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EFFECT OF MULTIINTERVENTIONAL APPROACH ON KNOWLEDGE REGARDING DEMONSTRATION &DISTRIBUTION OF HYDERABADI MIX TO PREVENT THE NUTRITIONAL DEFICIENCIES AMONG MOTHERS OF UNDER FIVE CHILDREN IN RURAL AREAS, KANPUR.

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Abstract

Hyderabadi Mix can refer to a few different things depending on the context, but it's commonly associated with a blend of spices, or a mix of various ingredients, often used in Indian cuisine. Protein energy malnutrition (PEM) remains a challenging health issue among under five children in almost every developing nations of the world let alone India. Hyderabad mix can be used to improve the weight gain and nutritional status among under five children. The aim of the study was to assess the effectiveness of Hyderabad mix on nutritional status among under five children belonging to tribal community. A study was done to find the effectiveness of the Mult interventional approach on knowledge regarding demonstration & distribution of Hyderabadi Mix to prevent the nutritional deficiencies among mothers of under-five children in rural areas, Kanpur. The research approach for the present study is a Quasi experimental Research approach, The research design selected for the study one group pre-test and post-test design. The conducted in some selected rural areas, Kanpur District, Uttar Pradesh. The sample was under -five mothers in rural areas, Kanpur District, Uttar Pradesh. Convenient sample technique going to use. Data was collected from 600 mothers. In result it shows that there was no previous knowledge regarding the Hyderabadi Mix & after the Mult interventional approach it shows that there was 60% mother who are having adequate knowledge & 40% having moderate knowledge and it shows that there are all the demographic variables are highly associated with pre-test knowledge except education status & family income at the level of 0.05.

Key words: **Hyderabad mix, cervical cancer, HPV vaccine, PEM, Multi intervention**

INTRODUCTION

Children are the true wealth of our nation as today's healthy child is tomorrow's responsible citizen observed India's first prime minister. The future of a nation rests on healthy, protected, educated and well-developed children.The prevalence of under nutrition is highest among children under five. Globally in 2020, 149 million children under five years were estimated to be stunted (too short for age), 45 million were estimated to be wasted (too thin for height).Administrations of Hyderabad Mix 86 grams of Hyderabad mix was prepared from 40 grams of roasted wheat, 16 grams of roasted Bengal gram, 10 grams of ground nuts and 20

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grams of jaggery and administered to the malnourished children between the age group of 1-5 years for three weeks.

NEED FOR THE STUDY

Children are the future of nation and society and mothers are guardian of that future. Care of children has traditionally been the responsibility of mothers irrespective of education, income and social class difference.

AIMS AND OBJECTIVES

STATEMENTOFTHEPROBLEM

Effect of multiinterventional approach on knowledge regarding demonstration &distribution of Hyderabadi mix to prevent the nutritional deficiencies among mothers of under five children in rural areas, Kanpur.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding demonstration & distribution of Hyderabad mix to prevent the nutritional deficiencies among mothers of under five children in rural areas, Kanpur.

2. To evaluate the effectiveness of multi-interventional approach on knowledge regarding demonstration & distribution of Hyderabad mix to prevent the nutritional deficiencies among mothers of under five children in rural areas, Kanpur.

3. To assess the post-test knowledge regarding demonstration & distribution of Hyderabad mix to prevent the nutritional deficiencies among mothers of under five children in rural areas, Kanpur.

4. To find an association between pretest knowledge score with their selected socio-demographic variables.

OPERATIONAL DEFINITION

NUTRITIONAL DEFICIENCIES

Nutritional deficiency occurs when the body is not getting enough nutrients such as vitamins and minerals.

DEMONSTRATION

The act or circumstance of proving or being proved conclusively, as by reasoning or a show of evidence.

DISTRIBUTION

The act of dividing something among people, or spreading or supplying something:

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KNOWLEDGE

Knowledge is the understanding, awareness, or familiarity gained through experience, education, or learning.

MULTIINTERVENTIONAL

Multiple intervention programs are characterized by the use of multiple strategies targeted at multiple levels of the socio-ecological system and delivered to multiple target audiences.

