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A study to assess the knowledge an attitude of the mothers of primary school children regarding mid - day meal programme at Bagur P.H.C. Bangalore south

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Abstract

The current study has been undertaken to assess the knowledge an attitude of the mothers of primary school children regarding Mid-Day Meal Programme. Data was collected through face to face interview schedule to assess knowledge, three-point Likert's scale to assess the knowledge and attitude of mothers regarding Mid-Day Meal Programme. The research design of my study was descriptive survey and sampling technique was convenient sampling. Data was analyzed by apply descriptive and inferential statistics. The finding of the study revealed the overall knowledge of mother (42%) was found inadequate about Mid-Day Meal Programme, but majority of (31%) was found have adequate knowledge on Mid-Day Meal Programme. Similarly (27%) of mothers had moderate knowledge on Mid-Day Meal Programme. (43%) of mothers had favorable attitude. (57%) of mothers had moderately favorable attitude regarding Mid -Day Meal Programme.

Keywords: Mid-day meal, knowledge, attitude, mothers of govt. primary school children

Introduction

Mid-Day Meal program has been one of the earliest supplementary nutrition programs in the country. The program has nutritional as well as educational objectives. In India a free school meal services were introduced in Chennai city as early as 1925. In order to combat malnutrition and improve the health of school children, it is now an accepted procedure in all advanced country. according to the development of education, the Mid-Day Meal scheme "is intended to give abort to universalization of primary education by increasing enrollment retention and attendance and simultaneously impacting upon nutritional status of students in primary classes". Under the Mid-Day Meal scheme the central, state government, panchayats and other local governing bodies are responsible for organizing and monitoring the transportation of grains and other regular provision of cooked meal provided through NGO'S, as long coverage is limited to government, local bodies and aided schools.

Need for Study

In 2002, the Government of Karnataka started providing cooked means to the students of primary classes under the National Meeting, which aim of increasing the enrollment attendance and retention as well as enhancing the status of student in primary class. The Mid-Day Meal scheme only one of many improvements to the Rural school system that can contribute to the batter environment figures.

Around 98% million children are enrolled in primary school an India. Out of this 80% are in rural setup. Their parents are also economically backward, not educated or exposed to different Medias.

A survey in 2005 was carried out by ministry of health and revealed that there are 21 percent of school children without having breakfast. Further studies it has also been shown that children who are malnourished perform poorly in academic activities. There are many factors that cause this situation such as economic difficulties, level of education of parent's little knowledge about nutrition so on. in India though mid day Meal programme was started

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in different states past 80 years, it is not effective or not giving the expected outcome. It was discontinued many times due to different regions; one region was that children were not increased but encouraged or allowed to have midday meal. This was only because of poor knowledge of midday meal which has one third of daily calories requirement and half of the daily protein requirement of the child. There some result and observation by the researcher reveals the impact of midday meal and its contribution is the performance of primary school of literature.

Hypothesis

H1: There will be a significant relationship between the knowledge attitudes of mothers of primary school children regarding the midday meal program.

H2: There will be significant association between knowledge and attitude with selected demographic variables like age, occupation of father and mother, education of father and mother, religion, family income, type of family, number of children.

Methodology

The chapter deals with the methodology followed by the investigator to assist the knowledge and attitude of mothers regarding midday meal program. Methodology of the study includes research approach, Research Design, population, study setting, sample and sampling technique, method of Data Collection, development of the tool, description of the tool and data analysis and presentation of findings.

Research Approach

The research approach tells the researcher what data to collect and how to analyze it. It also suggests possible conclusions to be drawn for the data. In the present study a descriptive survey approach was taken as it is appropriate to accomplish the objectives of the study.

Research Design

Research Design is concerned with the overall framework for conducting the study. Polit and Hungler, stated that a reserve design incorporates the most important methodology decision that a researcher makes in conducting a research study. The result design used for the study is descriptive survey.

Population

The target population of present study comprised of mothers of primary school children.

Sample and Sampling Techniques

Sample for the study comprised of mothers of primary school children. Sample size the total hundred mothers of primary school children was selected for the study.

Content validity

In order to measure the content validity, the tool was given to 9 experts from different fields such as 5 -in community health nursing, 1-doctor of social and preventive medicine, 1- clinical dietitian, 1- headmistress of the government primary school and 1- statistician.

