximum 33(66%) parent had only one child, 13(26%) parents had two children and 3 children and Above 4(8%). Maximum parents were getting information from 23(46%) Others and 14(28%) Health care Workers. 5(10%) mass media 5(10%), Family friend 2(4%) Neighbour and very low no 1(2%).

#### **Characteristics of Selected Demographic Variables of the Sample:**

- 56% of mothers were given the Information on malnutrition
- 58% of parents were in the age group of 23-27 years
- 100% of parents were from rural area
- 70% of parents were belongs to Jain religion
- 70% of parents were studied Primary
- 72% of parents were belongs to Nuclear family
- 92% of mothers were Unemployed Mothers
- 40% of fathers were private employed Fathers
- 54% of parents monthly income is rupees 5000 and below
- 76% of parent's dietary pattern is Vegetarians
- 66% of parents had only one child
- 46% of parents were got information from Others, Health Care Workers and ResearchEducators.

#### **8. LIMITATIONS:**

- Only 30mothers/fathers of under seven children in the Dharavi, Mumbai City.
- Data collection is limited to 3-4 weeks.
- Data collection is only in the Dharavi, Mumbai City.
- Data collection is through interview method.
- A large number of samples could not be taken because of the time constrains.

#### **9. RECOMMENDATIONS:**

The following studies can be undertaken to strengthen the accident & emergency care.

- 1) The same study can be repeated in different regions of the state or nation so as to compare the results.
- 2) The same study can be repeated on a large sample so as to generalize the results.
- 3) Similar kind of study can be conducted among different age group of children.
- 4) The same study can be conducted as experimental study.

#### **10. CONCLUSION:**

The study was concluded by if there is an increase in knowledge the attitude also increases towards malnutrition among parents of under seven children.

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