



Effectiveness of Training Module on Knowledge of the Mother Regarding Child Growth Assessment

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Abstract: Background: Under-five children represent 12% of the general population in India. Under-five Children mortality in India is as high as 4.9% of all deaths. The first 5 years of the life in child hood have a great importance. The growth and development play a vital role during this period.

Objectives: to assess the effectiveness of training module on knowledge of mothers of under- five children regarding growth assessment

Method: Evaluative approach with Quasi experimental one group pretest and posttest design was used to assess the knowledge of mothers of under five children sample size was 60 mothers of under-five children in selected settings with systematic random technique was adopted to select the sample.

Results: Majority of the mothers 53 (88.3%) belongs to the age group of 15-25 years. The majority of the mothers 27(45%) are having adequate knowledge and practice after administering the training module The results showed statistically significant increase in knowledge and interpretation. ($P < 0.05$).

Conclusion: The study concluded that the training module was effective in improving the knowledge of mothers Regarding Child Growth Assessment.

Keywords: Effectiveness, Training Module, Knowledge, Mothers, Child Growth Assessment.

1. INTRODUCTION

"A Child in Good Health is A Valuable Resource for Society."

Toddlers, who are between the ages of 1 and 5, are a significant demographic in all nations. This is not only due to their representation of around 12% of the total population, but also because there is a growing understanding that they serve as indicators for future chronic illnesses.



"Today's Children are the Future Citizens."

Childhood is considered a vital phase due to the socialization process. That refers to the dissemination of attitudes, conventions, and behavior. Moreover, people are susceptible to illnesses, mortality, and impairment as a result of their age, gender, location of domicile, socioeconomic status, and several other determinants. It is necessary to satisfy certain physiological requirements in order to ensure the survival and appropriate development of the child and their eventual adulthood. Pediatric age range has distinct characteristics of growth and development. Growth pertains to the augmentation of actual body dimensions, whereas development encompasses the enhancement of skills and functionalities. The concepts of growth and development are closely intertwined, since the kid undergoes both physical growth and overall maturation. The mother plays a crucial role in the assessment of the child's development. Mothers may evaluate their children's growth and development by comprehending the growth criteria and graphing them on growth charts.

Weight, height, length, and mid-upper arm circumference are crucial indicators for evaluating the growth, development, and nutritional condition of children below the age of five. Height in older children and length in newborns are crucial indications of nutritional health. Weight is widely used due to its simplicity as an anthropometric measurement for evaluating growth and development. The chest circumference and mid-upper arm circumference are regarded as the most accurate criteria for measuring the nutritional health of children under the age of five. Based on the findings of the NFHS-2 survey, more than 50% of children below the age of three were underweight, and a similar number (46%) were stunted. Based on weight for age, 18% of the studied children are experiencing malnutrition, whereas 23% are malnourished based on height for age.

The mother has exclusive responsibility for the child's growth; sufficient education and support empower moms to promptly recognize the origins and indications of malnutrition in their children. Consequently, mothers are assuming a more significant role within the family, potentially influencing the nation's health and prosperity. Justification for the Research Children under the age of five make up 12% of the total population in India. The mortality rate among children under the age of five in India is at 4.9% of the total number of deaths. The significant death rate mostly stems from malnutrition and illness. The bulk of these youngsters reside in rural areas, tribal regions, and urban slums. Due to their sheer quantity, children are entitled to a significant portion of health and social services. Additionally, children are the valuable assets of the future. This development is in the interest of the overall national progress. Consequently, they need specific and focused care. Regrettably, there is a lack of sufficient attention given to children under the age of five in a research on childhood mortality in the Americas. The study revealed that no less than 50% of the children who died before the age of five had malnutrition as either the underlying cause or a contributing factor to their death.

Review of Literature

Between 2000 and 2007, almost a quarter of children worldwide who were under the age of 5 were classified as underweight for their age. India witnesses an annual birth rate of 27 million