Reliability of the tool

Reliability of the structured interview schedule was established by testing the stability and internal consistency. Stability was assisted by test - retest method the value was found to be knowledge ($r = 0.89$), attitude ($r = 0.94$) internal consistency was assisted by using split- half techniques, the value was found to be knowledge ($r = 0.94$) attitude ($r = 0.97$) hence, the tool was found to be reliable.

Data collection Method

Investigator personally visited each respondent introduced herself to the mothers and explained the purpose of the study and a certain willingness of the participants. The mothers were assured anonymity and confidentiality of the information provided by them. Data was collected with the help of interview schedule of knowledge, 3 points Likert's scale to assess the attitude of the Mother's regarding utilization of midday meal program.

Data analysis and interpretation

Table 1: Distribution of Respondents by Age, Religion and type of Family

| Characteristics | Category | Respondents | |
|-----------------|------------|-------------|---------|
| | | Number | Percent |
| Age Group | 19-24 Year | 27 | 27.0 |
| | 25-30 Year | 30 | 30.0 |
| | 31-36 Year | 29 | 29.0 |
| | 37-42 Year | 14 | 14.0 |
| Total | | 100 | 100.0 |
| Religion | Hindu | 72 | 72.0 |
| | Muslim | 28 | 28.0 |
| Total | | 100 | 100.0 |
| Type of family | Nuclear | 27 | 27.0 |
| | Joint | 25 | 25.0 |
| | Extended | 48 | 48.0 |
| Total | | 100 | 100.0 |

The results indicate that higher percent (30%) of the respondent were in the age group of 25- 30 years. About (29.0%) 31-36 years age (27.0%) were found in 19-24 years followed by (14%) in the age group of 31-42 years.

Distribution of respondent by religion it can be seen from the findings that majority of the responded (72.0%) were Hindus followed by (28%) Muslims.

The results indicate that (48%) of the respondent belong to the extended family and (27%) of the responded one the nuclear family and remain 25% of the responded emerged from joint family background.

