



Original Research Article

Volume 9 Issue 1

Jan-Mar 2020

**THE EFFECTIVENESS OF COMPACT DISK TEACHING ON KNOWLEDGE
REGARDING PROTEIN ENERGY MALNUTRITION AMONG PARENTS OF 2
YEARS OLD CHILDREN'S**

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ABSTRACT

In this pre experimental design, sample consisted of 60 Parents of 2 years old children's selected by Non probability Purposive sampling technique. Self structure questionnaire tools were used for assessing the knowledge of Parents of 2 years old children's. Pre test was conducted by using the same structured questionnaire and after 30 days post test was conducted using the same structured questionnaire for assessing the effectiveness of Compact disk teaching. Mean percentage of the knowledge score of post test 30.09 was higher than pre test 22.56. The 't' value for total pre test and post test was 15.02. The data was analyzed in terms of descriptive and inferential statistics.

INTRODUCTION

Protein–energy malnutrition (PEM) is a form of malnutrition that is defined as a range of pathological conditions arising from coincident lack of dietary protein and/or energy (calories) in varying proportions. The condition has mild, moderate, and severe degrees. PEM is also referred to as protein-calorie malnutrition. It develops in children whose consumption of protein and energy (measured by calories) is insufficient to satisfy their nutritional needs. While pure protein deficiency can occur when a person's diet provides enough energy but lacks an adequate amount of protein, in most cases deficiency will exist in both total calorie and protein intake. PEM may also occur in children with illnesses that leave them unable to absorb vital nutrients or convert them to the energy essential for healthy tissue formation and organ function. The World Health Organization (WHO) defines malnutrition as "the cellular imbalance between the supply of nutrients and energy and the body's demand for them to ensure growth, maintenance, and specific functions." [1] The term protein-energy malnutrition (PEM) applies to a group of related disorders that include marasmus, kwashiorkor (see the images below), and intermediate states of marasmus-kwashiorkor. Children with kwashiorkor have nutritional edema and metabolic disturbances, including hypoalbuminemia and hepatic steatosis, whereas marasmus is characterized by severe wasting. [2] Studies suggest that marasmus represents an adaptive response to starvation, whereas kwashiorkor represents a maladaptive response to starvation

OBJECTIVES

1. To assess the knowledge of Parents related to Protein Energy Malnutrition.
2. To assess the effectiveness of Compact disk teaching regarding Protein Energy Malnutrition.
3. To find association between pre-test knowledge with selected demographic variables

METHODS AND MATERIAL

An extensive review of literature was undertaken. The conceptual framework based on modified Health Promotion Model. An experimental research approach was used to assess the knowledge regarding Protein Energy malnutrition A pre experimental

research design was considered appropriate for the study “to assess the effectiveness of compact disk teaching on knowledge regarding protein energy malnutrition among parents on 2 years children’s”. One group pre test and post test design was used. In order to measure the content validity of the tool, the questionnaire schedule was given to the 9 experts from the field of Obstetrics and Gynaecological Nursing. The experts were chosen on the basis of their clinical expertise, experience, qualification and interest in the problem area. The tool was found reliability of tool was calculated with split half method and found 0.86 for knowledge which is statically reliable for the present study.

RESULT

The data for main study was calculated in the month of December Data collection was analyzed by using descriptive & inferential statistics. The analysis depicted that majority of parents by 25 parents (42%) belonged to the age group of 25-29 years Regarding the Educational status of parents, majority of respondent i.e. 35 (59%) had their primary education Majority of the respondent 20 (34%) were Hindu, Majority of the samples 40 (66%) were housewife, Majority respondent monthly income 20 (34%) Regarding the Nutritional status of parents, majority of the respondent 40 (66%) Pre test Knowledge score Maximum Number of parents i.e. 59% of the pre parents (35) had average knowledge, 25% of parents (15) had good knowledge, and only (16%) 10 had poor knowledge regarding parents. Post test score that majority 80% of the parents (48) had good knowledge, 20% of parents (12) had average knowledge, and no one have poor knowledge regarding Protein energy malnutrition.

The effectiveness of Compact disk teaching regarding protein energy malnutrition to parents of under 2 years children’s that, there is significant difference between pre and post knowledge score. Tabulated value of t test 5% level of significance & 5 degree of freedom .Tabulated t value $t=2.015$ $t_{calculated} > t_{tabulated}$. H_2 is accepted that means SIM is effective. Age, education, type of family was highly associated with each other.

CONCLUSION

The Compact disk teaching was found to be an effective for parents that increasing the knowledge regarding protein energy malnutrition that is help full in reducing Infant & Neonatal mortality & morbidity rate, it is important for good country outcome.

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