HYPOTHESIS

H1: The mean post-test knowledge scores is significantly higher than their mean pretest knowledge score at 0.05 level of significance.

H2: There is a statistically significant association between pre-test knowledge scores with their selected demographic variables at 0.05 level of significance.

METHODOLOGY

RESEARCHAPPROACH

In this study, on the bases of objectives, the researcher adopted a **Quantitative researchapproach** was used because the main objective of the study was to effect of Mult interventional approach on knowledge regarding demonstration & distribution of Hyderabadi mix to prevent the nutritional deficiencies among mothers of under five children

RESEARCHDESIGN

In this study,**QuasiExperimental, Research Design** was selected for this study.

1.

Sample	**Group**	**Pre-test**	**Intervention**	**Post-test**
Children with respiratory Diseases	Experimental group	O1	X	O2
	Controlgroup	O1		O2

Keys:

O1=Pre-test to assess level of pulmonary function in experimental and control group.

X=Intervention of balloon therapy on experimental group.
O2=Post-test to assess level of pulmonary function in experimental and control group.

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METHODS AND MATERIALS

Research Approach:

The research approach for the present study is a Quasi experimental Research approach.

Research design:

The research design selected for the study one group pre-test and post-test design

Variables of the study:

Independent variable:

Independent variable is the knowledge regarding demonstration & distribution of Hyderabad mix

Dependent variable:

Dependent variables include age, gender, education, religion, place of residence, source of information,

Setting of the study:

The study will be conduct in some selected rural areas, Kanpur District, Uttar Pradesh.

Population:

The largest population or universe is composed of entire group of people or objects to which the researcher wishes to generalize the findings of the study**.**

Sample:

The sample is under five mothers in rural areas, Kanpur District, Uttar Pradesh.

Sample technique:

The sample technique of a study consists of the units which comprise population. Convenient sample technique going to use.

Criteria for sample selection:

Inclusion criteria:

The study includes who were:

- Mothers of under five children
- Mothers who are not available at the time of data collection.

Exclusive criteria:

The study excludes who were:

- Who are not willing to participate in the study.
- Mothers who were unable to understand and speak Hindi.

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Sample size: 600

ASSUMPTIONS:

The study assumed that

- All Mothers of under five children need for acquiring knowledge on demonstration & distribution of Hyderabad mix.
- Health education with effectively improve the knowledge of All Mothers

DATA ANALYSIS AND INTERPRETATION

This chapter deals with the statistical analysis and interpretation of collected data. The data collected from rural area.

The data was analyzed by using descriptive statistical measures i.e., mean, frequency and percentage distribution to compute the demographic variables and inferential statistical measure. The data were presented in tables and illustrated in diagrams.

The Collected Data Was Organized and Presented Under the Following Headings:

- **Section A: -** Frequency and percentage wise distribution of demographic variables of mothers of under five children
- **Section B:** Distribution of adolescent girls in inter college according to the pre-test ad post-test level of knowledge mothers of under five children
- **Section C:** - Comparison of pre-test and post-test level of knowledge mothers of under five children
- **Section D: -** Evaluate the effectiveness of mothers of under five children
- **Section E: -** Association between knowledge scores mothers of under five children

Analysis of data was done according to the objectives of the study. The data was analysed by calculating the scores in the terms of mean, standard deviation, paired "t" test will be used to compute the data regarding demonstration and distribution of hydrabadimix to prevent the nutritional defiences among mothers of under five children Researcher calculated the chi square value to find out the association of pre-test mean 15.68 with their selected demographic variables. The raw data collected was entered in master data sheets and analysed and interpreted by using descriptive and inferential statistics. Results of the study were presented in the form of tables and figures.

RESULTS

To assess the Pre-test knowledge regarding demonstration

The current study findings revealed that among mothers of under five children 180(30%) had moderate knowledge, 420(70%) had inadequate knowledge, and no one had adequate knowledge in pre-test. And 360(60%) had adequate knowledge, 240(40%) had moderate knowledge and no one had inadequate knowledge in post-test. It was inferred that most of the mothers of under five children had adequate knowledge and most of the 0(00%) no one had inadequate knowledge in post-test.

