

A Cross Sectional Study to Assess the Prevalence of Malnutrition and Its Associated Factors Among Under-Five Children in Rural Area, Agroha, Hisar, (Haryana)

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Abstract

Introduction: Children are supreme asset of our country. India is home to largest child population in the world. The development of children is the first priority of country's development agenda, not because they are the most vulnerable but they are our supreme power and also the future of human resource of our country.

Materials and Methods: A descriptive cross-sectional research design was used in the study. The sample size consists of 100 under five children and their mothers. purposive sampling technique used in this study. Descriptive and inferential statistics chi square test used for data analysis.

Results: The findings suggest that the children of mother having knowledge about malnutrition, proper education clean environment and other facilities are healthy.

Conclusion: These findings indicate The focus of the study was on prevalence of malnutrition and associated factor of malnutrition. This will help to evaluate the growth and health status of under-five children in rural area. This will later help in finding the causes and their treatment at community level and also in refining the nutrition related programme.

Keywords: Assess; Association; Cross sectional; Evidence; Prevalence; Associated factors

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Introduction

Children are at the heart of the 2030 Global Agenda, and the realisation of their rights is seen as the foundation of global security, sustainability and human progress. Understanding the situation of children in relation to the malnutrition crucial both for the well-being of children and for achieving the global goals. Child malnutrition continues to be leading public health problem in developing countries like India. Globally, there were 165 million stunted, 99 million underweight, and 51 million children wasted by year 2014. It kills 3.1 million under five children every year. Malnutrition has also been defined as Pathological state resulting from relative or absolute deficiency or excess of one or more essential. It comprises four forms under nutrition malnutrition, under nutrition over nutrition, imbalance and specific deficiency. The developmental, economic, social, and

medical impact of global burden of malnutrition are serious and lasting for individuals and their family, for communities and for countries. Although growth and development physical, social, emotional, and spiritual proceed in different rates, they are also interrelated in majority of children, that the result is a progressive development of the whole child, from infancy to childhood. One of the major challenges in efficiently facilitating progress has been the extent to which the problem of malnutrition. is conceived of as a social problem or a medical problem. The reality is of course that social progress itself is often manifest as changing patterns of ill-health, which present as medical problems.

Materials & Methods Research methodology is the particular procedure or techniques used to identify, select, process and analyze information about the topic.it shows the path through which the researcher will conduct the study. Experimental Research approach was considered appropriate for the present study. Descriptive cross-sectional research design was used in the study. Research design provides outline of how the research will be carried out and the method that will be used. The study subject was selected from rural area of related subject of Agroha, Hisar district in Haryana.In this population of the study was under-five children and their mothers of selected rural area of Agroha, Hisar District Haryana.Malnourished under-five children and their mothers in selected rural area Agroha, District Hisar (Haryana).The sample size of the study consist of 100 under-five children and their mothers.

Results

The study result shows the comparison of frequency and percentage distribution of subjects in under-five children according to socio demographic variables.

Table -01 Level of Association Between Nutritional Status of the Children with Selected Socio-Demographic Variables

Level of Association Between Nutritional Status of the Children with Selected Socio-Demographic Variables						
Demographic Variables		Nutritional Status			Chi-Square Value	'P' value
		Severe	Moderate	Heavy		
Age	19-22	2	5	10	5.973 (df = 6)	0.426 Not significant
		11.8%	29.4%	58.8%		
	23-25	6	18	20		
		13.6%	40.9%	45.5%		
	26-27	4	16	11		
		12.9%	51.6%	35.5%		
	28-30	2	5	1		
		25.0%	62.5%	12.5%		
Religion of Mother	Hindu	9	30	26	1.120 (df – 4)	0.891 Not significant
		13.8%	46.2%	40.0%		
	Muslim	3	10	9		
		13.6%	45.5%	40.9%		
	Sikh	2	4	7		
		15.4%	30.8%	53.8%		
Type of Family	Nuclear	7	22	26	1.395 (df = 2)	0.498 Not significant
		12.7%	40.0%	47.3%		
	Joint	7	22	16		
		15.6%	48.9%	35.6%		
Education of Mother	Professional degree	0	0	7	35.970 (df – 10)	0.000* Significant
		0.0%	0.0%	100.0%		
	Graduate	0	2	13		
		0.0%	13.3%	86.7%		
	High school	6	19	14		
		15.4%	48.7%	35.9%		
	Middle school	5	12	6		
		21.7%	52.2%	26.1%		
	Primary school	0	6	2		
		0.0%	75.0%	25.0%		
	Illiterate	3	5	0		
		37.5%	62.5%	0.0%		

