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## **A descriptive study to assess the knowledge regarding diarrhea among mothers under five children in selected rural area of Sarkaghat, Disit Mandi, Himachal Pradesh**

**Ambika Chauhan, Mamta Soni and Seema Devi**

### **Abstract**

Diarrhea is a common disease and one of the major determinants of childhood morbidity and mortality. This disease is one of the main causes of death in children under five years of age in developing countries. WHO estimates the 88% of all diarrheal diseases are due to unsafe water supply, inadequate sanitation and poor hygiene practices. In India total diarrheal deaths among children aged 0-6 years was estimated to be 158,209 and proportionate mortality due to diarrhea in this age-group was 9.1%. In this study 60 sample of under 5 children mothers in selected rural area of Sarkaghat, Distt Mandi, Himachal Pradesh. Data was collected through face-to-face interview and using a structured questionnaire. Samples were selected by the convenient sampling technique. Data were analyzed using SPSS-20. Results of the present study shows that about (40%) of the participants had moderately adequate knowledge, 36.7% participants had inadequate and in only 23.3% participants had adequate knowledge regarding of diarrhea. Study concluded that mothers of under-five year children had not adequate knowledge of diarrhea.

**Keywords:** Knowledge on diarrhea, mothers under five children

### **Introduction**

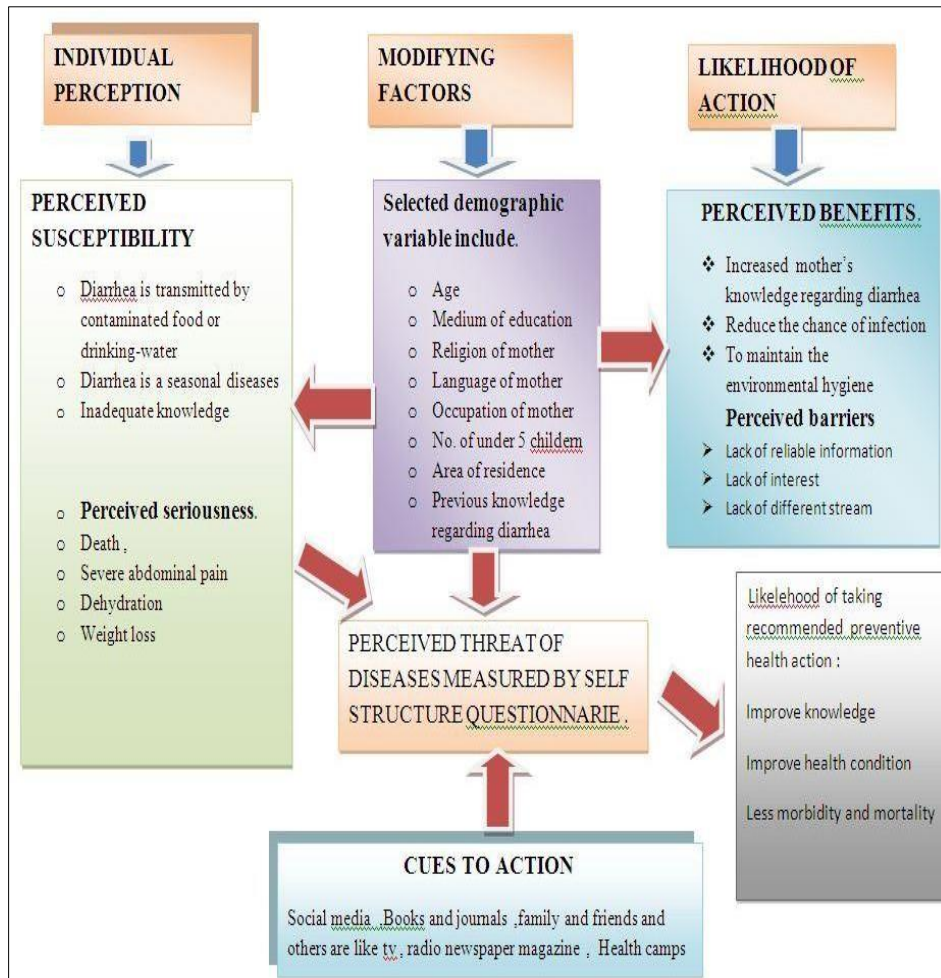
Diarrhea is one of the most common manifestations of illness in infants and children <sup>[1]</sup>. Diarrhea is a common disease and one of the major determinants of childhood morbidity and mortality. This disease is one of the main causes of death in children under five years of age in developing countries. WHO estimates the 88% of all diarrheal diseases are due to unsafe water supply, inadequate sanitation & poor hygiene practices. In India total diarrheal deaths among children aged 0-6 years was estimated to be 158, 209 and proportionate mortality due to diarrhea in this age-group was 9.1% <sup>[2]</sup>. It is characterized by increased in fluidity, frequency, volume as well as possible changes in color of feces in comparison with the usual stool pattern of individual. The usual stool pattern of breast-fed infants may be several stools a day, whereas formula fed infants may be stool every day <sup>[3]</sup>. Diarrhea is usually defined as passage of 3 or more loose watery stool in a 24-hour period, loose stool being one that would take the shape of a container. The infant and child death rate in this country is very high <sup>[4]</sup>. nearly 30% of Children died before their fifth birthday. It is estimated that 40% of deaths in children up to 5 year of age on account of diarrheal disease only <sup>[4]</sup>. Oral rehydration can reduce the mortality due to diarrhea from 20 to 0.2%. Acute diarrhea is common problem that usually last 1 or 2 days and goes away on its own. Diarrhea that last at least 4weeks may be a symptoms of chronic disease. Diarrhea of any duration may cause dehydration which means the body lacks enough fluid and electrolytes, chemical in salts, including Sodium, Potassium and chloride to function properly <sup>[5]</sup>.

