

**“A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE OF MOTHERS REGARDING PICA AMONG THEIR TODDLER CHILDREN IN SELECTED URBAN AREAS OF KANPUR, UTTAR PRADESH”****Minu S R, S.Sumiya, Ankita Trigunayath, Madhu Rajput,**[minu.rcn.mnd@ramauniversity.ac.in](mailto:minu.rcn.mnd@ramauniversity.ac.in)

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**ABSTRACT**

Picais characterized by an appetite for substances largely non-nutritive, such as ice, clay, chalk, dirt, or sand. Pica is eating disorder, of the eating behaviour in childhood. It is defined as the persistent intake of non-nutritional substances for at least one month. Pica is more commonly seen in women and children, where it affects people of all ages in these subgroups. Particularly it is seen in pregnant, small children, and those with developmental disabilities such as autism. Pica, or the intentional consumption of things commonly considered as inedible, is a very old phenomenon.

The present study was carried out in urban areas of Kanpur. A descriptive approach was used in study. In this study a descriptive design was used and the non-probability convenient sampling was used to select 100 mothers. The tool used for the data collection was self-structured knowledge questionnaire. Data was analysed by using descriptive and inferential statistics. The study findings disclose that, among 100 mothers, 30% of mothers were having inadequate knowledge, 52% of mothers were having moderate knowledge and rest 18% of mothers was having adequate knowledge regarding Pica. With regard to the knowledge assessment, the overall mean 15.12 with standard deviation of 4.58 and mean percentage of 50.40. The mean score of general information about Pica was 10.2 with a standard deviation of 3.28 and mean percentage of 55.66 and mean score of knowledge regarding management of Pica was 5.10 with 1.29 standard deviation and a mean percentage of 42.50. And there is no association between socio-demographic variables and knowledge score, hence  $H_2$  was rejected.

**Key words:**

Knowledge, pica, toddler and mothers

## **INTRODUCTION**

The main characteristics of pica are a desire for mostly non-nutritive materials like ice, clay, chalk, dirt or sand<sup>1</sup>. The DSM- IV criteria state that in order for a portion to be classified as pica, it must be present for longer than a month at a time when consuming such objects is deemed developmentally inappropriate, not be a part of a practice that is supported by culture and be severe enough to require medical attention. The most popular, ice consumption, can be regarded as extremely harmful to the body's maintenance because it increases the danger of teeth breaking, deteriorating enamel and staining the jaw joint. Ice consumption also has detrimental effects on the digestive system, which makes the peristaltic move more slowly or perhaps stops altogether. As a result, gaining weight will be simpler, while losing weight will be more difficult or perhaps impossible<sup>2</sup>.

Pica or the compulsive consumption of non-nutritive foods can have harmful effects on one's health. Despite being documented since ancient times, there has never been a single, widely accepted theory explaining the origin of this kind of behaviour. Pica is more common in women and children, and it is most frequently noticed at a lower socioeconomic level<sup>3</sup>.

## **NEED FOR THE STUDY**

It is challenging to determine the prevalence of pica due to disagreements over definition and patient's reluctance to acknowledge aberrant consumption and urges. Consequently, depending on the study, the prevalence recordings of pica fall between 8% and 65%. 8.1% of pregnant African-American women in the US self-reported having pagophagia, which is the swallowing of excessive amounts of ice and freezer frost, according to a 1994 study<sup>4</sup>.

A research in Saudi Arabia revealed that 8.8% of pregnant women had pica. However, rates of pica among pregnant women in developing nations might be far higher; estimations of 63.7% and 74% have been reported for 2 distinct African groups. This is brought on by both higher rates of hunger and disparate culture values. Two investigations on persons with intellectual disabilities who were institutionalized discovered that 21.8% and 25.8% of these groups had pica. It is uncertain what that prevalence rates are for kids with and without developmental difficulties<sup>5</sup>.

Compared to other children, sickle cell disease patients are more likely to get pica. There may be detrimental dietary, medical and neurodevelopment effects from this co-morbidity. To highlight the possible ramifications and implications of this co-morbidity<sup>6</sup>

## **PROBLEM STATEMENT**

“A Descriptive Study to Assess the Knowledge of Mothers Regarding Pica Among Their Toddler Children in Selected Urban Areas of Kanpur, Uttar Pradesh”

## **OBJECTIVES**

1. To assess the knowledge of mother’s regarding pica among their toddler children by knowledge questionnaire.
2. To find out the association between knowledge scores with selected demographic variables.

