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A Study to Assess the Dietary Pattern of Under Five Children among Their Parents at Selimedu, Puducherry

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ABSTRACT:
Nutrition is crucial for a healthy adult, as it forms the foundation of lifelong health, strength, and intelligence. The main objective of the study to assess the dietary pattern of under five children among their parents and to associate the dietary pattern of under five children among their parents with selected demographic variables. A quantitative research approach was adopted for the present study. A descriptive design was adopted for the present study. The present study was conducted at Selimedu, Puducherry. The study population comprised of all parents of under five children. The sample size consists of 50 parents under five children in at Selimedu, Puducherry. A convenient sampling technique was used to select the sample for the present study. The study reveals that majority 32 (64%) of them had moderate dietary pattern, 18 (36%) of them had adequate dietary pattern of under five children.The study findings concluded that most of them had moderate dietary pattern. There is significance association between education status, monthly income with dietary pattern of under five children among their parents with their selected demographic variables where p<0.05.

Keywords: *Nutrition, under five children, parents.*

I. INTRODUCTION:

Nutrition is crucial for a healthy adult, as it forms the foundation of lifelong health, strength, and intelligence. In India, protein energy malnutrition (PEM) is a major health and nutritional problem, particularly in children in their first year of life. PEM leads to hypoproteinaemia, poor growth, high mortality rates, and permanent impairment of physical and mental growth. The concept of "protein gap" has evolved to "food gap," with malnutrition being primarily due to inadequate intake of food and infections.

The central government in India has launched various nutritional programs for under five children, including the Supplementary Nutrition Programme (SNP), which provides hot, cooked nutritious meals consisting of cereals, pulses, eggs, and vegetables. The objective of the SNP is to treat and rehabilitate severely malnourished subjects, improve the general health and well-being of children, increase resistance to infectious illnesses, decrease morbidity, accelerate physical growth and mental development, and improve academic performance and learning abilities.

PEM can be diagnosed by examining the patient's dietary history, including height and weight, fat distribution, and lean body mass measurements. Laboratory tests, such as serum albumin, total lymphocyte count, transferrin, and response to skin antigens, can help detect the severity of PEM. Nutritional supplements, such as individual micronutrients or custom, high-calorie nutritional formulas, are used to treat undernutrition.

Diet plays an important role in managing PEM, and healthy balanced dietary management tips are recommended for prevention. A diet rich in good quality protein and high in calories is essential, with plant and animal proteins being beneficial. Vitamin A deficiency, vision impairment, and growth retardation are common in PEM.

Mothers should be educated about the care of under-fives and the importance of healthy eating and physical activity for growth and development. Exposure to healthy food and eating patterns at home and outside the home promotes positive attitudes towards good nutrition.

NEED FOR THE STUDY

Protein-energy malnutrition (PEM) caused 220,000 deaths in 2019, with stunting affecting 21.9% of deaths among children under 5 years and wasting affecting 7.3% of deaths among children under 5 years. Around 45% of deaths are linked to undernutrition, with most occurring in low- and middle-income countries. Combating malnutrition is a global health challenge, with women, infants, children, and adolescents at the highest risk. India

has one of the worst rates of child malnutrition globally, with one-third of malnourished children being Indian. Studies have shown that PEM prevalence is high among rural children (71.1%) and urban children (64.4%), with preventable variables being significant associates. In North Chennai, underweight prevalence was significantly higher in children aged 3 years than 4 and 5 years, with 50% being underweight, 32% stunted, 37% wasted, and 23% with impaired mid arm circumference. In Urban Puducherry, India, 46.8% of adolescents had PEM, 33.3% undernutrition, 10.2% overweight, and 5.8% obesity. Male gender was found to be an independent risk factor for undernutrition, but other risk factors like socio-economic status and parental education were not significantly associated with undernutrition. Educating parents and students about growth monitoring and dietary habits could help reduce malnutrition burdens.

