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A study to assess the effectiveness of video assisted teaching program on prevention of malnutrition among parents of under five children at Sanniyasikuppam, Puducherry

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Abstract
Introduction: Malnutrition among children under the age of five is a pervasive and complex global health issue that poses significant threats to child survival, growth, and development.
Objectives of the study: The main objective of the study to assess the effectiveness of video assisted teaching program on prevention of malnutrition before and after the intervention among parents of under five children.
Methodology: The research approach used for this study was quantitative research approach. A pre-experimental research design was adopted for this present study. By using convenient sampling technique, 50 parents of under five children were selected for the present study.
Results: The present study reveals that reveals that before video assisted teaching program majority 29 (58%) of them had moderately adequate level, 21 (42%) of them had inadequate level. After video assisted teaching program majority 33 (66%) of them had moderately adequate level, 17 (34%) of them had adequate level on prevention of malnutrition.
Conclusion: The study findings concluded that majority of under five children having moderately adequate level after video assisted teaching.

Keywords: Malnutrition, under five children, prevention, video assisted teaching

Introduction

Nutrition is crucial for human development, especially during the early years of life. Children under five years of age experience rapid growth, cognitive development, and the establishment of lifelong health patterns. Adequate nutrition during this critical period lays the foundation for physical well-being, cognitive abilities, and overall quality of life. Nutrients like proteins, carbohydrates, fats, vitamins, and minerals support cellular development, organ formation, and tissue growth. Cognitive development is closely linked to nutrition, with deficiencies in key nutrients affecting learning abilities, memory, problem-solving skills, and intellectual potential.

Childhood malnutrition is a complex issue with significant implications for health, development, and well-being. Two major clinical syndromes, kwashiorkor and nutritional marasmus, are widely recognized. These syndromes result from varying degrees of protein and energy inadequacy, with mixed features often seen in malnourished children. Childhood malnutrition can lead to heightened susceptibility to infections, delayed cognitive development, impaired educational attainment, and compromised immune systems. Parental knowledge, attitudes, and behaviors related to child nutrition are pivotal determinants of successful malnutrition prevention.

Need for the study

Malnutrition is a global issue affecting children across various regions, with sub-Saharan Africa and South Asia bearing the highest burden. In 2020, 144 million children under five were stunted, with the highest prevalence in these regions. Wasting, a form of acute malnutrition, was caused by severe weight loss, food shortages, disease outbreaks, and inadequate care. Underweight children, who have low weight-for-age, can suffer from chronic and acute malnutrition.

Factors contributing to these disparities include poverty, lack of access to nutritious foods, inadequate healthcare, and poor sanitation. In India, 34.7% of children under five were stunted, 17.3% were wasted, and 33.4% were underweight. The prevalence of stunting and wasting in South India was around 20%, with lower rates in Tamil Nadu and Kerala. Digital technology, particularly video assistant programs, has emerged as a powerful tool for health interventions, bridging knowledge gaps and empowering parents to make informed choices about their children's nutrition.

Statement of the problem

A study to assess the effectiveness of video assisted teaching program on prevention of malnutrition among parents of under five children at Sanniyasikuppam, Puducherry

Objectives of the study

1. To assess the effectiveness of video assisted teaching program on prevention of malnutrition before and after the intervention among parents of under five children.
2. To associate the effectiveness of video assisted teaching program on prevention of malnutrition among parents of under five children with their selected demographic variables.

Research Methodology

A quantitative research approach and pre-experimental research design was selected for the present study. The study was conducted in Sanniyasikuppam, Puducherry. The study population comprised of all school-going children. The sample consists of 50 parents of under five children who are all residing in Sanniyasikuppam, Puducherry, who meet the inclusion criteria. Using a convenient sampling technique the samples were selected for the present study. The tool consists of demographic variables and structured questionnaire the data of the study was evaluated by using descriptive and inferential statistics.

Major Finding

Regarding the age in years, the majority 18 (36%) were in the age group of 21-25 years, 17(34%) were in the age group of 26-30 years and 11 (22%) were in the age group of 31-35 years. In the aspect of education status, the data shows majority 26 (52%) were in higher secondary and 15 (30%) were in primary level. In the aspect of occupation status majority, 25 (50%) were self-employed, 18 (36%) were private employed and 3 (6%) were government employed. In the aspect of religion majority, 39 (78%) were Hindu, 10 (20%) were Muslim and 1 (2%) were Christian. Regarding income per month, the data shows that the majority 31 (62%) come under below Rs.9000 and 16(32%) were come under Rs. 9001/- to Rs.15000/-. With regards to type of family majority, 29 (58%) were in nuclear family and 21 (42%) were in joint family. With regards to number of children majority 28 (56%) had one child and 21 (42%) had 2-3 children. In the aspect of previous source of information majority 49 (98%) had no previous source of information and 1 (2%) had previous source of information. Regarding mode of delivery, majority 37 (74%) had normal delivery, 10 (20%) had LSCS and 3 (6%) had instrumental delivery.

Results and Discussion

The study was conducted study to assess the effectiveness of video assisted teaching program on prevention of malnutrition among parents of under five children at Sanniyasikuppam, Puducherry. The table 1 reveals that before video assisted teaching program, majority 29 (58%) of them had moderately adequate level, 21 (42%) of them had inadequate level. After video assisted teaching program majority 33 (66%) of them had moderately adequate level, 17 (34%) of them had adequate level on prevention of malnutrition.

