

A STUDY TO ASSESS THE EFFECTIVENESS OF INFORMATION BOOKLET ON KNOWLEDGE REGARDING RAINBOW NUTRITION PRACTICE AMONG MOTHERS OF UNDER-FIVE CHILDREN AT SELECTED RURAL AREA OF KANPUR, UTTAR PRADESH

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ABSTRACT

The Rainbow Nutrition Practice is designed to provide the knowledge to Mothers of Under-Five Children about the smart choices of food by following this practice children can get all the type of nutrients in a single plate. Which is full of different colours of fruits and vegetables or we can say which is full of all nutrients needed for their body. The present study was conducted to assess the effectiveness of Information Booklet on knowledge regarding Rainbow Nutrition Practice among Mothers of Under-Five Children at selected Rural area of Kanpur Uttar Pradesh. The objectives of the study to assess the existing level of knowledge regarding Rainbow Nutrition Practice among the Mothers of Under-Five Children at selected rural area of Kanpur Uttar Pradesh, to evaluate the effectiveness of Information Booklet knowledge regarding Rainbow Nutrition Practice among Mothers of Under-Five Children at selected Rural area of Kanpur Uttar Pradesh, to find out the association between the pre-test knowledge score among the Mothers of Under-Five Children regarding Rainbow Nutrition Practice with their selected Socio demographic variables. The present research study conducted in Bhawanipur. The sample was selected by using non-probability convenience sampling technique. The sample size was 60 Mothers of Under-Five Children of Bhawanipur. The data was collected by using self-structured knowledge questionnaire. The present research study conducted in Bhawanipur. The sample was selected by using non-probability convenience sampling technique. The sample size was 60 Mothers of Under-Five Children of Bhawanipur. The data was collected by using self-structured knowledge questionnaire. The findings reveal that out of 60 of Mothers of Under-Five Children 15 (25%) were having inadequate knowledge, 42 (70%) were having moderately adequate knowledge, 3 (5%) were having adequate knowledge in pre-test & in post-test out of that 60 Mothers (%) were having inadequate knowledge, 2%) were having moderately adequate knowledge, (%) were having adequate knowledge in post-test and the obtained 't' value (4.18) was greater than table value at 0.05 level of significance. There is significant association between the pre-test knowledge score with their selected Socio demographic variables. The study is concluded as the Informational Booklet was very effective to increase the knowledge of the Mothers of Under-Five Children regarding Rainbow Nutrition Practice.

Keywords- Assess, Effectiveness, Knowledge, Rainbow Nutrition Practice, Information Booklet, Mothers of Under-Five Children.

INTRODUCTION

The phrase "rainbow diet" was first used by Dr. De Anna Minich, who discovered that eating foods with varying hues can support the health of the body's seven systems: the pituitary, thyroid, adrenal, digestive, heart, and pineal glands. She discovered that every dietary color supported the corresponding color in the body.¹

Similar to how a rainbow consists of seven colors, food items provide the whole range of colors. Plants get their distinct color from pigments, also known as phytonutrients. These pigments are also in charge of each food's unique nutrients and health advantages. Eating the rainbow chart, then, guarantees that the body receives adequate nutrition for all systems and general well-being. She discovered that every dietary color supported the corresponding color in the body.²

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Good nutrition is essential for good health and important for physical growth and development. People's nutritional state can protect them from or predispose them towards chronic disease. Medical treatment for many diseases includes diet therapy. Proper nutrition is one of the most important aspects of staying healthy and living a long life.⁴ Nutrition is the process of taking adequate amount of nutrients from the food we eat also it helps the building block of life as it uses food for growth, repair and maintaining the body. Having the nutritional knowledge and making smart choices about the food it helps to make us healthy.⁵

Insufficient nutrition can result in malnutrition, delayed growth, diminished capacity for labour and poor mental and social development. While the discussion remains on the inclusion of meat, dairy, grains and vegetables in a balanced diet, the scientific community seems to be little dispute regarding fruits and vegetables being good for the health of the individual.⁶

Consuming plant-based foods is a part of numerous dietary regimens. Children's physical and mental growth depends on proper nutrition. Consuming colorful fruits and vegetables is meant to promote health, lower the risk of illness, and prevent chronic diseases.⁷ To ensure that our bodies get all the nutrients they need, we must incorporate a variety of colored fruits and vegetables in our diet on a daily basis. "Eat the rainbow" is a curriculum designed to encourage kids to eat a variety of fruits and vegetables in order to gain all the nutrients their bodies need on a daily basis.⁸

NEED FOR THE STUDY

Offering a wide range of colours in children's food is not only visually appealing, but also ensures that the children are receiving a great variety of nutrients. A way to keep track of colours children eat each day is to create a fruit and veg rainbow poster.⁹ Every time the children eat a colourful fruit and vegetables they can place a corresponding coloured sticker on rainbow or get them to colour in a small section on the rainbow. This is also a great activity that parents can do with their children at home.¹⁰

OBJECTIVES

1. To Assess the existing level of knowledge regarding Rainbow Nutrition Practice among the Mothers of Under-Five Children at selected Rural area of Kanpur Uttar Pradesh.