STATEMENT OF THE PROBLEM

"A STUDY TO ASSESS THE DIETARY PATTERN OF UNDER FIVE CHILDREN AMONG THEIR PARENTS AT SELIMEDU, PUDUCHERRY"

OBJECTIVES OF THE STUDY

- To assess the dietary pattern of under five children among their parents.
- To associate the dietary pattern of under five children among their parents with selected demographic variables.

II. RESEARCH METHODOLOGY:

RESEARCH APPROACH:

A quantitative research approach was adopted for the present study. A descriptive design was adopted for the present study. The present study was conducted at Selimedu, Puducherry. The study population comprised of all parents of under five children. The sample size consists of 50 parents under five children in at Selimedu, Puducherry. A convenient sampling technique was used to select the sample for the present study.

SAMPLE SELECTION CRITERIA: Inclusion criteria:

- Parents of under five children residing at Selimedu, Puducherry.
- Parents of under five children who were present during the data collection.
- Parents of under-five mothers who could speak Tamil / English.

Exclusion criteria:

- Parents of under five children who were not willing to participate in this study.
- Parents of under five children who had illness.

III. RESULT:

The present study reveals that majority 32 (64%) of them had moderate dietary pattern, 18 (36%) of them had adequate dietary pattern of under five children. Regarding the age in years, the majority 16 (32%) were in the age group of 23-27 years, 13(26%) were in the age group of 28-27 years and 8 (16%) were in the age group of 33-38 years. In the aspect of education status, the data shows majority 17 (34%) were not had any formal education and 11 (22%) were completed graduate and above. In the aspect of occupation status majority, 19 (38%) were coolie, 10 (20%) were coolie and 6 (12%) were self-employee. In the aspect of type of family, 34 (68%) were in joint family and 16 (32%) were in nuclear family. With regards to number of under five children majority 17 (34%) had two children and 13 (26%) had three and above children. With regard to monthly income of the family, majority 16 (32%) were belong to the income of Rs.5001-Rs.8000, 11 (22%) were belong to the income of Rs.8001-10000 and 10 (20%) were belong to the income Below Rs.5000. With regards to religion majority, 17 (34%) were Christian and 12 (24%) were Muslim. In the aspect of source of health information, 21 (42%) had source from newspaper and 13 (26%) had source form radio/television. With regards to type of food consumption majority 24 (48%) were non vegetarian and 19 (38%) were vegetarian.

Table 1: Distribution of the dietary pattern of under five children among their parents.

N = 50

S.NO	DIETARY PATTERN	FREQUENCY (n)	PERCENTAGE %
1.	Inadequate	0	0%
2.	Moderate	32	64%
3.	Adequate	18	36%

The above table reveals the frequency and percentage-wise distribution of the dietary pattern of under five children among their parents. The finding shows that, majority 32 (64%) of them had moderate dietary pattern**,** 18 (36%) of them had adequate dietary pattern of under five children.