## **HYPOTHESIS**

H1 = There will be a significant association between knowledge of mothers of toddler children regarding pica with selected demographic variables.

## **METHODS AND MATERIALS**

### **Research approach**

In the present study, descriptive approach was used.

### **Research design**

The research design used in this study was descriptive research design

## **SETTING OF THE STUDY**

The setting of the present study is in urban area of Kanpur city

## **VARIABLES**

### **Dependent variable**

In this study, knowledge of pica among mothersof toddlers was the dependent variable.

### **Demographic variables**

In this study, Age, religion, family type, monthly income, education status, occupation and source of information.

## **POPULATION**

The population for this study comprises of mothers of toddler children.

### **Target population**

In this study the target population was mothers of toddler children.

## **SAMPLE**

The sample for the present study comprises of mothers of toddler children.

## **SAMPLE SIZE**

The sample size for the present study consists of 100 mothers of toddler children.

## **SAMPLING TECHNIQUES**

In the present study, non-probability convenient sampling technique was used to select 100 mothers of toddler children.

### **Inclusion criteria**

Mothers: -

- Who are willing to participate in this study
- who have toddler children
- Residing at selected urban areas at Kanpur.
- who are present at the time of data collection.

### **Exclusion criteria**

Mothers: -

- who are exposed to previous teaching programme on pica.

## **METHODS OF DATA COLLECTION**

Assessment of knowledge regarding the pica was measured by administering research tool.

## **DEVELOPMENT OF RESEARCH TOOL**

On the basis of developed framework, to achieve the objectives of the study, A self-structured knowledge questionnaire was prepared to assess the knowledge regarding the pica among mothers of toddler.

## DESCRIPTION OF THE TOOL

**Section A:** A self-structured questionnaire will be used to collect socio-demographic data.

**Section B:** A self-structured questionnaire will be used to assess the knowledge on pica.

## RESULTS & FINDINGS

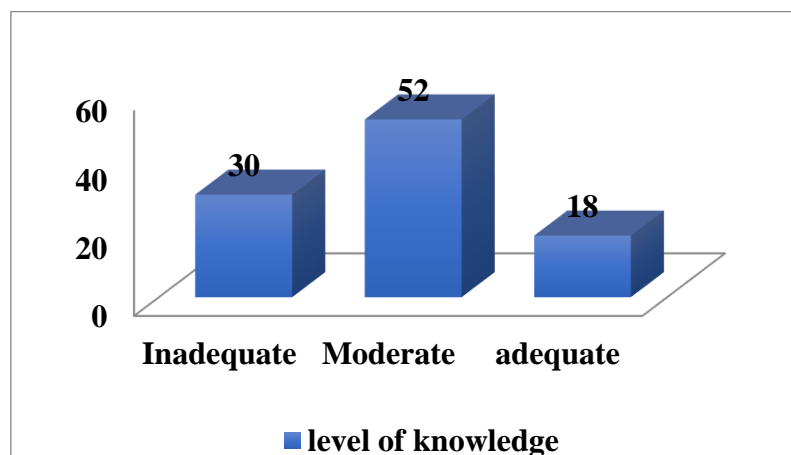
### Section A:

The major findings of the present study are;

- Majority 72(72%) mothers were between the age group of 20 - 25 years.
- Majority 60(60.00%) mothers were Muslims.
- Majority 64(64.00%) primigravida mothers have higher secondary education.
- Majority 20(33.33%) mothers belong to joint family.
- Majority 29(29%) mothers have < Rs. 3000 and above 15,000/- monthly family income.
- Majority 38(38%) mothers have pre-degree and above education.
- Majority 28(45.00%) mothers are house wife and others.
- Majority 36(36%) mothers were got information from magazines.

### Section B:

Knowledge of mothers regarding pica



Data from the above figure depicts that among 100 mothers, 30% of mothers were having inadequate knowledge, 52% of mothers were having moderate knowledge and rest 18% of mothers was having adequate knowledge regarding Pica.

