

Study to Assess the Effectiveness of STP on Knowledge of Mothers Regarding Safe Food Practices in Selected Hospitals, Uttarakhand

IJSN
Volume 7, Number 2
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Abstract

A structured teaching program was conducted to assess the knowledge score of mothers of under five children regarding safe food practices. The sample of these study comprise of 40 mothers. Collected data was analyzed by using description and inferential statistics in the mother mean value for the pre test 0.53 with the mean % of 53%. The mean value of post test is 0.71 with the mean % of 71%. The data analysis revealed that there is a significant association between all variable. The study revealed that the mothers of under five children gained adequate knowledge regarding safe food practices.

Keywords: Safe Food Practices; Mothers; Under Five Children.

Introduction

Children constitute a major proportion of the global population children are the previous possession of the family, community country and hence it world one cannot visualize good health without nutritious food and balance diet. Food is essential for a happy contended life, if children are health, future generation will be healthy resulting in a healthy nation. Poor infant feeding and poor food practices directly or indirectly contribute to under nutrition, morbidity and mortality in infants so good food practices is an important factors for under 5 year children, because it is the most crucial period in child development [1].

In the world over 10% of 5.8 billion people are children under 5 year of age and over 10.5 million death occur each year among children of under 5 year of age, who thirds of deaths occur during the first year of life and are loosely associated with poor breast feeding and poor complementary and food practices, underweight was estimated to cause 3.7 million death [2] Children living in rural and tribal areas of India are at high risk of under nutrition

because of improper nutrition sanitation with low food hygienic practices and other condition [3].

Safe food practice is very essential for children under the age of 5 year are at an increased risk for food borne illness and related health complication because their immune system are still developing young children with developing immune system cannot fight off infection as well as adults can, young children produce less stomach acid that kills harmful bacteria, making it earlier for them to get sick [4]. Knowledge and practice of mother of infants regarding food practices is very essential to overcome malnutrition and other nutritional deficiency disorder and for the healthy growth of child [4].

Objectives of the study:

1. To assess the pre-test knowledge on food safety practices among mothers of under 5 year children in selected hospital, Haldwani.
2. Find out the effectiveness of Structured Teaching Program on safe food practices among mother of under 5 year children in selected hospital, Haldwani, U.K.
3. Find out association between post test knowledge score and selected demographic variables.

Hypothesis

H1: There will be a significant association between selected demographic variables and knowledge score.

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Received on 12.02.2018, Accepted on 28.07.2018

Methodology

The researcher has selected Quantitative research approach in that pre experimental design (One group Pretest-Post test design) to assess the knowledge of mother under 5 year children regarding safe food practices. The setting of the study was Sushila Tiwari hospital, haldwani, Uttarakhand. The population of present study was mothers of under 5 year children of who admitted in hospital, haldwani Uttarakhand. The sample of the present comprised of 40 mothers of under 5 year children. Convenient sampling is the type of nonprobable sampling was found appropriate for the study.

In the present study the tool consist of two parts:

PART 1: Comprise of questionnaire regarding safe food practices.

PART2: A knowledge questionnaire was prepared consisting of 30 items on knowledge regarding safe food practices. It is a multiple choice questionnaire in which score 1 was awarded to correct response and 0 for wrong response. It is divided in to 3 aspect wise: Food handling, Food Preparation and Food storage and each consists of 10 questions.

The investigator had collected the data after getting formal permission from the authority from

the selected hospital Sushila Tiwari Haldwani, Uttarakhand. The participants were informed about the purpose of the study and written consent was taken from the participants. On an average each participant took 30 minutes to complete the questionnaires the investigator did not face any significant problem and the tool was found reliable.

Results & Findings

Table 1 reveals that Overall comparison of Aspect wise Mean, mean % & Standard deviation of mothers on safe food practices in pre & Post test. In pre test aspect wise food safety practices of mean % & SD value on food handling, food preparation, food storage was (52%) & (4.98), (69%) & (6.72), (4%) & (3.98) respectively. In post test aspect wise food safety practices of mean % & SD value on food handling, food preparation, food storage (68%) & (6.43), (87%) & (7.99), (57%) & (5.57).

Table 2 Shows that Overall Comparison of pre and post test score on safe food practices. In that pre test mean % & SD value was 53% & 16.22 and Post test mean & SD value was 71%, & 20.97 and t-test score is 7.42. So the knowledge score is higher in post test than pre test.

Table 1: Overall comparison of Aspect wise Mean, mean % & Standard deviation of mothers on safe food practices in pre & Post test. N=40

Aspect wise score on safe food practices	Pre Test		Post Test	
	Mean%	SD	Mean%	SD
Food handling	52%	4.98	68%	6.43
Food preparation	69%	6.72	87%	7.99
Food storage	4%	3.96	57%	5.57

Table 2: Overall Comparison of pre and post test score on safe food practices.

	Pre test		Post test		t-test	P value
	Mean %	SD	Mean %	SD		
Level of knowledge of safe food practices	0.53	16.22	0.71	20.97	7.42	<0.05

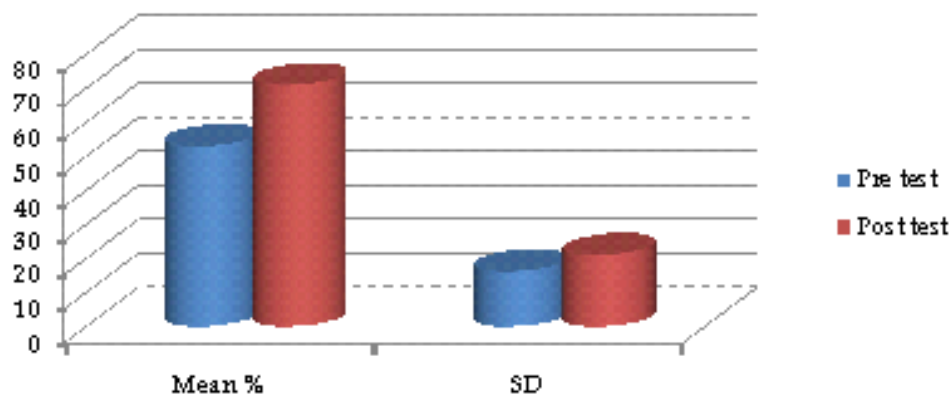


Fig. 1: Represents the pre and post test score on safe food practice.

Discussion

1) *Assess the pre test knowledge score of mother of under five year children regarding safe food practices.*

The present study revealed that the mean for pre-test 0.53 with the mean% of 53% & standard deviation of 16.22.

2) *Find out effectiveness of Structured Teaching Programme on safety food practices among mother of five year children in selected hospital, Haldwani, U.K.*

The present study revealed that the mean value of mother for post-test is 0.71 with mean % 71% & standard deviation 20.97 after the structured teaching programme. It reveals post test score is more than pre test score.

3) *Explore the association between post- test knowledge score of mother regarding safe food practices with selected demographic variables.*

Analysis revealed that there is significant association between all the variables.

Conclusion

A good food practice is an important factors for under 5 year children to reduce morbidity and mortality among under five children, because it is the most crucial period in child development. The study was conducted to assess the under five children mothers' knowledge on safety food practices. The study results revealed that post test knowledge score was higher than pre test.

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