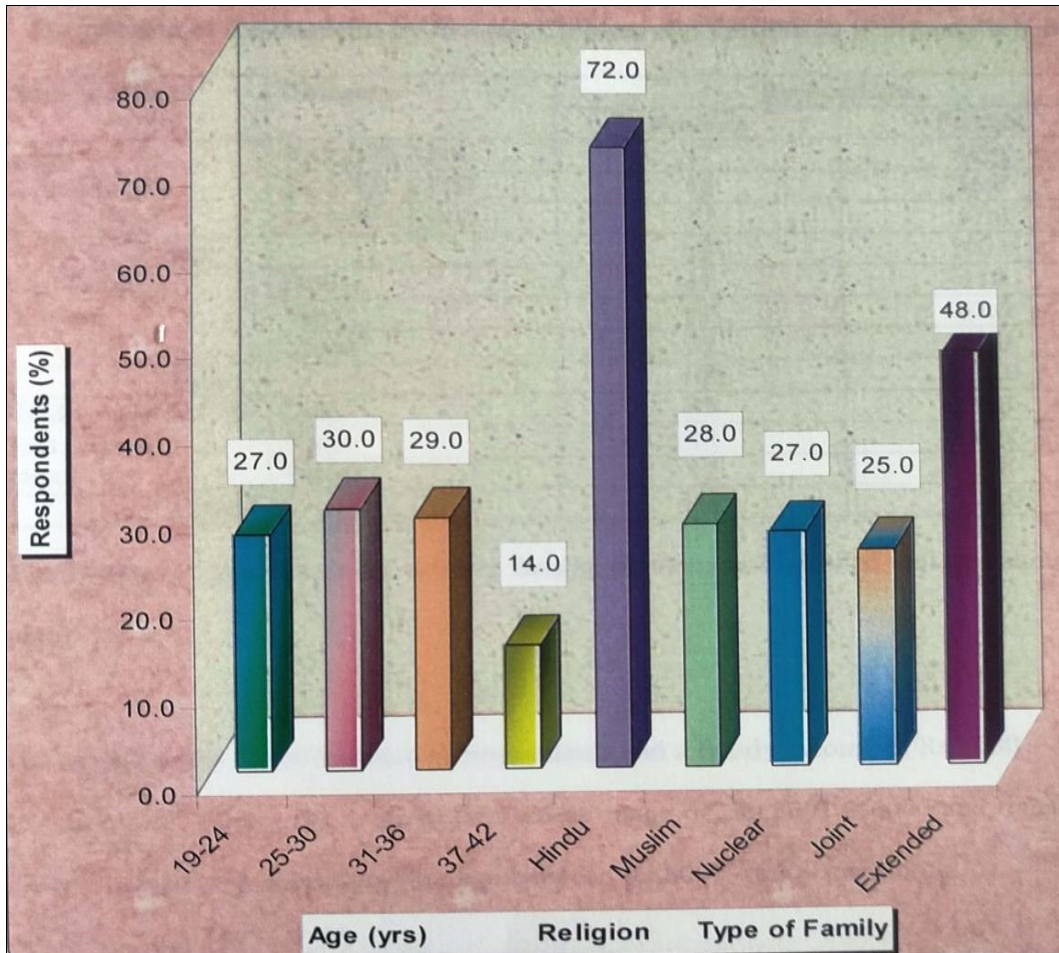


Fig 1: Classification of Respondents by Age, Religion and Types of Family

Table 2: Distribution of Respondents by income, Children and Enrollment to primary school

| Characteristics | Category | Respondents | |
|---|----------------|-------------|---------|
| | | Number | Percent |
| Family Income/Month | Rs.1,000-3,000 | 47 | 47.0 |
| | Rs.3,001-6,000 | 36 | 36.0 |
| | Rs.6,001-9000 | 17 | 17.0 |
| Total | | 100 | 100.0 |
| Total family Children | One | 11 | 11.0 |
| | Two | 67 | 67.0 |
| | Three | 22 | 22.0 |
| Total | | 100 | 100.0 |
| Children enrolled to Govt. Primary School | One | 50 | 50.0 |
| | Two | 38 | 38.0 |
| | Three | 12 | 12.0 |
| Total | | 100 | 100.0 |

The result depicts that 47% of responded had a family income of Rs.1000-3000, 36% of responded were in the income range of Rupees 3001-6000 and remaining 17.0% of respondent had income between rupees 6001-9000 per month.

The classification of respondents regarding total children the family the majority (67%) of the responded with two

children as compared to (22%) with three children in the family.

With regard to children in rod to the government Primary School, the majority (50%) with one child was enrolled followed by two children (38.0%) enrolled and 3 children (12.0%) of the responded were enrolled in government primary school.