**Section C:**

Association between knowledge score of mother and selected demographic variables

Sl. no.	Demographic variables	Categories	Samples		Level of Knowledge				Chi-square test and sig.
					<median		>median		
			f	%	f	%	f	%	
1.	Age	21 -25 years	72	72	35	67.3	37	77.0	X <sup>2</sup> =3.14 P>0.05 NS
		25 -30 years	22	22	13	25.0	9	18.7	
		30years&above	6	6	4	7.7	2	4.3	
2.	Religion	Hindu	25	25	14	26.9	11	22.9	X <sup>2</sup> =1.32 P> 0.05 NS
		Muslim	60	60	32	61.5	28	58.3	
		Christian	10	10	4	7.6	6	12.5	
		Others	5	5	2	4.0	3	6.3	
3.	Family Type	Nuclear	12	12	6	11.5	6	12.5	X <sup>2</sup> =0.89 P> 0.05 NS
		Joint	64	64	34	65.3	30	62.5	
		Extended	24	24	12	18.4	12	25.0	
4.	Monthly Income	< Rs. 3000	29	29	15	28.8	14	29.15	X <sup>2</sup> =0.08 P> 0.05 NS
		Rs.3001–Rs.10000	21	21	11	21.2	10	20.8	
		Rs.10001–Rs.15000	21	21	11	21.2	10	20.8	
		Rs. 15001 & above	29	29	15	28.8	14	29.15	
5.	Education status	No formal school	12	12	7	13.5	5	10.4	X <sup>2</sup> =0.93 P> 0.05 NS
		Primary schooling	38	38	19	36.5	19	39.6	
		Higher schooling	12	12	7	13.5	5	10.4	
		Pre-degree&above	38	38	19	36.5	19	39.6	
		House-wife	28	28	12	26.1	10	18.5	
		Self-employed	22	22	11	23.9	17	31.4	

6.	Occupation	Govt.employee	22	22	11	23.9	17	31.4	X <sup>2</sup> =2.30 P> 0.05 NS
		Other	28	28	12	26.1	10	18.5	
7.	Source of information	Television	24	24	14	26.9	10	20.8	X <sup>2</sup> =1.15 P> 0.05 NS
		Journals/Magazines	36	36	15	36.5	17	35.4	
		Newspaper	20	20	11	21.2	9	18.8	
		Anyother	20	20	8	15.4	12	25.0	

Note: - S\* - Significant

NS – Not Significant

Findings revealed that the chi-square value was not significant at 0.05% level of significance. Hence the research hypothesis H<sub>2</sub> was rejected. It indicted that there was no association between knowledge score of mothers of toddler and selected demographic variables.

## NURSING IMPLICATIONS

### Nursing education:

In order to accomplish this, the nurse as an educator should concentrate on health education to mothers regarding pica. The student nurse and all other health care professionals should be given responsibility to enhance the awareness about pica. The current study emphasises improving knowledge regarding pica among mothers of toddler children.

### Nursing administration:

Nursing administrators have a responsibility to encourage nursing staff members to advance their knowledge and abilities by participating in health conferences, workshops, seminars and training sessions on pica management. In order to improve the nursing staff's knowledge and abilities regarding new pica trends, the nursing administration should show interest in setting up a regular in-service education program.

### Nursing practice

School nurses can use the study's findings to educate students about pica. This method can be applied to entire families as well as communities as large, as they have a say in the knowledge that adults possess about managing pica. This study implication of nursing, one of which is to urge overworked mothers to attend health education programs on alternative

medicines in order to stay current on their expertise. Additionally, mothers must undergo routine evaluations to gauge their level of understanding.

**Nursing research:**

In order to identify, evaluate and manage pica, nursing professionals and students can benefit from the study's findings as they perform additional clinical research and projects. Therefore, nursing research serves as a vehicle for the advancement of the nursing profession.

**Recommendations:**

- A study can be undertaken with a large sample to generalize the findings
- An experimental study can be undertaken with control group
- A comparative study can be done between the rural and urban primigravida mothers.
- A study can be conducted to assess the knowledge and attitude of mothers regarding pica.
- A similar study can be conducted using the other strategies like self-Instructional Module (SIM), booklets, STP, PTP and VAT.

**Conclusion:**

This study revealed that there was moderate level of knowledge among the study samples and no significant association was found between knowledge scores and selected socio demographic variables.

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