

A Study to Assess the Effectiveness Structured Teaching Program on Knowledge Regarding Integration of Supplementary Nutrition Program for among Mothers at Selected Rural Areas in Indore in the Year 2023-2024

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Short Communication

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ABOUT THE STUDY

These Study Find knowledge score regarding supplement nutrition among mother. The aims of a study to assess the effectiveness of Structured Teaching Programme (STP) on knowledge score regarding supplement nutrition among mother the under graduate mother in a selected rural area. To find out the association between the pre-test age, gender, education, educational status, nutritional status supplement nutrition among the under graduate mother in a selected ruler area Indore Madhya Pradesh (M.P). The study adopted pre-experimental research design and the investigator chose 57 sample who were in a selected ruler area Indore M.P. Result- The result showed that out of 57 sample majority of sample 18 (31.57%) were in age group, 20 years, followed by 18 (31.57%) sample found to be Secondary education, followed by 29 (50.87%) Previous knowledge, No. The researcher also reported that, 23 (40.35%) family types result shows nuclear and joint family. status with family income show less than 10,000/- and all the samples. Further on, the calculate pre-test mean value score found to be (7.49) It was also observed that all demographic variable found to be significant. Hence the research H1 hypothesis is accepted. Despite taking great strides in the past few decades, is still a challenging health problem in rural area Indore [1]. The global database of the World Health Organization (WHO) on child growth reveals that India has a very high prevalence of protein-energy malnutrition.

The Child Nutrition Survey of India 2000 showed that about 2.4% of children were severely malnourished (weight-for-age) the efficacy of supplements and nutritional in promoting growth in moderately malnourished mothers and children is currently being tested, but information about mothers' attitudes toward both supplements is lacking. This research studied 57 mothers' attitudes toward supplements nutrition through a teaching program completed at the end of three 12-week clinical trials and compared differences between groups.

Mothers had generally similar, positive attitudes toward both supplements. Both supplements were reported to be highly acceptable, children learned to eat them within two weeks and mothers were willing to use them again. Mothers in the supplemented group were more likely to tell their children not to take supplements during coughs, were willing to pay more for a week's supply of supplements than mothers in the no-supplement group. Maternal literacy was negatively and Z-score for child weight-height was positively associated with not taking supplements during illness. Our results indicate that programmers using dietary supplements in complementary nutrition, and in the treatment of dementia, could include advice on the appropriate intake of dietary supplements during the disease. The Integrated Child Development Services (ICDS) scheme was launched in 1975, to provide holistic. Development of children through a package of services aimed at reduction of child malnutrition, morbidity and mortality. 85% of lactating mothers, 83.6% of pregnant women, 78.8% of adolescent girls, 61% of children in the age group >6 months up to 3 years and 50.6% of beneficiaries in the age group >3 years up to 6 years received supplementary nutrition. Utilization of supplementary services was found to be highest among lactating mothers followed by pregnant. Women and lowest among beneficiaries in the age group >3 years up to 6 years.

A study to assess the effectiveness structured teaching program on knowledge regarding integration of supplementary nutrition program for among mothers at selected rural areas in Indore.

Objective

- Assessing the effectiveness of the supplementary nutrition program in improving maternal health outcomes.
- Evaluating the impact of the program on maternal and child nutritional status.
- Investigating the accessibility and utilization of the program by mothers in rural areas.
- Identifying barriers and facilitators to program participation and adherence among mothers.
- Examining the program's sustainability and scalability in rural settings.
- Exploring the socioeconomic and cultural factors influencing program effectiveness.
- Providing recommendations for optimizing the program to better meet the needs of mothers in rural communities.

Hypothesis

H0: There is no significant difference in the knowledge score regarding integration of the supplementary nutrition program for among mothers before and after the implementation of the structured teaching program Indore.

H1: There is a significant difference in the knowledge score regarding the integration of the supplementary nutrition program for among mothers before and after the implementation of the structured teaching program Indore.