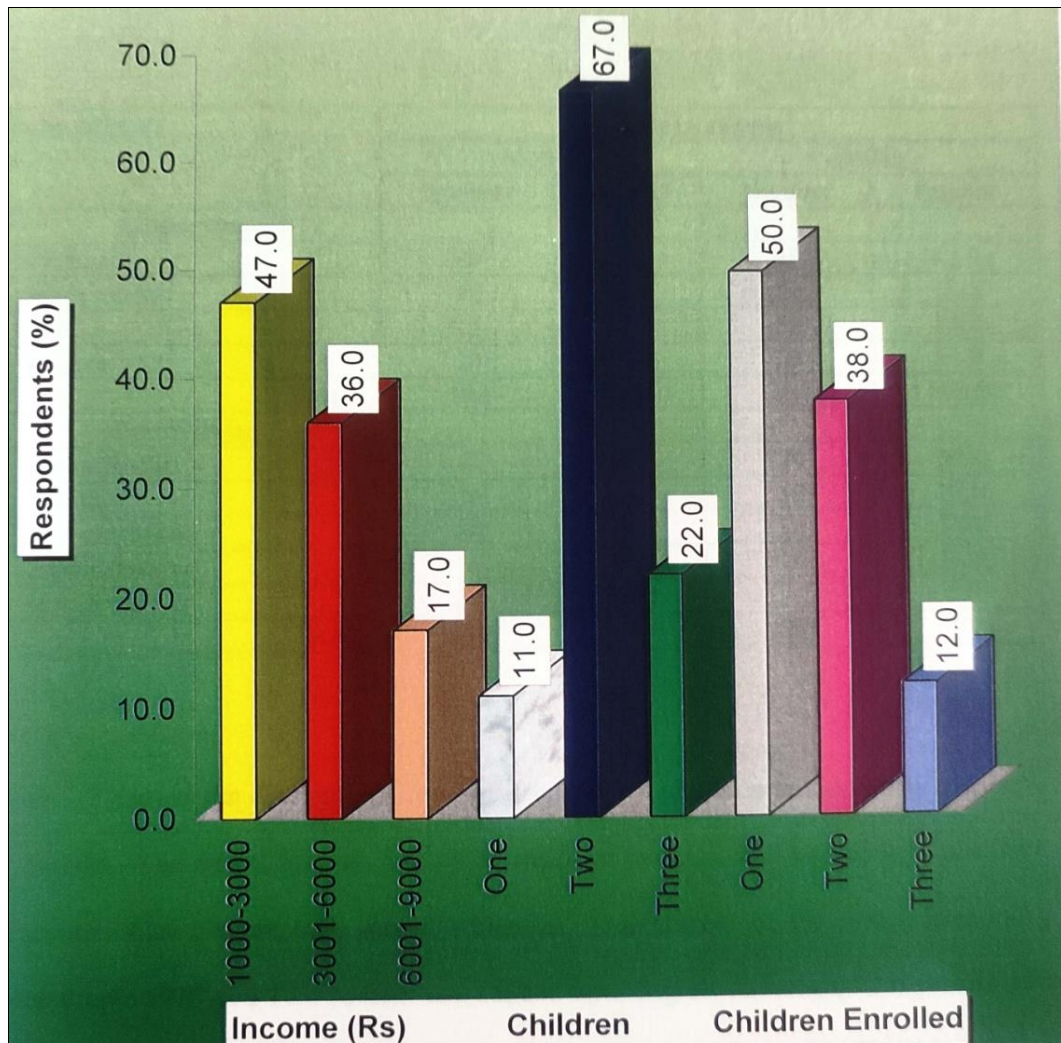


Fig 2: Respondents by Income and Enrollment to Primary School

Table 3: Distribution of education and occupation level of mother and father

| Characteristics | Respondents | | | |
|-------------------|-------------|---------|--------|---------|
| | Mother | | Father | |
| | Number | Percent | Number | Percent |
| Education | | | | |
| Primary | 44 | 44.0 | 42 | 42.0 |
| High School | 43 | 43.0 | 19 | 19.0 |
| PUC | 13 | 13.0 | 15 | 15.0 |
| Degree | 10 | 10.0 | 24 | 24.0 |
| Total | 100 | 100.0 | 100 | 100.0 |
| Occupation | | | | |
| Government | 0 | 0.0 | 34 | 34.0 |
| Private | 34 | 34.0 | 17 | 17.0 |
| Self employed | 28 | 28.0 | 33 | 33.0 |
| Agriculture | 0 | 0.0 | 16 | 16.0 |
| House Wife | 38 | 38.0 | 0 | 0.0 |
| Total | 100 | | 100 | 100.0 |

The results indicate that 44.0% of mothers had studied up to primary education, 43.0% High School Education, 13.0% of the respondent had studied up to PUC and 10.0% Had studied up to degree. Although, 42.0% of fathers Studied up to primary school 24.0% studied up to degree wild 19.0% respondents and studied up to high school and father 15.0% had studied up to PUC.

Majority of mothers engaged as housewife followed by private (30.0%) and self -employed (28.0%). Further, 34% of the father engaged in government employment and 33%

were S self employed

Table 4: Distribution of respondents by knowledge level on Mid-Day Meal Program

| Knowledge level | Respondents | |
|-------------------|-------------|---------|
| | Number | Percent |
| Inadequate (<50%) | 42 | 42.0 |
| Moderate (51-75%) | 27 | 27.0 |
| Adequate (>75%) | 31 | 31.0 |
| Total | 100 | 100.0 |

The result shows that 42.0% of the respondent possess inadequate knowledge as compared of 3.0% of the

respondent have noticed with adequate knowledge and 27.0% of the respondent had moderate level of knowledge.