Occupation of Mother	Housewife	12	38	26	13.364 (df = 4)	0.010* Significant
		15.8%	50.0%	34.2%		
	Government job	0	0	8		
		0.0%	0.0%	100.0%		
Private job	2	6	8			
	12.5%	37.5%	50.0%			
Family Income	5000- 10,000/per month	3	13	7	14.949 (df = 6)	0.021* Significant
		13.0%	56.5%	30.4%		
	11000- 20,000/per month	8	21	11		
		20.0%	52.5%	27.5%		
	21,000-30,000/per month	2	7	11		
10.0%	35.0%	55.0%				
Above 30,000/per month	1	3	13	8.346 (df = 8)	0.401 Not significant	
	5.9%	17.6%	76.5%			
	1 years	0	2			0
		0.0%	100.0%			0.0%
	2 year	3	5			5
		23.1%	38.5%			38.5%
3 year	2	18	16			
	5.6%	50.0%	44.4%			
4 year	6	10	9			
	24.0%	40.0%	36.0%			
5 year	3	9	12	1.506 (df = 2)	0.471 Not significant	
	12.5%	37.5%	50.0%			
	10.0%	48.0%	42.0%			
Female	9	20	21	4.467 (df = 6)	0.614 Not Significant	
	18.0%	40.0%	42.0%			
	Animal milk	0	1			0
0.0%		100.0%	0.0%			
Honey	6	16	14	1.135 (df = 2)	0.567 Not Significant	
	16.7%	44.4%	38.9%			
Water	0	2	0			
	0.0%	100.0%	0.0%			
None	8	25	28	3.485 (df = 6)	0.746 Not significant	
	13.1%	41.0%	45.9%			
Initiation of Breastfeeding	Within half-an-hour	9	30	24	1.395 (df = 2)	0.498 Not Significant
		14.3%	47.6%	38.1%		
	Few hours later	5	14	18		
13.5%		37.8%	48.6%			
Birth Weight of a Child	More than 4 kg	1	3	5	85.079 (df = 6)	0.000* Significant
		11.1%	33.3%	55.6%		
	Between 2.5-3.9 gm	12	34	29		
		16.0%	45.3%	38.7%		
	Less than 1500 gm	1	6	8		
6.7%		40.0%	53.3%			
Less than 1000 gm	0	1	0			
	0.0%	100.0%	0.0%			
Status of Immunization	Completed immunization	14	44	41	1.395 (df = 2)	0.498 Not Significant
		14.1%	44.4%	41.4%		
	Incomplete immunization	0	0	1		
0.0%		0.0%	100.0%			
Physical Appearance	Under Weight	5	13	0	85.079 (df = 6)	0.000* Significant
		27.8%	72.2%	0.0%		
	Healthy	0	3	41		
		0.0%	6.8%	93.2%		
	Wasting	3	10	1		
		21.4%	71.4%	7.1%		
Stunting	6	18	0			
	25.0%	75.0%	0.0%			

Table -03 Frequency and Percentage Distribution of Subjects According to Physical Appearance

Physical Appearance		
	Frequency	Percent
Under Weight	18	18.0
Healthy	44	44.0
Wasting	14	14.0
Stunting	24	24.0

Table -03 Frequency and Percentage Distribution of Subjects According to Nutritional Status

Nutritional Status		
	Frequency	Percent
Severe	14	14.0
Moderate	44	44.0
Heavy	42	42.0

Conclusions

The present study is concluded with implications to nursing field, limitation and delimitations with study design, methods and recommendations for the future. The focus of the study was on prevalence of malnutrition and associated factor of malnutrition. This will help to evaluate the growth and health status of under-five children in rural area. This will later help in finding the causes and their treatment at community level and also in refining the nutrition related programme. These are considered the best way to assess the prevalence of malnutrition and its associated factor among under five children.

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