

A Study to Assess the Level of Knowledge Regarding Childhood Lifestyle Disorder among Mothers of School Aged Childrens in Slum Areas of Dehradun, Uttarakhand

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OBJECTIVES

1. To assess the level of knowledge regarding childhood lifestyle disorders among mothers of school-aged children of Dehradun, Uttarakhand.
2. To find out the association between the knowledge regarding childhood lifestyle disorders and selected demographic variables.

METHODOLOGY

Quantitative research approach with descriptive research design was used in the study. The study was conducted in the selected schools of Dehradun, Uttarakhand. Total sampling was done to collect data from 100 participants by using a demographic profile, and a structured knowledge questionnaire. The study employed a non- probability purposive sampling technique to select the sample of 100 mothers residing in the identified slum areas of Dehradun. The selection criteria included mothers with at least one school-aged child (6–12 years) who were willing to participate. Ethical clearance was obtained from the relevant Institutional Ethics Committee, and formal administrative permission was secured from local authorities in the selected slum areas. Data collection was conducted over a period of four weeks, following an initial pilot study to ensure the reliability and validity of the structured knowledge questionnaire.

KEYWORDS: Knowledge, Childhood Lifestyle Disorder, Mother, School Aged Children, Slum.

RESULTS

The study comes to the result that 20% of mothers had adequate knowledge, 48% had moderate knowledge, and 32% had inadequate knowledge regarding childhood lifestyle disorders. Further analysis revealed that mothers with a graduate level of education and those with a single child showed a significantly higher level of knowledge. There was a significant association between knowledge level and selected demographic variables like educational status and number of children.

The study found a significant association between the mother's educational status and their level of knowledge ($p < 0.05$). Specifically, mothers who had completed high school or higher education demonstrated a significantly higher mean knowledge score compared to those who had primary or no formal education. Furthermore, the number of children in the family was found to be inversely

related to the mother's knowledge level regarding childhood lifestyle disorders.

CONCLUSION

The study concluded that a considerable number of mothers demonstrated moderate to inadequate knowledge in critical areas such as healthy dietary practices, physical activity, and screen time management for preventing childhood lifestyle disorders. Based on the findings, an information booklet was developed to provide mothers with clear, concise, and practical knowledge about the prevention and management of these disorders. The study suggests that educational interventions, such as information booklets, can play a vital role in enhancing awareness and fostering responsible health-seeking behavior among mothers, ultimately contributing to the reduction of childhood lifestyle disorders.

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