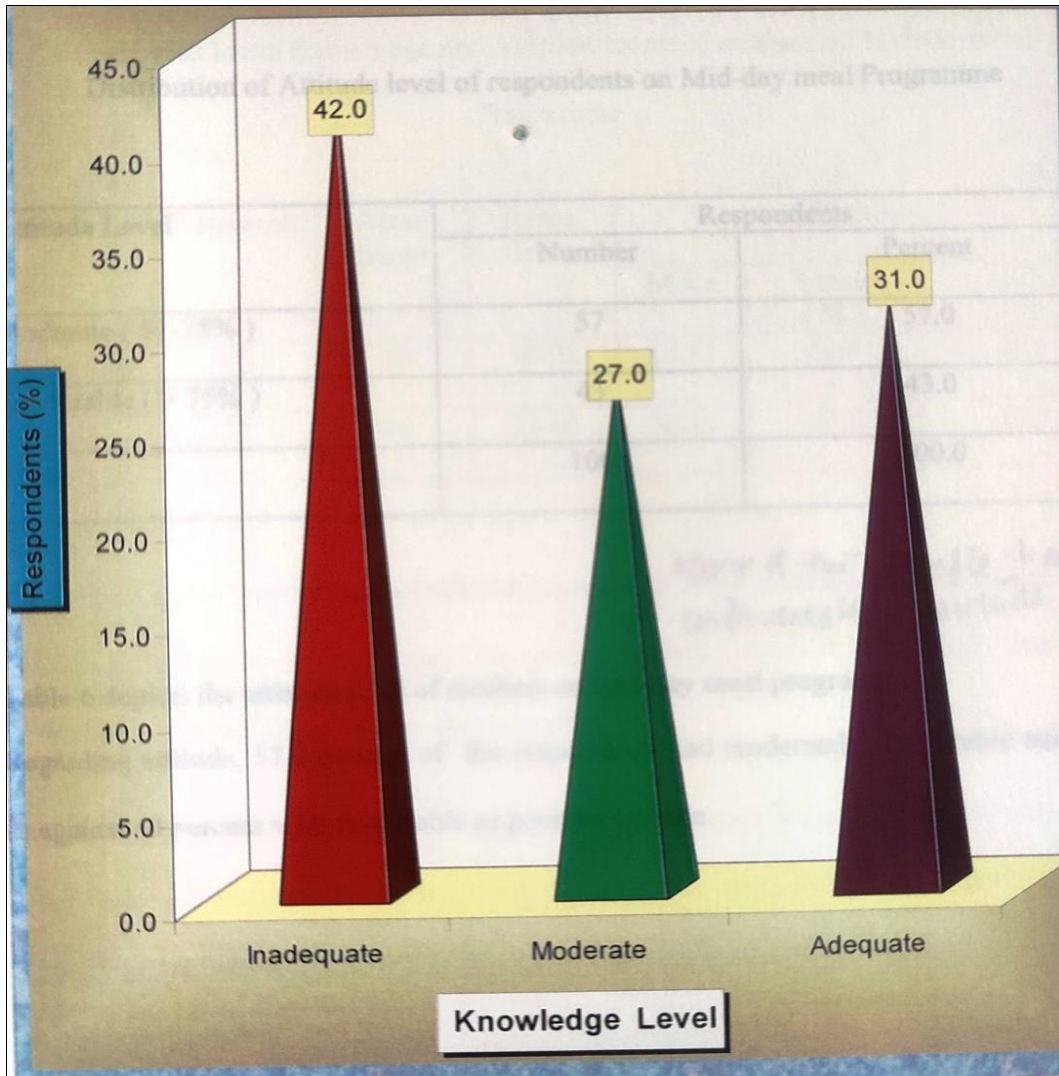


Fig 3: Knowledge Level of Mothers on Mid -Day Meal Programme

Table 5: Distribution of Attitude Level of Respondents on Mid-Day meal programme

| Attitude Level | Respondents | |
|-------------------|-------------|---------|
| | Number | Percent |
| Moderate (51-75%) | 57 | 57.0 |
| Favourable (>75%) | 43 | 43.0 |
| Total | 100 | 100.0 |

Table depicts attitude level of mothers on mid day meal program. Regarding attitude, 57.0% of the respondent had moderately

favourable attitude as against 43% with favourable or positive attitude.

Table 6: Aspect wise mean knowledge scores of mothers on Mid-Day meal programme N=100

| No. | Aspects | Statements | Max. Score | Range Score | Respondents | | |
|-----|--|------------|------------|-------------|-------------|----------|--------|
| | | | | | Mean | Mean (%) | SD (%) |
| I | Concept of Nutrition | 5 | 5 | 1-5 | 3.29 | 65.8 | 28.2 |
| II | Mid-Day meal Programme | 7 | 7 | 0-7 | 5.23 | 74.7 | 26.0 |
| III | Aims and Objectives | 2 | 2 | 0-2 | 1.15 | 57.5 | 37.9 |
| IV | Constituents of Mid-Day meal Programme | 5 | 5 | 1-4 | 2.28 | 45.6 | 21.1 |
| V | Facilities Available | 6 | 6 | 1-6 | 3.30 | 55.0 | 29.1 |
| VI | Role of Mothers | 5 | 5 | 0-5 | 2.86 | 57.2 | 29.1 |
| | Combined | 30 | 30 | 10-28 | 18.11 | 60.4 | 20.5 |

Table indicate the aspect wise responded mean knowledge about the Mid-Day meal program the result shows that the mean knowledge of respondent found to be highest in the aspect of concept of Mid-Day meal 74.7% followed by the

concept of Nutrition 65.8% aims and objectives 57.5% and facilities available 55.0% and the constituents 45.6%. However, the overall mean knowledge score found to be 60.4% among respondents on Mid-Day meal program.