Around 1.1 billion people world-wide lack access to proper water sources and 2.4 billion have no basic sanitations in developing countries <sup>[6]</sup>. India has made steady progress in reducing deaths in children younger than 5 years, with total deaths declining from 2.5 million in 2001 to 1.5 million in 2012 <sup>[7]</sup>. Diarrhea is the third most common cause of death in under-five children, responsible for 13% deaths in this age-group, killing an estimated 300,000 children in India each year.

Diarrheal disease is a leading cause of mortality in children under five, resulting in around 750,000 deaths each year [7]. During the clinical experience, the investigator observed that there is increased number of Under 5 year's children mothers having less knowledge regarding diarrhea. With this background study was carried out to assess the knowledge regarding Diarrhea among Mothers under Five Children.

## Methodology

Research Methodology refers to the Principles and ideas on which researchers base their procedure and strategies. Methodology helps to formulate the blueprint to undertake research study. Research Methodology involves the systemic proceeding by which researcher starts from the time of initial identification of problems to its.



## Research approach, research design

The Research approach adopted for this study is quantitative non experimental research approach. Research design is a plan structure and strategies of investigation of answering the research question. Research design selected for study is descriptive research design.

## Population

### Target population

“The entire set of individual having some common characteristics some time referred to as a universe”. “The target population consist of total membership of a defined set of subjects from whom the study subject are selected and to whom the data will be generalized.” The target population of the was mother of under 5 children in Gram Panchayat, Fatehpur, Sarkaghat.

## Sample

A Sample consists of subset of the population selected to participate in research study.

In the present study the sample are mother of under 5 children in Gram Panchayat Fatehpur, Sarkaghat.

## Sample size

In this study the sample size is 60 mothers of under 5 children.

## Sampling technique

In the present study the samples were selected by convenience technique.

## For the criteria selection of the sample

### Inclusion criteria

#### Mother who were

- Under 5 children
- Willing to participate
- Who were available at the time of data collection?

### Exclusion criteria

#### Mother who were

- Not available at the time of study
- Not willing to participate in the study

### Selection and development of tool

Data collection tools are the procedures of instruments used by the researcher to observe or measure the key variable in the research problem. Tools were prepared on the objective of the study. A structured was conducted questionnaires d to assess the knowledge regarding diarrhea among the mother of under 5 children.

### Description of tool

- Tool was developed on socio demographic profile Age, type of family, religion, language, no. of under 5 children, education and occupation.
- Development of Structured Knowledge Questionnaire comprised 25 multiple questions to assess knowledge regarding diarrhea among mothers under five year's

children. Each item had only one correct option, one mark was given for correct response and zero mark was given for incorrect response. The maximum possible score was 25 and the minimum score was zero.

### Data collection technique

An individual face-to-face interview was conducted to collect data for structured knowledge questionnaire.

### Data analysis

In present study, data analysis and interpretation was done according to the objectives of the study. Analysis was done by using Descriptive statistics. Descriptive statistics use was frequency, percentage; mean and S.D inferential statics were calculated by CHI square test.

