

Assessment of Effectiveness of Planned Teaching Programme on Knowledge Regarding Importance of Mid-Day Meal Programme Among Mother's of Under Five Year Children in Selected Anganwadi Centre at Jaipur.

Arvind Kumar Sharma, Mukesh Chand Garg, Laxman Singh Khatana

Abstract

Children's Development is as important as the development of material resources and the best way to develop national human resources is to take care of children. The general standard of living, the level of education, and the financial resources of the country are among the factors that determine child welfare standards. India contributes to about 5.6 million child deaths every year, more than half the world's total. Today child malnutrition is prevalent in 7% of children under the age of 5 years in China and 28% in sub-Saharan African compared to a prevalence of 43% in India. Under nutrition is found mostly in rural area and is concentrated in a relatively small number of districts and villages with 10% of villages and districts accounting for 27–28 % of all underweight children.

Introduction

The Mid-Day Meal Scheme is the popular name for school meal programme in India which started in the 1960s. It involves provision of lunch free of cost to school- children on all working days. The key objectives of the programme are protecting children from classroom hunger, increasing school enrolment and attendance, improved socialization among children belonging to all castes, addressing malnutrition. 12 crore (120 million) children are so far covered under the Mid-Day Meal Scheme, which is the largest school lunch programme in the world.

The national mid-day meal programme was then initiated in 1995. By 2001 a few states were providing cooked meals, but most were only giving monthly —dry rations of food grain to school children. The number of states providing cooking meals rose sharply from early 2002 onwards, after a Supreme Court order (dated 28 NOV 2001) directed all State Government to

introduce cooked mid-day meals in primary schools. Today, twenty- three out of thirty- five States and UTs have achieved full coverage of primary schools under the cooked mid-day meal programme of which 55% of all children entitled to cooked meals are covered today.

Objectives of the study-

- To assess the knowledge regarding importance of mid-day meal programme among mother's of under five year children
- To assess the effectiveness of planned teaching programme regarding importance of mid-day meal programme among mothers of under five children.
- To find out the association between level of knowledge regarding importance of mid-day meal programme among mothers of under five children and selected demographic variables.

Hypothesis of the study-

H1- There will be significant effect of planned health teaching programme on knowledge of mothers of under five children regarding mid-day meal programme.

H2- There will be significant association between level of knowledge regarding importance of mid-day meal programme among mothers of under five children and selected demographic variables.

Assumption

The study assume that-

- ❖ The mothers of under five children possess some knowledge regarding the mid-meal programme.
- ❖ Planned teaching programme is effective strategy to improve the level of knowledge regarding mid-meal programme.

Research Methodology

Research Approach

The research approach adapted for this study is evaluative research. Evaluative research is “an applied form of research that involves finding out how well a program, practice, procedure or policy is working; its main goal is to assess or evaluate the success of a program.”

Research Design

The research design selected for this study is pre – experimental design. It is a pre-test and post-test design.

Variables

1. Independent Variables:

It is the one believed to cause or influence the dependent variable which is manipulative. In this study, independent variable is Planning Teaching Program on knowledge regarding importance of the mid-meal programme.

2. Dependent Variables:

Dependent variables are the response, behavior or outcome that is predicted or explained in research. Changes in the dependent variable are presumed to be influenced by the independent variable. In this study, the dependent variable is knowledge on Mid-meal programme among mothers of under five children.

3. Demographic variables:

It includes Age, Educational status, Occupation of the mother, Monthly Family income, Number of member's in Family.

Sample and Sample Size

Sample consists of the subset of a population selected to participate in research study. In the present study, the sample consists of 60 (Sixty) mothers of under five children.

Sampling Technique

Sampling refers to the process of selecting a portion of the population to represent the entire population. According to the sampling criteria 60 mothers of under five children were selected by using simple random sampling technique.

Sampling Criteria

Inclusion criteria:

- Mothers who are having Under five children.
- Mothers who are available at the time of data collection.
- Mothers who are willing to participate in the study.

Exclusion Criteria:

- Mothers who are not having Under five children.
- Mothers who are not available at the time of data collection.
- Mothers who are not willing to participate in the study.

Results:

Comparison of pre test and post test level of knowledge regarding importance of mid-day meal programme.

S. No.	Level Of Knowledge	Pre Test		Post Test	
		F	%	F	%
1.	Poor (< 50%)	27	90%	00	00%
2.	Average (50 to 75%)	03	10%	08	26.66%
3.	Good (>75%)	00	00%	22	73.33%

This table showed the comparison of pre test and post test level of knowledge regarding importance of midday meal programme. With regard to scores, during pre test 27 (90%) mothers had poor knowledge, 03 (10%) had average knowledge and 00 (00%) mothers had good knowledge while during post test 00 (00%) mothers had poor knowledge, 08 (26.66%) mothers had average knowledge and 22 (73.33%) mothers had good knowledge.

This study is showing that in the mean of pre test is 10.9 with mean percentage 43.6%, median is 11, and SD is 1.24 whereas the mean of post test is 20.96 with mean percentage 83.84%, median is 21 and SD is 0.87.

Conclusion

The present study revealed that the majority of the mothers of under five year children have poor knowledge of Regarding Importance of Mid-Day Meal Programme and the over all findings of the study revealed that there was a high significant increase the knowledge of mother of under five year children after the administration of Planned Teaching Programme on Knowledge Regarding Importance of Mid-Day Meal Programme. Therefore it was concluded that the planned teaching programme was highly effective in improving knowledge on Importance of Mid-Day Meal Programme.

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