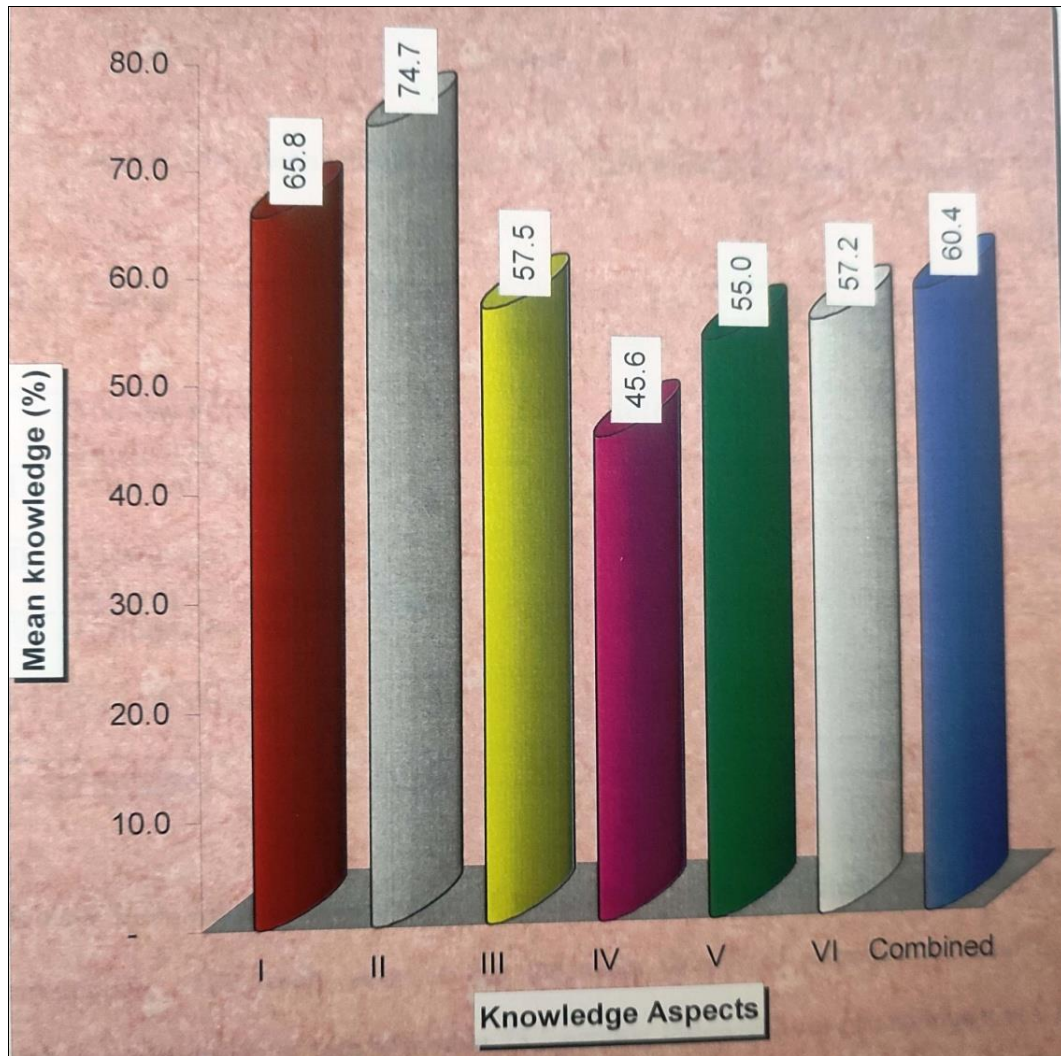


Fig 4: Aspect wise mean knowledge scores of mothers on mid-day meal programme

Table 7: Aspect wise mean Attitude scores of mothers on Mid-Day meal programme N=100