2. To evaluate the effectiveness of Information Booklet knowledge regarding Rainbow Nutrition Practice among Mothers of Under-Five Children at selected Rural area of Kanpur Uttar Pradesh.
3. To find out the association between the pre-test knowledge score among the Mothers of Under-Five Children regarding Rainbow Nutrition Practice with their selected Socio demographic variables.

HYPOTHESIS

H01- There is no significant difference between pre-test & post-test knowledge score regarding Rainbow Nutrition Practice among the Mothers of Under-Five Children.

H02- There is no significant association between pre-test knowledge score on Rainbow Nutrition Practice with their selected Socio demographic variables.

H1- There is a significant difference between pre-test and post-test knowledge score regarding Rainbow Nutrition Practice among mother of Under-Five children.

H2- There is a significant association between pre-test knowledge score on Rainbow Nutrition Practice with their selected Socio demographic variables.

METHODOLOGY

Research Approach

The research approach adopted for the study was Quantitative Evaluative Research Approach.

Research Design

The research design adopted for the study was Quasi Experimental One Group Pre-Test Post-Test Research Design.

Population

The population for the study was Mothers of Under-Five Children.

Sample

In this study, the sample was the Mothers of Under-Five Children in selected Rural area Bhawanipur Kanpur, Uttar Pradesh.

Sample Size

In this study sample size was 60 Mothers of Under-Five Children.

RESULTS

Association Between the Level of Pre-Test Knowledge Score of Mothers Of Under-Five Children With Their Selected Socio Demographic Variables

Table No. 15: Association between the level of pre-test knowledge score of Mothers of Under-Five Children with their selected Socio demographic variables

S.NO.	Demographic variables	Inadequate Level of Knowledge (0-10)	Moderately Adequate Knowledge (11-20)	Adequate Level of Knowledge (21-30)	Chi Square Value	Significant Or Non-significant
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1. Age in year	18-20year	0	7	0	$\chi^2= 16.42$	S
	21-23year	6	9	0	df=6	
	24-26year	6	16	0	P=0.05	
	>26year	3	10	3	T= 12.592	
2. Education	Primary class	2	8	2	$\chi^2=16.964$	S
	10 th class	2	9	0	df=6	
	12 th class	3	20	1	P=0.05	
	Graduation	8	5	0	T=12.592	
3. HEALTH STATUS	Healthy	11	35	3	$\chi^2=1.407$	NS
	Unhealthy	4	7	0	df=2	
					P=0.05 T=5.991	
4. Family income	<10,000/-	2	10	0	$\chi^2=7.5$	NS
	10001/--20000/-	8	19	3	df=6	
	20001/--50000/-	4	11	0	P=0.05	
	50001/-&above	1	2	0	T=12.592	
5. Type of family	Nuclear family	7	26	2	$\chi^2=2.285$	

Joint family	6	10	1	df=6	NS
Extended family	2	4	0	P=0.05	
Other	0	2	0	T=12.592	

6. Religion					
Hindu	11	38	3	$\chi^2=5.883$	
Muslim	3	1	0	df=6	NS
Christian	1	3	0	P=0.05	
Others	0	0	0	T=12.592	

Comparison of Pre-Test and Post-Test Level of Knowledge Regarding Rainbow Nutrition Practice Among Mothers of Under-Five Children

Table No. 13: Comparison of pre-test and post-test level of knowledge regarding Rainbow Nutrition Practice among Mothers of Under-Five Children n = 60

S.NO.	KNOWLEDGE SCORE	MEAN	MEAN DIFFERENCE	MEAN PERCENTAGE	STANDARD DEVIATION
1.	PRE-TEST	12.5	4	44%	5.5
2.	POST-TEST	16.5		56%	4.7

