



Original Research Article

A Study to Assess The Effectiveness Planned Teaching Programme on The Knowledge Regarding Prevention of Malnutrition Among The Mothers of Under Five Children in Anganwadi of Amodar Village.”

Article History:

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Abstract: Background: Malnutrition is not less food without the needed nutrients present. It is rather the failure of cells to perform their physiological functions due to inability to receive and use the nutrients in the right proportion. Malnutrition especially among young children is widespread problem in most developing countries. Over one hundred million children less than five years of age suffer from protein energy malnutrition and more than ten million of them suffer from severe protein energy malnutrition, which is usually fatal if untreated malnutrition refers to disorder resulting from an inadequate diet or failure to absorb or assimilate dietary elements.

Objectives: Objective of this study to assess the knowledge regarding prevention of malnutrition among mothers of under five children and find out the effectiveness of planned teaching programme on prevention of malnutrition and Find out association between knowledge of under five children with their selected demographic variable in anganwadi of Amodar Village. **Material and Method:** In view of the problem under study and to accomplish the objectives of the study a pre-experimental evaluative research approach was used for this study and the study was conducted in anganwadi of Amodar village. A total of 60 samples of mothers were selected by using non-probability convenient sampling technique. A structured knowledge questionnaire was prepared to assess the knowledge regarding prevention of malnutrition among mothers of under five year children in anganwadi of Amodar Village. A formal permission from the concerned authority was obtained for conducting the study at anganwadi of Amodar Village. The investigator took consent from the mothers. Confidentiality was maintained during data collection. Pre- test was done by administering the questionnaire to the samples. The PTP was conducted after each pre-test. Each group constituted of 30 mothers anganwadi of Amodar Village.. After an interval of 8th days of each pre-test, a post-test was done using the same scale to evaluate the effectiveness of PTP respectively. The conceptual framework of the present study was developed on the basis of CIPP (Context, Input, Process and Product) Model by stuffle beam. **Result:** Descriptive and Inferential statistics were used to analyses the data. The analysis explains that pre-test among mothers, mean of knowledge was 13.3 and standard deviation was 101.30. Among post-test mothers, mean of knowledge was 20.92 and standard deviation was 159.31 “t” Value for knowledge was 4.48611 significant at p<0.05level. **Conclusion:** The findings reveal that in anganwadi of Amodar village, among 60 samples selected by convenient sampling technique. Pre-test show mothers had knowledge of adequate knowledge 10% moderate knowledge 30% and inadequate knowledge 60% where in post-test 60% was adequate knowledge, 30% Was moderate knowledge and 10% inadequate knowledge. This supports the planned teaching

programme was effective method in improving knowledge on prevention of malnutrition.

Keywords: Knowledge; Prevention of Malnutrition; PTP; Mothers, Anganwadi.

INTRODUCTION

Nutrition is the sum total of the process involved in the intake and utilization of food substances by living organisms including ingestion, digestion, absorption transport and metabolism of nutrients found in food. Adequate nutrition during early childhood is fundamental to the development of each child's potential. It is established that the period from birth to two years of age is a “critical window” for the promotion of optimal growth, health and overall survival of children.

Malnutrition is not less food without the needed nutrients present. It is rather the failure of cells to perform their physiological functions due to inability to receive and use the nutrients in the right proportion. Malnutrition especially among young children is widespread problem in most developing countries. Over one hundred million children less than five years of age suffer from protein energy malnutrition and more than ten million of them suffer from severe protein energy malnutrition, which is usually fatal if untreated malnutrition refers to disorder resulting from an inadequate diet or failure to absorb or assimilate dietary elements. Malnutrition may involve under nutrition and include the symptoms of deficiency diseases or it may be due to over-nutrition arising from excessive intake of nutrients. The purpose of the study is to assess the effectiveness planned teaching programme on the knowledge regarding prevention of malnutrition among the mothers of under five children in anganwadi of amodar village.”

STATEMENT OF THE PROBLEM:

“A study to assess the effectiveness planned teaching programme on the knowledge regarding prevention of malnutrition among the mothers of under five children in anganwadi of Amodar Village.”