| No. | Aspects | Statements | Max. Score | Range Score | Respondents | | |
|-----|--|------------|------------|-------------|-------------|----------|--------|
| | | | | | Mean | Mean (%) | SD (%) |
| I | Mid-Day meal Programme | 8 | 16 | 6-16 | 11.81 | 73.8 | 16.2 |
| II | Aims and Objectives | 2 | 4 | 0-4 | 3.00 | 75.0 | 27.1 |
| III | Constituents of Mid-Day meal Programme | 7 | 14 | 6-14 | 10.37 | 74.1 | 13.6 |
| IV | Facilities Available | 1 | 2 | 0-2 | 1.14 | 57.0 | 48.7 |
| V | Role of Mothers | 4 | 8 | 4-6 | 6.04 | 75.5 | 7.9 |
| | Combined | 22 | 44 | 23-40 | 32.36 | 73.5 | 10.3 |

Table indicates the classification of responded by mean attitude on Mid-Day Meal program. The result indicates that the mean attitude of respondent found to be highest in the aspect of role of mothers 75.5% followed by aims and

objectives 75.0%, constituents of Mid-Day Meal 74.0%, concept of Mid-Day Meals 73.8% and facilities available 57.0%. However, the overall mean attitude score found to be 73.5% among the respondent on Mid-Day Meal program.