children. Approximately 10% of them fail to reach the age of 5 years. India accounts for 25% of the total global under-five fatalities, which amounts to nearly 9.2 million deaths annually. The first five years of a child's life are pivotal. During this time period, growth and development are of utmost importance. Adverse factors, like as malnutrition and diseases, may significantly impede the development of children at this stage. Certain things are irreversible. Vulnerability necessitates proactive measures and dedicated endeavors to attend to the intrinsic physiological requirements associated with human maturation and progress. Anthropometric measures, including weight, height, mid upper arm circumference, and growth norms, play a crucial role in screening and assessing the health of children. In 2008, a research was conducted by Kiran Bains and Brarjk to assess the nutritional condition of children aged 1 to 5 in Punjab. The researcher used a straightforward random sample technique to choose 150 children between the ages of 1 and 5. The general information was obtained by using a questionnaire and anthropometric measurements. The findings indicate that the average weight of both boys and girls in all age categories is below the ICMR standards for similar groups. The results indicated a need to provide mothers with education on the nutritional requirements of young infants and optimal techniques of feeding in order to mitigate the occurrence of child malnutrition. the educational attainment, occupational status, physical well-being, and dietary intake of women have a crucial role in determining the standard of living and serve as a pivotal determinant of their children's health, nutritional status, behavioral patterns, and overall welfare in developing countries. Both national and local research unequivocally demonstrate that the prevalence of undernutrition among children consistently reduced in correlation with the level of mother education. India's literacy rate for women is at a worrisome 53%, which is particularly alarming. The prevalence of undernourished children is most pronounced among mothers from impoverished families, who represent the largest share. The mother's knowledge and grasp of growth evaluation, particularly in rural areas, were lacking, and they were not aware of the new growth criteria. By raising knowledge about growth norms and conducting growth assessments, we may effectively prevent malnutrition in its early stages. The training modules provide valuable assistance to mothers in evaluating the nutritional health of their children, particularly those aged 0-5 years, and in implementing early measures to avoid malnutrition.

2. RESEARCH METHODOLOGY

Evaluative methodology using a systematic and analytical approach. The study used a quasi-experimental approach known as the one-group pretest and posttest design. The systematic random procedure was employed to evaluate the knowledge of mothers with children under the age of five. The study included a sample of 60 women residing in Patiala, Punjab, India, who had at least one kid under the age of five. The study encompasses Married women who have children in the under-five age range and possess the ability to read Punjabi. Mothers who are willing to take part in the research. The research specifically eliminates moms of children under the age of five who do not have the ability to comprehend Punjabi. Mothers who lacked enthusiasm in participating in the research, namely those who did not have children under the age of five. Following the acquisition of official authorization, a primary



investigation was carried out among a total of 60 participants. The samples were chosen using a simple random procedure. The investigator provided a training module, described the study's goal, and acquired oral permission from the individuals. Subjects were provided with tools and relevant information was collected via data collecting. The analysis of data included the use of descriptive and inferential statistics. The key results were then presented in the form of tables, figures, and graphs. On the first day, a systematic knowledge assessment was conducted to evaluate understanding of growth assessment. Survey and monitoring Chick-list Intervention (X) involves the immediate implementation of a training module on growth evaluation and administration on the same day. demographic data include age, education level, monthly income of the household, family type, and number of children. The knowledge questionnaire includes topics pertaining to growth and development (6 items), nutrition (7 items), general knowledge (4 items), and growth charts (3 items). Lactation. Seventh day Final assessment Conduct a thorough evaluation of information pertaining to Growth Assessment using a combination of a questionnaire and direct observation. Checklist.

Criteria for Inclusion

1. Married women who have children in the under-five age range and possess the ability to read Punjabi.
2. Mothers living in a hamlet in Patiala, Punjab.
3. Mothers who are interested in taking part in the research.

Eligibility Criteria (Women with Children under the Age of Five)

1. Mothers who were unable to comprehend Panjabi.
2. Mothers who lacked enthusiasm in participating in the research
3. Mothers who do not have children under the age of five.

3. RESULTS

The majority of moms, namely 53 (88.3%), are between the age range of 15-25 years. The outcomes of the current investigation are consistent with the same study done by Aziz. The vast majority of moms, namely 58 out of 60 (96.7%), belong to the 0-10th socioeconomic class. The majority of women, namely 57 (95%), have an income ranging from 1000 to 5000. Additionally, 30% of these moms are part of a joint family. The vast majority of moms, namely 58 out of 60 (96.7%), have 1-2 children. A majority of the moms, namely 20 (33.3%), had a moderate level of understanding. out of the total, 53 individuals (88.33%) are in the age category of 15-25 years, while 7 moms (11.7%) are in the age bracket of 26-35 years. Out of the total, 58 individuals (96.66%) belong to the 0-10th class, while 2 individuals (3.3%) are moms who have completed education from Higher Secondary to graduation. Out of 57 mothers, 95% have an income between 1000 and 5000, while 3 mothers (5%) have an income between 500 and 10000. 58 96.66% of moms have 1-2 children, whereas 3.33% of mothers have 3-4 children. Out of the total number of moms, 42 (70%) are from nuclear families, while 18 (30%) are from joint families. there is a substantial disparity in knowledge ratings before and after the administration of the knowledge questionnaire. The post-test



shows a higher knowledge score compared to the pretest, indicating that the training module is more successful.