The table 2 shows that the before video assisted teaching program mean score for the video assisted teaching program was 10.52, SD 1.594 and after the video assisted teaching program mean score for the level of knowledge was 20.76, SD 3.088. The calculated ‘t’ value was 21.551, and the p-value is 0.001. Hence it is highly significant. This clearly shows effectiveness of video assisted teaching program on prevention of malnutrition among parents of under five children had significant improvement.

The data shows that there is significance association between education status with the video assisted teaching program on prevention of malnutrition among parents of under five children where $p<0.05$. There is no significance association between Age, Occupation, Religion, Income per month, Type of family, No of children, Previous source of information, any history of childhood illness, Mode of delivery.

Table 1: Percentage wise distribution of before and after the video assisted teaching program on prevention of malnutrition among parents of under five children N=50

S. No.	Video Assisted Teaching Program	Before		After	
		Frequency (n)	Percentage %	Frequency (n)	Percentage %
1.	Inadequate	21	42%	0	0%
2.	Moderately adequate	29	58%	33	66%
3.	Adequate	0	0%	17	34%

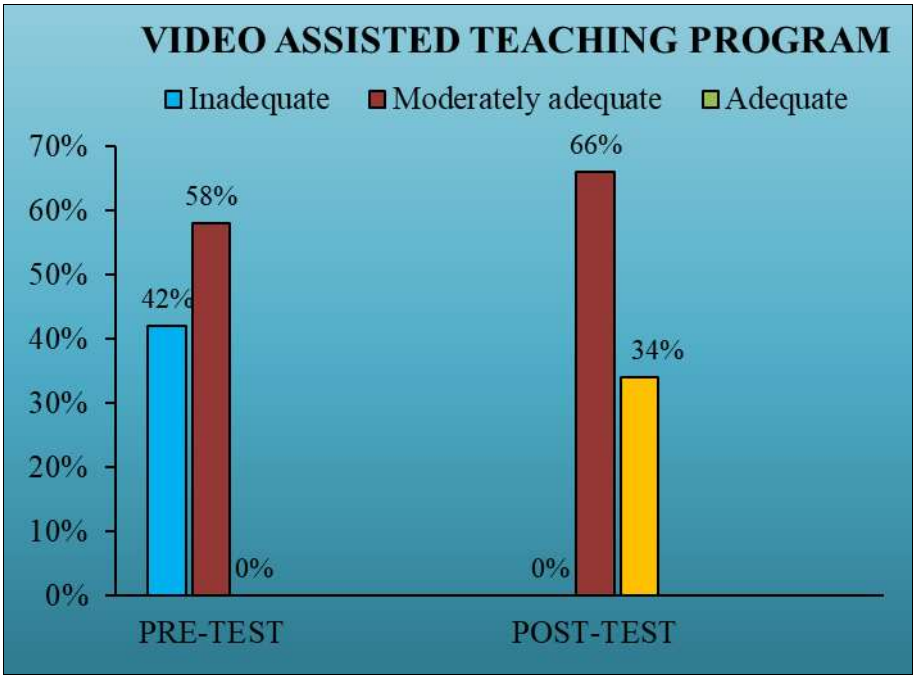

Fig 1: Bar diagram shows Percentage wise distribution of level of knowledge regarding prevention of malnutrition among parents of under five children

Table 2: Effectiveness of video assisted teaching program on prevention of malnutrition among parents of under five children N = 50

S. No.	Video Assisted Teaching Program	Mean	SD	Paired 't' value	'p' Value
1.	Before	10.52	1.594	t = 21.551	p = 0.001* (HS)
2.	After	20.76	3.088		

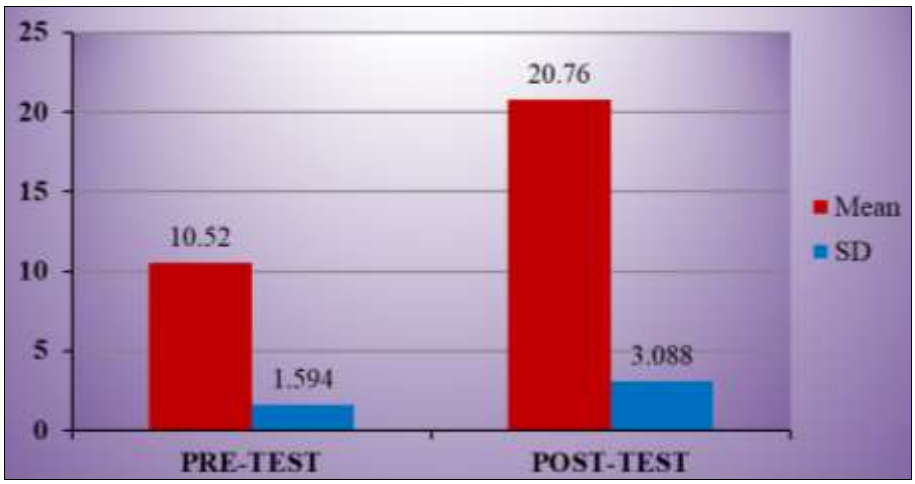

Fig 2: Bar diagram shows effectiveness of video assisted teaching program regarding prevention of malnutrition among parents of under five children

Conclusion

The present study assessed the effectiveness of video assisted teaching program on prevention of malnutrition among parents of under five children at Sanniyasikuppam, Puducherry. The study findings concluded that there is there is significance association between education status with the video assisted teaching program on prevention of malnutrition among parents of under five children where $p<0.05$.

Recommendations

- Same study can be conducted with large samples.
- Same study to complication and management of malnutrition can be conducted among the under-fiver mothers.

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Not available.

Author's Contribution

Not available.

Conflict of Interest

Not available.

Financial Support

Not available.

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