A Study to Assess Nutritional Status of Under-Five Children in Selected Village of Urban Gwalior

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ABSTRACT

Malnutrition is the most widespread condition affecting the health of children. Scarcity of suitable foods, lack of purchasing power of the family as well as traditional belief and taboos about what the baby should eat, often leads to insufficient balanced diet, resulting in malnutrition. Nutritional status of children is an indicator of nutritional profile of the entire community. Studies conducted worldwide shows that 150 million (26.6%) are underweight, while 182 million (32.5%) are stunted all over the world. More than half of the worlds under nourished people live in India.[1]

This study was conducted to determine nutritional status of under-fives children in selected village of urban Gwalior, Madhya Pradesh, Where a descriptive survey study was conducted in this research. The main purpose of research was to identify nutritional status of under-fives children. The result of the study revealed that the majority of the children under five year of age were normal. The data collection was achieved by taking height and weight of children. It found that among the children of under-fives, 73.15% children were normal, 19.47% had 1^0 malnutrition, 6.04% had 2^0 malnutrition, 0.67% Children had 3^0 malnutrition & 0.67% had 4^0 malnutrition. The variable of this study were socio demographic factors include sex, age, birth order, type of family, actual weight and actual weight.

KEYWORDS

Assess, Nutritional Status, Under Five Year Children

INTRODUCTION

Food is an important and basic biological need of man. It is essential for life, growth and repair of the human body, regulation of body mechanisms and production of energy for work. The nutrition of people on a global level is of great concern today particularly in developing nations. A fair section of the population does not get enough food to eat and their diets are deficient in calories also, the children in the developing countries suffer from malnutrition[1,2,3].

Nutritional assessment in the country serves as appropriate data gathering processes to enable accurate planning and implementation of interventions to reduce morbidity and mortality associated with under nutrition[4].

ICDS services are provided through a vast network of ICDS centers, better known as Anganwadi. The term 'Anganwadi' developed from the idea that a good early child care and development centre could be run with low cost local materials even when located in an 'Angan' or courtyard. The local Anganwadis is the corner stone of the ICDS programme[5].

Nutritional disorders may result from either deficiency or excess of any of the nutrients like protein, fat, carbohydrates, vitamin, minerals and salt. In India, the majority of problems are related to deficiency status rather than excesses, the

most important reasons being poverty, ignorance and illiteracy.

Malnutrition is a health problem especially in children under 5 years of age. Globally, there are 15% of world's populations, who are having problem of malnutrition according to FAO reports. It is a problem created by man occurring in human societies. Protein energy malnutrition is a major public health nutritional problem and is the most common among first year of life[6].

NEED OF THE STUDY

Children are the future of any nation. In India about three-fourth of the infant population lives in villages. It is imperative to preserve the wealth and to promote their wellbeing through executing utmost care in order to make them healthy and to protect them from deadly diseases. Care of children had always traditionally been the forte of mother's irrespective of education, income and social class differences[7].

Nutritional status of children is an indicator of nutritional profile of the entire community. Studies conducted worldwide shows that 150 million (26.6%) are underweight, while 182 million (32.5%) are stunted all over the world. More than half of the worlds under nourished people live in India. 54% children are underweight, 52% are stunted, while 17% are wasted[8].

The effects of malnutrition on the community are both direct and indirect. The direct effects are the occurrence of frank and subclinical nutritional deficiency disease such as kwashiorkor, marasmus, vitamin and mineral deficiency disorders. The indirect effects are a high morbidity and mortality among young children, retardation of physical and mental growth and development, lowered vitality of people leading to lowered productivity, permanent disability and reduced life expectancy. (Dutta Parul), 2009[9].

Malnutrition in early childhood causes irreparable damages to the development of child and result in wastage of human resources. Rural areas of India reveal that about 90% of the children suffer from different grades of malnutrition and 15% of them are in extreme degree of malnutrition. This poor state of affairs is prevalent in the rural areas due to ignorance, poor resources, cultural factors and lack of education (Singh, Inderjeet, 2005)[10-12].

STATEMENT OF THE PROBLEM

A study to assess nutritional status of under-fives Children in selected village of urban Gwalior

OBJECTIVES

1. To assess the nutritional status of under five year of age children.

2. To find out association between demographic variables and nutritional status of under-fives children.

HYPOTHESIS

H1:- There will be a significant relationship between demographic variables and nutritional status of under-fives children.

Ho: - There will be no relationship between demographic variables and nutritional status of under-fives children

DELIMITATION

1. Only under-fives children included in my study.

2. Willing to participate in the study

3. Available during period of data collection

4. Selected urban villages of Gwalior are included in my study.

ASSUMPTIONS

1. Weight and height will increase with age.

2. Nutritional status will vary with the demographic variables

RESEARCH METHODOLOY

RESEARCH APPROACH - A cross sectional survey approach

RESEARCH DESIGN - Simple descriptive design.

SETTING OF STUDY - Kumharpura village, district Gwalior (M.P.)

POPULATION- children under-fives years (0-5 years) who are residing in Kumharpura Village.

SAMPLE- children under-fives years of age, living in Kumharpura Village, District Gwalior

SAMPLE SIZE –149

SAMP SAMPLING TECHNIQUE – Convenient sampling technique

DATA COLLECTION TOOLS AND TECHNIQUES

questionnaire, observation schedule

CRITERIA FOR SAMPLE SELECTION

Inclusion Criteria-

1. Children under 5 year 6 month of age.

2. Parents willing to participate in the study.

3. Available during data collection period.

Exclusion criteria-

1. Children who were suffered from congenital abnormalities or any chronic and systemic disorders.

RESULT

Table 1 Association between nutritional status (Degree of malnutrition) of children with their demographic variable

Variables	χ^2	Level of Significance
Age	20.07	NS
Sex	4.96	NS
Birth Order	8.63	NS
Type of family	2.97	NS

Chi-square test was computed to find out the significant association between degree of malnutrition and demographic variables of under-fives children. Chi-square values show that there is no significant relationship between the degree of malnutrition and age, sex, Birth order and type of family. It can be interpreted null hypothesis is accepted.

CONCLUSION

This study was conducted to determine nutritional status of under-fives children in selected village of urban Gwalior, Madhya Pradesh, Where a descriptive survey study was conducted in this research. The main purpose of research was to identify nutritional status of under-fives children. The result of the study revealed that the majority of the children under five year of age were normal. The data collection was achieved by taking height and weight of children.

It found that among the children of under-fives, 73.15% children were normal, 19.47% had 1^0 malnutrition, 6.04% had 2^0 malnutrition, 0.67% Children had 3^0 malnutrition & 0.67% had 4^0 malnutrition.

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