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To assess the effectiveness of multiinterventional approach on knowledge regarding demonstration and distribution mix to prevent the nutritional defiences among mothers of under five children.

The current study findings revealed that Study analysis findings showed that pre-test mean knowledge score 13.91with SD 4.43 and post-test mean knowledge score 21.8 with SD 4.09. Paired t test applied to compare pre-test and post-test mean knowledge score, and calculated't' value is 17.44 significant at p=2.00, df=59. H1 was accepted, there was significant enhancement of post-test knowledge score as compare to pre-test knowledge.

To associate the knowledge score with their selected socio-demographic variables.

The current study findings revealed that on the basis of finding of analysis there were significant with age group, religion, mother education, family monthly income, type of family, previous knowledge health access, habits, age of menarche, but there was no significant with other selected socio-demographic variable such as source of information regardingdemonstration and distribution of hydrabadi mix to prevent the nutritional deficiences.

SUMMARY

Major finding of the study:

1.Finding related to assessment of pre-test knowledge of demonstration and distribution of hydrabadi mix to prevent the nutritional defiences

The finding revealed that in the pre-test them 420(70%) had inadequate knowledge,180(30%) had moderate knowledge, no one had adequate knowledge in Pre-test.

2.Finding related to assessment of post-test knowledge of demonstration and distribution of hydrabadi mix to prevent the nutritional defiences

The finding revealed that, in the post-test majority of them were 360(60%) had adequate knowledge, 240(40%) had moderate knowledge and no one had inadequate knowledge regarding

3.Finding related to effectiveness of information booklet on knowledge regarding demonstration and distribution of hydrabadi mix to prevent the nutritional defiences

The comparison of mean pre-test and post-test knowledge level ondemonstration and distribution of hydrabadi mix to prevent the nutritional defiences. The post-test mean score (21.8) was high when compared to the pre-test mean (15.62) was of knowledge. The obtained t value (17.44) was greater than table value at 2.00 level of significance, which shows that there is significant difference between pre-test and post-test level of knowledge regarding demonstration and distribution of hydrabadi mix to prevent the nutritional defiencesHence, the formulated research

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Hypothesis H1 was accepted.

4.Finding related to association of demographic variable with pre-test score of knowledge regarding demonstration and distribution of hydrabadi mix to prevent the nutritional defiences

The association of demographic variable with pre-test score of knowledge by using chi-square test revealed that there statically no significant association with source of information, but there is statistically significant association with Age group, Religion, Mother qualification, Habits, Age of menarche, Health access Type of family, Family monthlyincome, Previous knowledge .

CONCLUSION

The present study was aimed at assess the effectiveness of information booklet on mothers of under five children the recent data was collected and analyzed statically based on selected in inter college Kanpur up. On basis of findings of the study following conclusion were drawn. In the pre-test knowledge based on selected rural areas of Kanpur so that among moders of under five children 420(70%) had inadequate knowledge 180(30%) had moderate knowledge and one had adequate knowledge in pre-test and 360(60%) had adequate knowledge 240(40%) had moderate knowledge and no one had inadequate knowledge in Post-test. It was inferred that, most of the mothers of under five children had moderate knowledge in Pre-test and most of had adequate knowledge in Post-test.

The structured effectiveness of information booklets improves the knowledge level of demonstration and distribution of hydrabadi mix to prevent the nutritional defiences

The following conclusion was drawn on the basis data of analysis

Informational booklets were effective in improving the level of knowledge of adolescent girls most importance means of creating awareness and increasing their knowledge regarding demonstration and distribution of hydrabadi mix to prevent the nutritional defiences

The finding of the study revealed that there was no significant association of knowledge with their demographic variables such as source of information so there were significant association with such as Age group, Religion, Mother qualification Typer of family, Family monthly income, Previous knowledge, Age of menarche, Habits, and Health access.

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