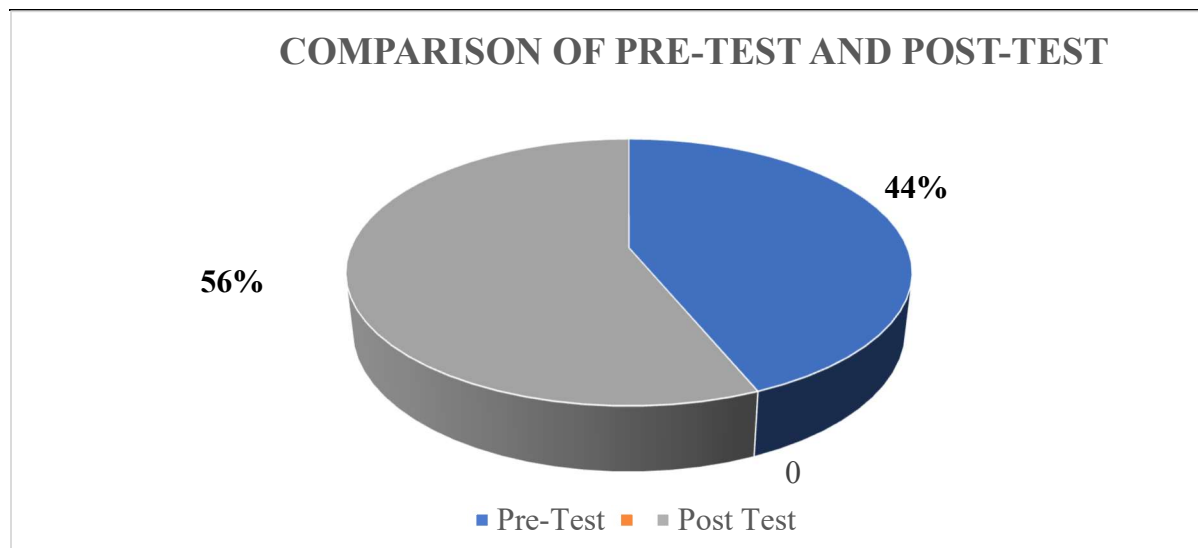


Fig No. 10: Pie diagram showing percentage wise distribution of pre-test and post-test level of knowledge regarding Rainbow Nutrition Practice

Above (Table No. 13, Fig No.10) The column diagram shows that the mean of pre-test is 12.5 and post-test is 16.5; mean percentage of pre-test is 44% and post-test is 56%; standard deviation of pre-test is 5.5 and post-test is 4.7, mean difference is 4. Thus, it is showing that post-test mean score is higher than pre-test mean score.

DISCUSSION

The discussion chapter shows that after giving the information booklet to 60 mothers of under five children, their knowledge regarding rainbow nutrition practice was increased than before. In pre-test majority of the sample was having moderate and inadequate knowledge and some were adequate knowledge too. But in post-test, very less participants was having inadequate knowledge and moderate knowledge was increased and adequate knowledge level also increased regarding rainbow nutrition practice.

SUMMARY

The study was conducted “to assess the effectiveness of information booklet on knowledge regarding rainbow nutrition practice among mothers of under-five children at selected rural area of Kanpur Uttar Pradesh.” In this study quantitative evaluative research approach and quasi-experimental one group pre-test post-test research design was used. Based on the inclusion criteria the sample size was selected by using Non-probability convenient sampling technique at rural area Bhawanipur Kanpur Uttar Pradesh.

As there were no standardized tools available, therefore based on the extensive review of literature, two research tools were developed for the data collection, one was a socio- demographic variable tool and second one was a knowledge assessment tool (self-structured knowledge questionnaire which consist 30 multiple choice questions regarding rainbow nutrition practice). The time taken to complete the questionnaire was 4-6 days. Language was clearly understandable and appropriate.

CONCLUSION

The present study was aimed to assess the effectiveness of Information Booklet on knowledge Regarding Rainbow Nutrition Practice among Mothers of Under-Five Children at selected Rural area of Kanpur Uttar Pradesh. The relevant data was collected and analysed statistically based on the objectives of the study. Following conclusions were drawn. In pre-test knowledge regarding Rainbow Nutrition Practice, In pre-test out of 60 of Mothers of Under-Five Children 15 (25%) were having inadequate knowledge, 42 (70%) were having moderately adequate knowledge, 3 (5%) were having adequate knowledge in pre-test. While in in post-test out of 60 of Mothers of Under-Five Children 5 (8%) were having inadequate knowledge, 43 (72%) were having moderately adequate knowledge, 12 (20%) were having adequate knowledge in post-test.

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