

Impact of Training on Knowledge of Rural Women Regarding Appropriate Child Care Practices

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ABSTRACT

The present study was conducted in the Chitora and Baroda villages of Sagar district with selection of 62 women of age group 18-40 years as respondents. The objective was to find out the impact of KVK training on their knowledge about appropriate child care practices. To collect data, a pre-structured interview schedule was used. Result of the study revealed that the knowledge level of women significantly increased after imparting the training programme. The mean pre-training knowledge score was 2.70 ± 1.45 which increased up to 4.42 ± 1.01 after the training. It has also been found that the knowledge of women regarding child care was significantly correlated with the type of family, income, education and exposure to mass media.

Keywords: Knowledge, weaning, immunization, training

INTRODUCTION

The magnitude of malnutrition is quite high in our country especially among the vulnerable sections of community including children, pregnant and lactating mothers. The process of malnutrition starts within the womb of the mother. If the mother is suffering from any nutrition related deficiency, it is assumed that the new born would also be malnourished. Malnutrition affects the mental and physical condition of the baby. The condition worsens if the mother does not follow the appropriate child care practices. Several programmes in the country have been under implementation in order to make the women aware about the upbringing practices, regarding nutrition and health of their children. The present study was conducted to assess the knowledge of rural women regarding appropriate child care practices and impact of KVK trainings on them.

METHODOLOGY

The present study was carried out in the two adopted villages namely Chitora and Baroda in Sagar district of Madhya Pradesh. Home scientist of Krishi Vigyan Kendra, Sagar has organized three training programmes on child care during the years 2013 to 2015. A total of 62 rural women of child bearing age were randomly selected for the training. A pre-structured interview schedule was

prepared to collect the baseline data. Knowledge test was developed to ascertain the knowledge of women on child care. To measure the knowledge, every woman was given a score of one for correct answer and zero for wrong answer. All the scores were then added and referred as pre-training knowledge score. Similarly, post training scores were also obtained. The impact of the training was analyzed with the help of the knowledge gain of the respondents which means the difference in the pre- and post-training knowledge scores. Finally, the data obtained was analyzed for suitable statistical tools including percent, mean, standard deviation, t-test and correlation.

RESULTS AND DISCUSSION

Basic profile of the respondents showed that 58.06 percent women were of more than 25 years of age, 66.13 percent belonged to other backward class and most of them were studied up to higher secondary level. Joint families were more common in the area (74.19 %). Most of the women were housewives while only 6.45 per cent were employed. A total of 54.84 percent women had per capita monthly income of less than one thousand rupees. Only 6.45 per cent respondents had access to high level of mass media exposure (Table 1).

Table 1: Basic profile of the respondents

		n=62	
Particulars		Number	Percent
Age	≤25	26	41.94
	>25	36	58.06
Caste	General	13	20.97
	OBC	41	66.13
	SC/ST	08	12.90
Education	Illiterate	07	11.29
	Primary	14	22.58
	Higher secondary	22	35.48
	High school	11	17.74
	Intermediate	04	6.45
	Graduate and above	03	4.84
Type of family	Nuclear	16	25.81
	Joint	46	74.19
Occupation	Housewife	22	35.48
	Employed	4	6.45
	Others	36	58.06
Per capita income(/month)	<1000	34	54.84
	1000-2000	25	40.32
	>2000	2	3.23
Exposure to mass media	Low	35	56.45
	Medium	22	35.48
	High	04	6.45

Knowledge of women was observed at pre- and post-levels of training and the data revealed that the knowledge of women increased after imparting training to them. Among various dimensions of child care, weaning was least known to the women followed by balanced diet. Only 19 per cent respondents were found to be aware about the correct time for the start of weaning and its importance. Maximum 59.68 per cent women had knowledge about immunization prior to training. After the training programme, major percent of 88.70 women showed knowledge regarding hygiene and sanitation followed by 85.48 and 83.87 per cent about importance of breast feeding and immunization respectively. Increase in the knowledge of women after imparting training was also reported by Kumari *et. al.*,(2009), Sivashankar and Khedgi (2011) and Singh *et. al.*,(2013).

Table 2: Knowledge level of respondents about appropriate child care practices before and after training

Various aspects of child care	Before training		After training	
	n	%	n	%
Importance of breast feeding	30	48.38	53	85.48
Weaning	19	30.64	38	61.29
Immunization	37	59.68	52	83.87
Balanced diet	21	33.87	40	64.51
Supplementary feeding	35	56.45	45	72.58
Hygiene and sanitation	22	35.48	55	88.70

During collection of data, each right answer had been given one score which was added to know the final knowledge score of every woman in pre- and post-training sessions. It is clear from Table 3 that the mean

knowledge score of respondents before and after the training was 2.70 ± 1.45 and 4.42 ± 1.01 respectively. Prior to training, 46.77 per cent women had low knowledge score followed by 43.55 who gained knowledge up to medium level. Only 9.68 per cent showed high knowledge regarding child care. After the training programme, the knowledge score of women had increased. No respondent was found with low knowledge on child care aspects. Majority (54.84%) of them scored at medium level. An increase in knowledge score was also obtained by Kumari and Puttaraj (2004) in a similar study conducted at three talukas of Bangalore.

Table 3: Pre and post training knowledge score of respondents about appropriate child care practices

Knowledge score	Before training		After training	
	Number	Percent	Number	Percent
Low (0-2)	29	46.77	00	0.00
Medium (3-4)	27	43.55	34	54.84
High (5-6)	06	9.68	28	45.16
Mean ± SD	2.70±1.45		4.42±1.01	
't' value	5.47**			

**significant at P<0.01 level

Basic profile of the respondents including education ($r=0.52, p<0.01$), family type ($r=0.74, p<0.01$), per capita income ($r=0.26, p<0.05$) and exposure to mass media ($r=0.31, p<0.01$) had a significant positive correlation with their knowledge. Age was found to be negatively correlated with knowledge though it was non-significant. The findings were found in accordance with Kadu and Kotikhane (2012).

Table 4: Correlation between basic profile of women with their knowledge level

Independent variables	Correlation coefficient (r)
Age	-0.068 NS
Education	0.52**
Family type	0.74**
Per capita income	0.26*
Exposure to mass media	0.31*

**significant at 0.01 percent*significant at 0.05 percent, NS - Non significant

Fig. 1. Percent distribution of rural women according to their knowledge in various aspects of child care before and after training

CONCLUSION

The importance for nutrition, health, immunization, hygiene and sanitation is well established in life of every human being. The findings of the study reinforce the fact that the rural women are still lacking in the knowledge regarding appropriate child care practices. It is therefore necessary that more attention should be paid to give women adequate knowledge about these aspects.

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