OBJECTIVES OF THE STUDY :

- To assess the pre – test knowledge and post- test knowledge regarding prevention of malnutrition among mothers of under five children in anganwadi of Amodar Village

DATA ANALYSIS AND INTERPRITITON

Effectiveness of PTP on knowledge regarding prevention of malnutrition

There were 60 mothers in which PTP administered. After that mean, median, SD is calculated on the basis of effectiveness and result or hypothesis can be calculated by “t” test. Mean and standard deviation were obtained as below

- To find out the effectiveness of planned teaching programme on prevention of malnutrition among mothers of under five children in anganwadi of Amodar Village
- To Find out association between knowledge of mothers with their selected demographic variable

HYPOTHESES :

- H1:** There will be a significant difference between pre-test and post-test knowledge score regarding prevention of malnutrition among the mothers of under five children.
- H2:** There will be a significant association between the knowledge regarding prevention of malnutrition in mothers with their selected demographic variables at $P \leq 0.05$ level

MATERIAL AND METHOD:

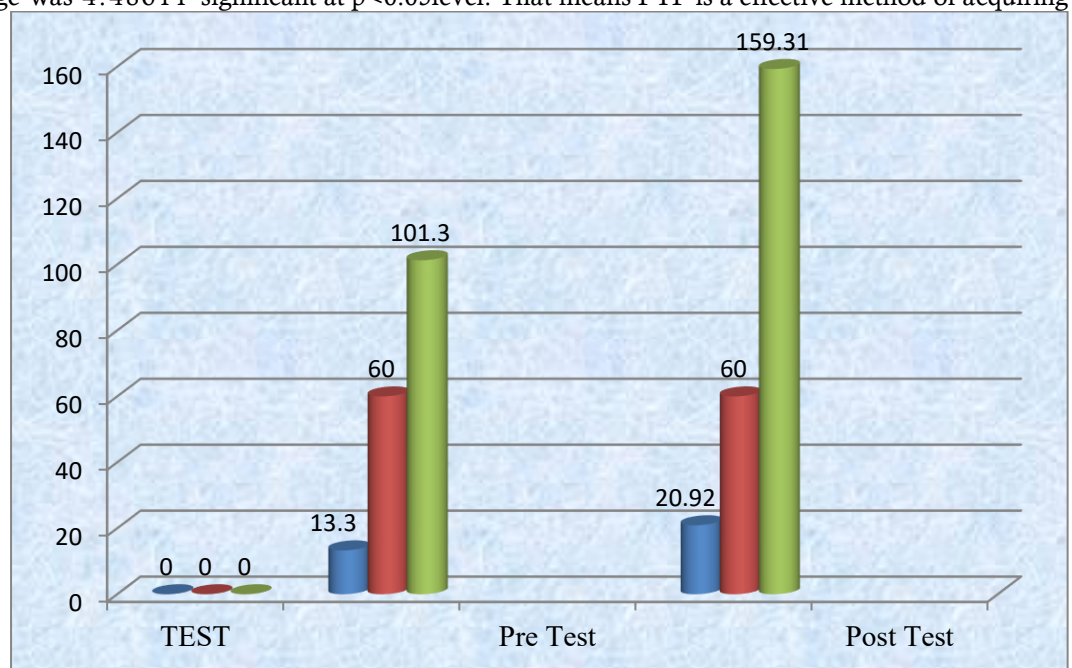
In view of the problem under study and to accomplish the objectives of the study a pre-experimental evaluative research approach was used for this study and the study was conducted in anganwadi of Amodar village. A total of 60 samples of mothers were selected by using non-probability convenient sampling technique. A structured knowledge questionnaire was prepared to assess the knowledge regarding prevention of malnutrition among mothers of under five year children in anganwadi of Amodar Village. A formal permission from the concerned authority was obtained for conducting the study at anganwadi of Amodar Village.

DATA COLLECTION PROCEDURE

The investigator took consent from the mothers. Confidentiality was maintained during data collection. Pre- test was done by administering the questionnaire to the samples. The PTP was conducted after each pre-test. Each group constituted of 30 mothers anganwadi of Amodar Village.. After an interval of 8th days of each pre-test, a post-test was done using the same scale to evaluate the effectiveness of PTP respectively.

TEST	Mean	N	Std. Deviation (SD)	't' value	P-value	Significance
Pre Test	13.3	60	101.30	4.48611	0.05	S
Post Test	20.92	60	159.31			

Table explains that pre-test among mothers, mean of knowledge was 13.3 and standard deviation was 101.30. Among post-test mothers, mean of knowledge was 20.92 and standard deviation was 159.31 “t” Value for knowledge was 4.48611 significant at $p < 0.05$ level. That means PTP is a effective method of acquiring knowledge



CONCLUSION

The findings reveal that in anganwadi of Amodar village, among 60 samples selected by convenient sampling technique. Pre-test show mothers had knowledge of adequate knowledge 10% moderate knowledge 30% and inadequate knowledge 60% where in post-test 60% was adequate knowledge, 30% Was moderate knowledge and 10% inadequate knowledge. This supports the planned teaching programme was effective method in improving knowledge on prevention of malnutrition.

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