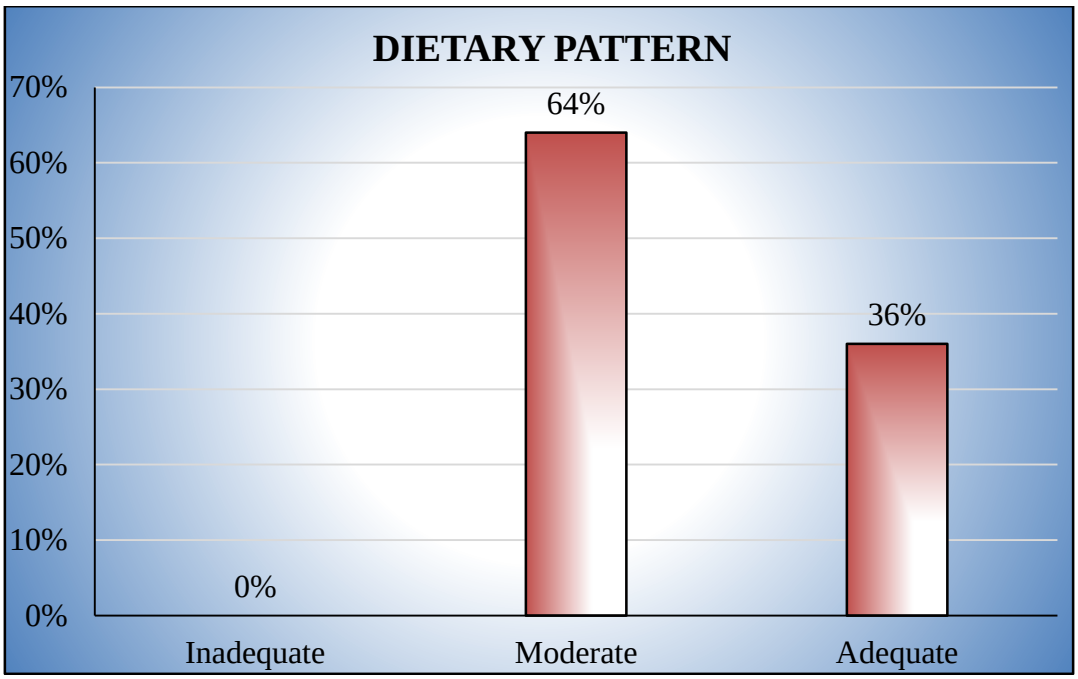

Figure 1: Frequency and percentage-wise distribution of the dietary pattern of under five children among their parents

The association result showed that there is significance association between religion, education status, monthly income of the family with dietary pattern of under five children among their parents with their selected demographic variables where $p<0.05$.

IV. DISCUSSION

The study was conducted study to assess the dietary pattern of under five children among their parents at Selimedu, Puducherry. This chapter deals with the discussion on the study's findings interpreted from the statistical analysis. The findings are discussed in relation to the study's objectives, related literature and hypotheses specified in this study.

The first objectives was to assess the knowledge and attitude regarding family planning methods among multigravida mothers in selected primary health centre, villages.

The major finding of this study was majority (50%) were having adequate knowledge remaining 40% were having moderately inadequate knowledge and 10% were having inadequate knowledge , the above finding summarizes that half of the sample were having inadequate knowledge.

RENJHEN PRACHI et. L., (2021) was conducted to assess the knowledge and attitude regarding family planning methods, conducted at government hospital with 433 multigravida mothers, it was found that 98% of women knowledge about family planning methods and 94.4% of them had knowledge regarding contraceptives , over 50% had gained knowledge about family planning methods , 37.9 of them using contraceptive methods 31 % of them using condems , this study highlights the knowledge and attitude and that awareness always lead to improve . there is still a need of educate and motivate the coubles and improve the family planning methods usage to achieve more effective and appropriate use of contraceptives and improve knowledge towards the modern trend to family planning methods.

The second objective was to find out the effectiveness of video teaching programme on knowledge and attitude regarding family planning methods.

This study shows that, the post-test mean score (16.56) was high when compared to the pre- test. In standard deviation the pre-test value is (4.098) and the pre-test score is (3.33) and the post mean percentage is (75%) , pre-test mean percentage is (25%) . the result showed that video teaching programme on family planning methods were more effective among multigravida mothers.

The Third objective of the study was to find out association between knowledge score with demographic variables of multigravida mothers.

This study showed that, the association between the knowledge score with demographic variables such as age , gender, educational status, occupational status, type of food pattern, type of family, socio-economic status, number of children, living area, education of multiravida mothers regarding family planning methods. None of the demographic variables were associated with the level of knowledge among multigravida mothers and it was found to be non-significant.

V. CONCLUSION:

The present study assessed the dietary pattern of under five children among their parents at Selimedu, Puducherry. The study findings concluded that majority 32 (64%) of them had moderate dietary pattern, 18 (36%) of them had adequate dietary pattern of under five children. There is significance association between education status, monthly income with dietary pattern of under five children among their parents with their selected demographic variables where $p<0.05$.

VI. RECOMMENDATIONS

- Same study can be conducted with large samples.
- Same study to can be conducted among school children in community area

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