

ASSESSMENT OF KNOWLEDGE OF MOTHERS REGARDING BASIC NUTRITIONAL REQUIREMENTS OF THEIR CHILD IN URBAN AND RURAL AREAS

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ABSTRACT

Background: Knowledge, attitude and practice of mothers regarding the basic health care needs of their child is pivotal for maintaining good health and creating a better future. Under five mortality is one of the gravest problems in our country and the major contributing factor is malnutrition.

Objective: Aim of our study was to assess knowledge of mothers regarding basic nutritional requirements of their child in both urban and rural areas and to determine the impact of counselling.

Methodology: Our study was an observational cross-sectional study with 300 participants of which 150 were from rural and 150 from urban locations and the study was carried out in Eraviperoor Gram panchayath and Thiruvalla Municipality from Pathanamthitta district. Compared to urban mothers, rural mothers had less knowledge regarding various nutritional aspects of their children.

Result: Compared to urban mothers rural mothers had less knowledge regarding various nutritional aspects of a child such as importance of breakfast in child's health overeating, lack of physical activity among children, improper sleep wake cycle, importance of balanced diet, exclusive breastfeeding, Complementary feeding etc.

Conclusion: But it was found with the selected group of respondents for the study that the intervention given in the form of counselling resulted in increasing the knowledge regarding the same among both groups. So proper counselling and a holistic level of support and guidance should be given to mothers, who is possible by strengthening and streamlining the existing programs designed for the same.

KEYWORDS: Nutrition, Balanced Diet, Complementary Feeding, Mother

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