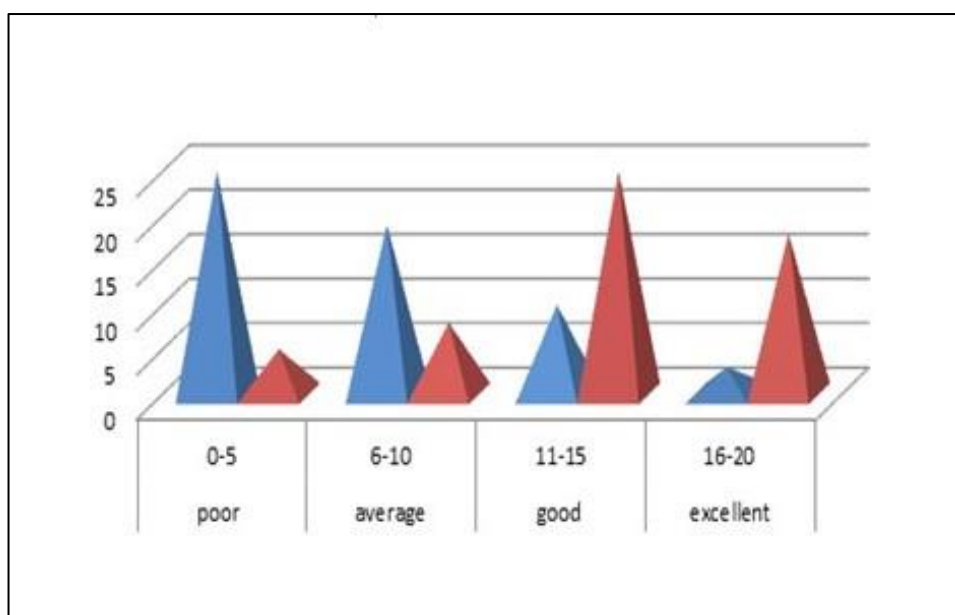
H2: There is association between pretest and post-test knowledge score regarding the integration of the supplementary nutrition program for among mothers before and after the implementation of the structured teaching program Indore.

In this study the research adopted quantitative research approach were pre-experimental research design was used with one group pretest and post- test design, as the investigator has incorporated a single experimental group with an

intervention and randomization in this study. A total of 57 Sample were chosen who were working at ruler area in Indore. Samples underwent exclusive and inclusive criteria. The tools were divided into two section One section included demographic variable and second section included 20 item self-structured questionnaire to determine the knowledge of sample regarding the data were analyzed, the data were analyzed through both inferential and deferential statistics [2,3].

The analysis also showed that the demographic variable’s assessing the relation between the demographic and pre-test, it was estimated that regarding age, out of 57 sample majority of sample 18 (31.57%) were in age group, 20 years, followed by 18 (31.57%) sample found to be Secondary education, followed by 29 (50.87%) Previous knowledge, No. The researcher also reported that, 23 (40.35%) family types result shows nuclear and joint family. status with family income show less than 10,000/- and all the samples. Further on, the calculate pre-test mean value score found to be (7.49). It was also observed that all demographic variable found to be significant. Hence the research H1 hypothesis is accepted (Figure 1) [4,5].

Figure 1. Comparison of pretest and posttest knowledge score. **Note:** (■) pretest score; (■) post test score.



CONCLUSION

During assessing the relationship between demographic variable and Pre-test and it was estimated that age, knowledge, education, found to be in significant at $p < 0.05$ level of significance only knowledge found to be significant, (mean \pm standard deviation) score to judge the knowledge (7.491228) and standard deviation score (4.088847) among mother found to be significantly greater and improve as compared to average score of knowledge at baseline stage. The research found that most of the sample have excellent knowledge 25 (43.85%), 19 (33.33%), 10 (17.54%) and 3 (5.26%) had good knowledge. The calculate value is 8.623, which is gather than taberlated value (2.00) at 56 df thus the Null hypothesis is rejected and in far that there is significant There is a significant difference in the knowledge score regarding the integration of the supplementary nutrition program for among mothers before and after the implementation of the structured teaching program. Significant level ($p < 0.05$).

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