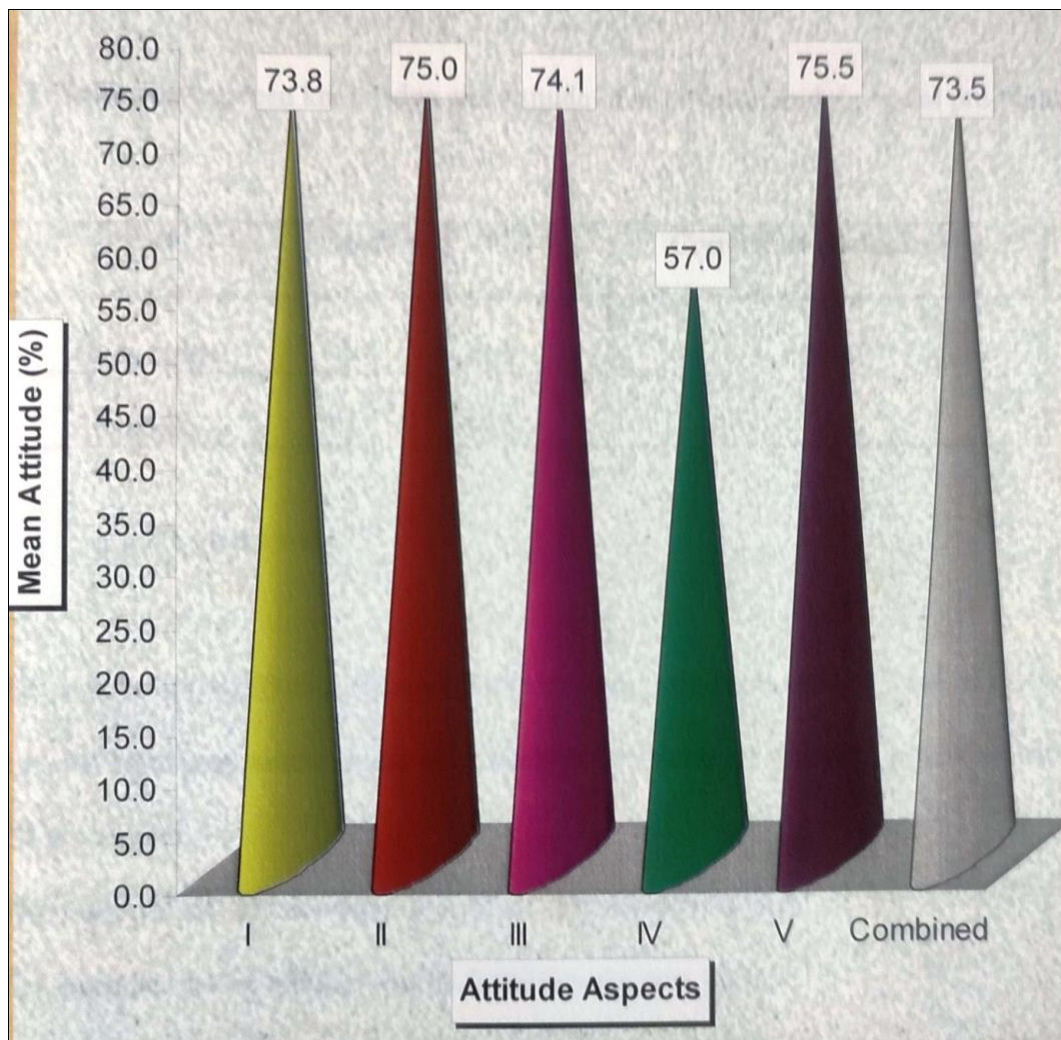


Fig 5: Aspect Wise Attitude Scores of Mothers on Mid -Day Meal Programme

Table 8: Relationship between knowledge and attitude of mother on Mid-Day Meal programme

| Aspect | Mean % | SD % | Correlation coefficient (r) |
|-----------|--------|------|-----------------------------|
| Knowledge | 60.4 | 20.5 | +0.417* |
| Attitude | 73.5 | 10.3 | |

The correlation Coefficient obtained between knowledge and attitude level of mothers on Mid-Day Meal program found to be positive correlation ($r=0.417^*$, $p<0.05$). Hence the H1 is accepted. The mean percent of knowledge was

60.4 SD percent was 20.5
 The mean percent of attitude was 73.5 SD percent was 10.3.
 Higher the knowledge of the respondent that is the attitude of the mothers on Mid-Day Meal program.

Table 9: Association between Religion and Knowledge of mothers On Mid-Day Meal program

| Religion | Knowledge Level of Respondents | | | | | | | | X ² Value |
|----------|--------------------------------|------|----------|------|----------|------|-------|-----|----------------------|
| | Inadequate | | Moderate | | Adequate | | Total | | |
| | N | % | N | % | N | % | N | % | |
| Hindu | 25 | 34.7 | 27 | 37.5 | 20 | 27.8 | 72 | 100 | 14.60* |
| Muslim | 17 | 60.7 | 0 | 0.0 | 11 | 32.3 | 28 | 100 | |
| Combined | 42 | 42.0 | 27 | 27.0 | 31 | 31.0 | 100 | 100 | |

*Significant at 0.05 level, $X^2(0.05, 2df) = 5.991$

Association between religions with knowledge level of mother on Mid-Day Meal program

The result shows that 32.3% respondents belonging to Muslim religion had adequate knowledge as compared to 27.8% of the respondents with Hindu religion. However, the statistical findings depict significant Association between the religion and knowledge level respondents ($X^2 = 14.66^*$,

$p<0.05$).

Conclusion

The conclusion was drawn on the basis of the findings of the study were as follows

- First mothers of primary school children had moderate knowledge 60.4% regarding Mid- Day Meal Program.

- Mothers overall attitude was found to be 73.5%, Mothers had moderately favorable attitude.
- This study reveals significant Association between knowledge and the age of the mother, religion, type of family, education level of mothers and father, occupation of the mother and father, family income and number of children
- Non- significant Association was observed between the attitude of mothers with occupation of a father type of family, education of mother of father

Summary

The present study was concerned with an assessment of knowledge and attitude of mother of primary school children regarding mid day meal program in selected area of BEGUR PHC at Bangalore south. The present study was aimed to achieve following objectives

1. To assess the knowledge of the Mother's of primary school children regarding Mid- Day Meal Program.
2. To assess the attitude of the Mothers of primary school children or primary school children regarding utilization of program.
3. To find the core relation between the knowledge and attitude of the mothers or primary school children regarding Mid- Day Meal Program.
4. To determine the significant Association between the selected demographic variables with the knowledge and utilization.

The structured interview schedule was constructed into two sections with the total number of 52 items.

Section 1: Consists of item related to the demographic variables of the responded.

Section 2: Consists of item related to knowledge on Mid-Day Meal Program.

Section 3: Consists of the statement out 22 statements 11 were positive and 11 negative items.

Content validity of the instrument was established by 9 experts and pilot study conducted

The reliability and validity of the tool established by using split half techniques and bronwn's prophecy formula. The reliability coefficient of correlation of the tool was found reliable and feasible. Sampling technique was used to select the sample. The sample consists of the hundred mothers of the prime school children the data was collected and analyzed by using description and intervention.

Conflict of Interest

Not available

Financial Support

Not available

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