## Results

### Section-I

**Table 1:** Description of sample characteristics according to the socio-demographic variables frequency and percentage were computed to describe the sample characteristics N = 100

| Socio- demographic variables           | Percentage (%) | Frequency (f) |
|--|----------------|---------------|
| <b>1. Age of Mother</b>                |                |               |
| 21-25                                  | 28.333         | 17            |
| 25-30                                  | 58.333         | 35            |
| 30-35                                  | 11.6667        | 7             |
| 35-40                                  | 1.66667        | 1             |
| <b>2. Religion of Mother</b>           |                |               |
| Hinduism                               | 100            | 100           |
| <b>3. Previous knowledge of Mother</b> |                |               |
| Social media                           | 30             | 18            |
| Books and Journals                     | 43.333         | 26            |
| Family and Friends                     | 25             | 15            |
| Training Programmes                    | 1.66667        | 1             |
| <b>4. Type of Family Mother</b>        |                |               |
| Nuclear                                | 50             | 30            |
| Joint                                  | 43.333         | 26            |
| Extended                               | 6.6667         | 4             |
| <b>5. Education status of Mother</b>   |                |               |
| Illiterate                             | 11.666         | 7             |
| Middle                                 | 33.333         | 20            |
| Sen.Sec                                | 36.666         | 22            |
| Graduate                               | 18.333         | 11            |
| <b>6. Occupation of Mother</b>         |                |               |
| House wife                             | 90             | 54            |
| Working                                | 8.333          | 5             |
| Farmer                                 | 1.666          | 1             |
| <b>7. No. of Under 5 children's</b>    |                |               |
| 1                                      | 83.333         | 50            |
| 2                                      | 15             | 9             |
| 3                                      | 1.666          | 1             |
| <b>8. Language of Mother</b>           |                |               |
| Hindi/English/Local                    | 100            | 100           |

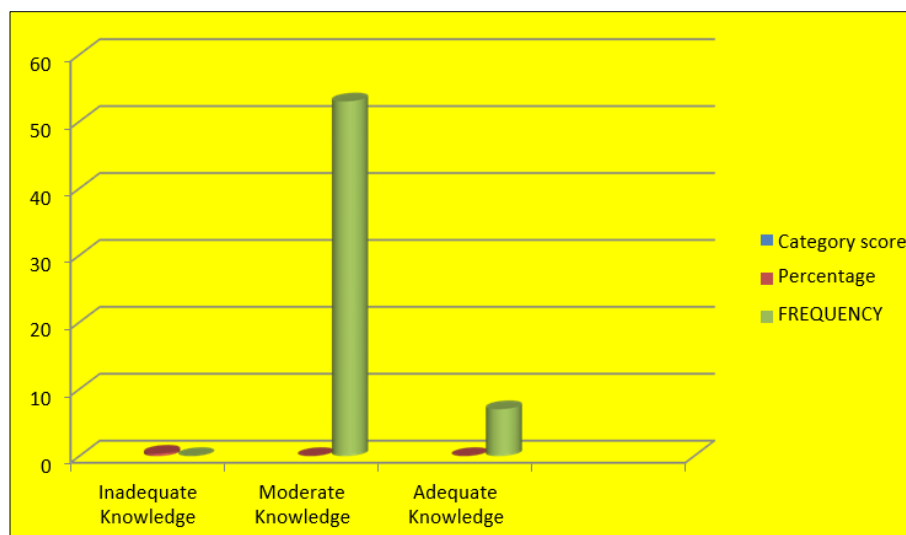
### Section-2

**Table 2:** Table showing level of knowledge

| Criteria measure of knowledge score |       |                              |
|-------------------------------------|-------|------------------------------|
| Level of knowledge                  | Score | Range of score in Percentage |
| Inadequate Knowledge                | 0-8   | Less than 32%                |
| Moderate knowledge                  | 9-16  | 33-64%                       |
| Adequate knowledge                  | 17-25 | 65-100%                      |

Maximum score= 25

Minimum score = 0



**Fig 6:** Diagram showing level of scores of mothers

### Discussion

The findings of the present study was based on objectives, literature and formulated research hypothesis. The finding of the study revealed the majority of under 5 mothers were having good knowledge regarding management of diarrhoea among under 5 mothers. The findings of the study was consistent with the research work carried out by Haydar, Islam (2011) conducted a descriptive study diarrhoea in rural area among under 5 children's mother's to assess the knowledge. This study included 60 samples of mothers. The result reveals that the majority of respondents had never been informed about diarrhoea and therefore gave answer to many questions.

### Conclusion

This study was concluded to assess the knowledge regarding diarrhea of mothers under five children. Based on the findings of the present study, it was concluded that the mothers under five children were having knowledge below average regarding diarrhea.

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