

# A Study to Assess the Knowledge Regarding Diarrhoea among the Mothers of Underfives in a Selected Rural Area at Trichy

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## ABSTRACT

The present study was attempted to assess the knowledge regarding the diarrhoea among mothers of Underfives in a selected rural area at Trichy. Objectives of the study was to assess the level of knowledge regarding diarrhoea among mothers of under-fives and to find out the association between the knowledge regarding diarrhoea with their selected demographic variables such as age, religion, education, occupation, monthly income and type of family. The research approach adopted for the study was descriptive in nature. 30 mothers of under-fives were selected by convenient sampling method and data was collected by semi structured interview schedule. Results of the study revealed that 2(7%) mothers of under-fives have adequate knowledge, 22 (73%) have moderately adequate knowledge and 6(20%) have inadequate knowledge regarding diarrhoea. Chi-square analysis shows that there was significant association found between the knowledge score with education, income, and no significant association was found with age, religion, occupation, type of family and number of children in family.

**Key words:** Knowledge, Mothers of under fives

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## INTRODUCTION

The infant and child death rate in this country is very high. Nearly 30% of children died before their fifth birthday. It is estimated that 40% of deaths in children up to 5 years of age on account of diarrheal disease only. Oral rehydration can reduce the mortality due to diarrhoea from 20 to 0.2%. Nearly 5 million children died because of diarrhoea in India every year. Acute diarrhea is a common problem that usually last 1 or 2 days and goes away on its own. Diarrhoea last in more than 2 days may be a sign of more serious problem. Diarrhoea that lasts at least 4 weeks may be a symptom of chronic disease. Diarrhoea of any duration may cause dehydration, which means the body lacks enough fluid and electrolytes, chemicals in salts, including sodium, potassium and chloride to function properly. Reduction in mortality rates have occurred to some areas, as many as 90%. Fewer deaths have been reported. This was largely the result of the promotion of oral rehydration therapy, a simple treatment available since 1970s that mothers may administer to their children in order to replace lost fluid and electrolytes.

Diarrhea is 2nd leading cause of death in under-fives. Annually over 10.7 million new cases of diarrhea are

diagnosed all over the world. The reason for high prevalence of diarrhoea in India is primarily because of polluted water source, inadequate sanitation, poor hygienic practices, contaminated food and malnutrition. It is common tendency that the mother stops feeding the child with the onset of diarrhoea and even she stops giving water orally. This will lead to dehydration and if dehydration is not treated in time that will lead to shock, coma and finally death. By following simple hygienic measures like hand washing after using toilets and before eating, avoidance of flies and rodents, avoidance of eating unhygienic foods, drinking boiled cool water, maintaining personal as well as environmental hygienic helps to prevent food borne and water borne disease [1-7].

## Objectives

To assess the level of knowledge regarding diarrhoea among mothers of under-fives. To find out the association between the knowledge regarding diarrhoea among the mothers of under-fives with their selected demographic variables such as age, religion, education, occupation, monthly income and type of family.

## MATERIALS AND METHODS

A descriptive approach was used for this study. Research design used for this study is non-experimental research design. The study was conducted in Pudur Uthamanur,

Trichy. The study sample consist of mothers of under-fives, whose children age is between 1-5 years. Non probability convenience sampling is used. Sample size is 30 mothers.

**Description of the tool**

**Part 1**

It consist of selected demographic variables such as age, education, religion, occupation, monthly income and children birth order.

**Part 2**

Self-administered knowledge questionnaire was used to assess the knowledge regarding diarrhea for mothers of under-fives. It consists of 30 items. Each question has 4 options among which one was the correct answer. Each correct answer was given a score as one (1) and wrong answer was scored as (0). The total score was 30. Level of knowledge is inadequate (0-10), moderately adequate (11-20), Adequate (21-30).

**Data collection procedure**

The data was collected in Pudur Uthamanur Community area. The written permission was taken from Panchayath Officer and Medical Officer from Primary Health Centre, in Pudur Uthamanur. Prior information was given to the client.

