



A Study to Assess the Knowledge of Mothers of Under-Five Children Regarding Home Management of Diarrhea in Selected Areas of Vapi

C Pooja¹, Jimisgaben¹, Jomol Joy¹, Razinal, Liji P¹, Niraliben¹ and Cynthia S.R.^{2*}

¹Sandra Shroff ROFEL College of Nursing, Vapi, Gujarat, India

²Associate Professor, Nootan College of Nursing, Visnagar, Gujarat, India



Greentree Group

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ABSTRACT

Diarrheal diseases refer to a group of diseases in which the predominant symptom is Diarrhea. The episodes are generally associated with other infectious diseases making treatment and prevention more difficult. Diarrhea kills 8 to 9 children under the age of five every minute, often simply draining out the water and salts the body needs to keep functioning. The objectives of this study is to assess the knowledge regarding home management of diarrhea among mothers of under five children, to find out an association between knowledge with selected demographic variables, to develop a booklet on home management of diarrhea. The conceptual framework for this study was based on Orem's self care theory. The study had been conducted at Vapi, Gujarat. A total of 60 under five mothers were selected from Udwada and Chala areas of vapi by purposive sampling technique used. The research study was conducted at udwada and chala of vapi and 60 samples were taken for the study. The sampling technique used was purposive sampling technique, and the data collected were analyzed by using both descriptive and inferential statistical methods. The study reveals that 90% of mothers have moderate knowledge, 8 % mothers have adequate knowledge and 2 % mothers have no awareness regarding of the home management of diarrhea.

KEYWORDS

Knowledge, Mothers of Under-Five Children, Home Management of Diarrhea

INTRODUCTION

Health is both a responsibility as well as right. Protecting the health and development of children is a long term contribution to the growth and development of the country as a whole. Children under five years of age constitute at around 20 % of the India's population. Their protection is the greatest investment for country's economic prosperity and political stability¹.

Acute Diarrhea is often a self-limiting condition. If dehydration is prevented or corrected with oral rehydration therapy, no specific treatment is recommended even if the Diarrhea is due to infection. There is

little evidence that antibiotics are useful in shortening illnesses reducing fluid loss, exceptions cholera and acute bacillary dysentery².

NEED FOR THE STUDY

In the whole World, 1.7 billion cases of diarrhea among under-five children are found every year. In India, 4 billion (4 April 2013) cases of diarrhea occurs every year and 1 lakh dies due to diarrhea (14 May 2013). In Gujarat, 1271 cases of diarrhea occur yearly (15 May 2012).³ Annually, the causes of diarrhea leads to 1.2 to 2.5 deaths of under five children. It is associated with the lack of



safe drinking water, inadequate sanitation and poor hygiene. Acute diarrheal disease is responsible for the majority of diarrheal illnesses (less than 14 days). However chronic or persistence diarrhea is defined as a episode that lasts longer than two weeks. Diarrheal infections are the fifth leading cause of mortality worldwide.⁴

Diarrhea is a major cause for malnutrition. In India, it accounts for 22 % of the Child mortality and malnutrition account for 60 % of diarrheal deaths. The episodes of diarrhea are more prolonged and severe in malnourished child, thereby raising the risk of death. Maternal knowledge regarding modification of diet, increasing quantity and frequency of feedings and continued breast feeding during and after diarrheal episodes plays a significant role in the prevention of malnutrition among under five children⁵.

Mothers still lack knowledge on actual cause of the disease and some of the basic underlying hygienic principles including washing hands with soap and water after defecation, safe disposal of feces, use of sanitary latrines, and use of safe food and safe drinking water (Melenie Nielse-2001). Mother's knowledge regarding domestic hygiene, food hygiene, personal hygiene and environmental sanitation are important in reducing the prevalence of childhood Diarrhea⁶.

During our Community posting, we observed that many under five children came to the primary health center with acute diarrheal episodes and the record of the primary health center also revealed the same based on review of literature and the personal experience. The investigator felt, to assess the knowledge of mothers of under five children regarding home management of diarrhea. From this instinct, the investigator was motivated to administer booklet on home management of diarrhea.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding home management of diarrhea among mothers of under five children.
2. To find out an association between knowledge with selected demographic variables.
3. To develop a booklet on home management of diarrhea.

MATERIALS AND METHODS

Research Design: Non-experimental exploratory approach

Settings: mothers of under five children, selected at udwada and chala at vapi

Population: mothers of under five children

Sample size: 60

Sampling Technique: Purposive sampling technique



RESULTS & DISCUSSION

The data collected were analyzed by using both descriptive and inferential statistical methods.

1. The study reveals that 90 % of mothers have moderate knowledge, 8 % mothers have adequate knowledge and 2 % mothers have no awareness regarding of the home management of diarrhea.

2. Results of the study show a significant association between knowledge and age of mothers, age of children, education of mother and source of knowledge. Analysis also reveals non-significant association between the demographic variables such as income, occupation of mother and type of family

Recommendations:

- A similar study may be conducted on large sample for a wider generalization.
- A similar study may be conducted to assess the knowledge of mothers of under five children.
- An experimental study can be carried out to assess the effectiveness of structured teaching programme.
- A similar study can be undertaken among the general public.
- A specific study can be conducted with regard to home management of diarrhea.
- Case studies can be done following the same subject over a period of time.

CONCLUSION

The study reveals that there is less knowledge among mothers of under five children regarding home management of diarrhea. Hence we prepared booklet and distributed to the mothers of under five children to enhance their knowledge on home management of diarrhea.



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