4. DISCUSSION

Demographic Characteristics of Moms with Children under the Age of Five

The majority of moms, namely 53 (88.3%), are between the age range of 15-25 years. The results of the current research are consistent with a similar study done by Aziz Marjan and Jamaluddin. The findings indicated that the mean age of moms was 28.5 years. The vast majority of moms, namely 58 out of 60 (96.7%), belong to the 0-10th socioeconomic class. The present research is a replication of a similar study done by Vijay Kumar. 32% have attained a high school education. The majority of women, namely 57 (95%), have an income ranging from 1000 to 5000. Additionally, 30% of these moms are part of a joint family. The results of the current research are consistent with a similar study performed by Shantakka, N. Chougale. The findings indicated that 95% of the participants had a household income of 3000 rupees, and 40% belonged to a joint family. The vast majority of moms, namely 58 out of 60 (96.7%), have 1-2 children. The present research is in line with a comparable survey done by Asmakulsum, which found that 98% of families had between 3 and 6 children.

To Evaluate the Mothers' Understanding and Use of the Training Module for Children under the Age of Five, After its Administration

45% of the moms had sufficient knowledge and experience after completing the training session. The results of the current research align with those of Homero Martinz, indicating that mothers possess the greatest level of knowledge. The findings indicate a statistically significant improvement in knowledge and interpretation. The statistical significance level is less than 0.05.

Section I Distribution of Demographic Profile of Mothers of Under Five Children

Table1: Frequency and percentage distribution of demographic variables of mothers of under-five children.

S.No	Demographic Variables	Frequency	Percentage
1	AGE 15-25	53	88.33
	26-35	7	11.7
2	EDUCATION 0-10 th	58	96.66
	Higher secondary –Graduation	2	3.33
3	INCOME 1000-5000	57	95
	6000-10000	3	5
4	NUMBER OF CHILDREN 1-2	58	96.66
	2-4	2	3.33



5	TYPE OF FAMILY	42	70
	NUCLER JOINT		

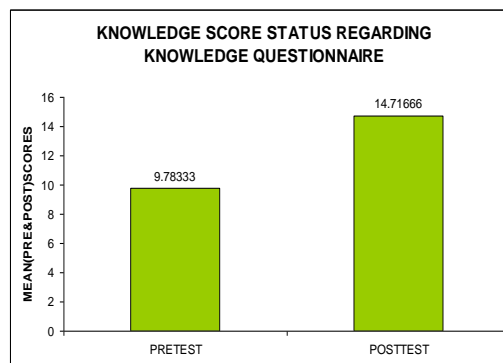
Section II Comparison between Pre-Test and Post Test Knowledge Levels

Table II: Distribution of Mean and standard deviation of pre-test and post test knowledge scores.

Descriptive Statistics					
	N	Mean	Std. Deviation	Minimum	Maximum
Prekq	60	9.78	3.988	3	19
Postkq	60	14.72	3.098	7	19

Here $P=0.0000 < 0.05$,

Figure mean and standard deviation of pre and post test knowledge levels



The above bar diagram shows the mean and standard deviation values of post test knowledge is higher than the pre test knowledge.

Section II Comparison between Pre-Test and Post Test Practical Skills.

Table III: Mean and standard deviation of pre-test and post test practice skills.

Descriptive Statistics					
	N	Mean	Std. Deviation	Minimum	Maximum
PREOC	60	9.32	2.311	3	16
POSTOC	60	15.50	2.574	9	19

Here $P=0.0000 < 0.05$,

There is a significance difference between pre and post test scores regarding observation checklist.



The above bar diagram shows the mean and standard deviation values. Post test practice score is higher than the pre-test practice score.

5. DISCUSSION

Demographic Variables of Mothers of under Five Children

Majority of the mothers 53 (88.3%) belongs to the age group of 15-25 years. The findings of the present study is consisting with the similar study conducted by Aziz Marjan and Jamaluddin and findings revealed that a mean age of mothers 28.5 years.

Majority of the mothers 58 (96.7%) belongs to the 0-10th class. Present study is consisting with the similar study conducted by vijay kumar 32% are educated up to high school.

Most of the mothers 57 (95%) lies between 1000-5000 income and 30% belongs to the joint family. The findings of the present study is consisting with the similar study conducted by Shantakka, N.Chougale and finding revealed that 95% had family income of 3000 rupees 40% belongs to the joint family.

Majority of the mothers 58 (96.7%) of mothers are having 1-2 children. Present study is consisting with the similar study conducted by Asma Kulsum 98% families had 3-6 children.

6. CONCLUSION

The majority of the mothers 27(45%) are having adequate knowledge and practice after administering the training module. The results shows statistically significant increase in knowledge and interpretation. ($P < 0.05$).

Limitations:

- Mothers with above 5 years of the age children
- Mothers those who are not interested in the study
- Mothers those who are not able to understand Punjabi.

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