The purpose of the study was explained to participants. Sample who are fulfilling the inclusive criteria were chosen by convenient sampling technique. 30 samples were selected for the study. The questionnaire was distributed to the client and after 30

minutes, the questionnaire is collected. The collected data were tabulated, analyzed by using descriptive and inferential statistics.

**RESULTS AND DISCUSSION**

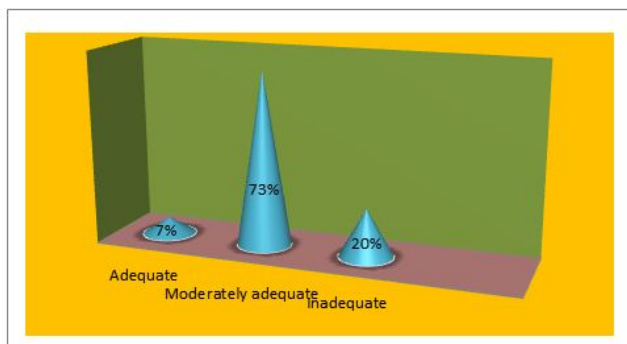
Results of the study are, 16 (53%) mothers belongs to the age group of 25-30 years, 13(43%) belongs to the age group of 31-35 years, 01(4%) belongs to the age group of 36-40 years, 24 (80%) mothers were Hindu, 2(06%) were Christian and 04(14%) were Muslims. Regarding education, 06(20%) were ill literate, 08(27%) had completed primary education, 07(23%) had completed secondary education, 06(20%) had completed higher secondary and 03(10%) were graduates. 10(33%) mothers were coolie, 14(47%) were house wives, 05(17%) were private employee and 01(3%) is Government employee. Regarding income 3(10%) belongs to income group of Rs.1000-3000, 17(57%) belongs to income group of Rs.3001-5000 and 10(33%) belongs to income group of above Rs.50000. 9(30%) mothers belongs to joint family and 21(70%) belongs to nuclear family. Regarding number of children in family 16(53%) mothers have one child, 9(30%) mothers have 2 children and 5(17%) mothers have 3 children.

Table 1 and Figure 1 showed that 2 (7%) subjects had adequate knowledge, 22 (73%) had moderately adequate knowledge and 6(20%) had inadequate knowledge on diarrhoea.

Chi square analysis showed that there was significant association found with education, income and there was no significant association found with age, religion, occupation, type of family, number of children in family (Table 2).

**Table 1: Knowledge score on diarrhoea among mothers of under-fives.**

S.no	Category	Score	Knowledge	
			Frequency	Percentage
1	Adequate	21-30	2	7%
2	Moderately adequate	20-Nov	22	73%
3	Inadequate	0-10	6	20%



**Figure 1: Knowledge score on diarrhoea among mothers of under-fives.**

**Table 2: Association between knowledge regarding diarrhoea among mothers of under-fives with demographic variables.**

Demographic variables	Knowledge		Chi-square		Table value		Level of significance	
	Adequate	Moderately adequate	Inadequate					
	F	%	F	%	F	%	F	%
Education	8.536	2.78	S					
a) illiterate	0	0	8	27	0	0	0	0
b) primary	0	0	7	23	0	0	0	0
c) secondary	2	7	4	13	0	0	0	0
d) higher secondary	0	0	3	10	0	0	0	0
e) graduate	0	0	6	20	0	0	0	0
Income	4.742	4.3	S					
a) 1000-3000	0	0	3	10	0	0	0	0
b) 3001-5000	0	0	17	57	0	0	0	0
c) above 5000	2	7	8	26	0	0	0	0

### CONCLUSION

The present study revealed that 20% of people have inadequate knowledge, 73% of people have moderate knowledge and 7% of people have adequate knowledge. There was significant association found with demographic variables such as education and income. There was no significant association found with age, religion, occupation, type of family and number of children in family.

### RECOMMENDATION

A similar study can be conducted on large sample thereby findings can be generalized. Similar study can be conducted in different settings.

### FUNDING

No funding sources.

### ETHICAL APPROVAL

The study was approved by the Institutional Ethics Committee.

### CONFLICT OF INTEREST

The authors declare no conflict of interest.

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