

A Descriptive Study to Assess the Knowledge and Attitude Regarding Malnutrition among Mothers of Under Five Children in Selected Hospital at Barabanki District, Uttar Pradesh

Abhilasha Saha¹, Sheelu Verma²

¹Associate Professor, ²M.Sc. Nursing Student,

^{1,2}Hind Institute of Medical Sciences, Barabanki, Uttar Pradesh, India

ABSTRACT

Present research aims the study to assess the knowledge and attitude regarding malnutrition among mothers of under five children. The study employed a quantitative approach and non-experimental descriptive research design. The non-probability convenience sampling technique was used to select the sample of 80 mothers with under five children at selected hospital, Barabanki, (U.P). Data collection tool used was structured interview schedule to assess the knowledge and attitude of the mothers with under-five children. The collected data was analysed by using the descriptive and inferential statistics. In the term of knowledge on malnutrition 73.75% of the mothers had inadequate knowledge, 20.0% of the mothers had moderately adequate knowledge and 05.0% of the mothers had adequate knowledge. In the term of attitude on malnutrition, 65.0% of the mothers had unfavourable attitude, 21.25% of the mothers had moderately favourable attitude and 13.75% of the mothers had favourable attitude. Study revealed that strong positive correlation was observed between knowledge and attitude ($r=0.9794$). The major finding of the study showed that under-five children mothers had inadequate knowledge and negative attitudes on malnutrition. Educating and creating awareness among the mothers on malnutrition is vital for reduce the mortality and morbidity associated with nutritional disorders among under five children.

KEYWORDS: Knowledge & Attitude on Malnutrition, Mothers of under five children

INTRODUCTION

The health of the nation depends on its healthy citizens. Children are priceless resources and if the nation neglects their health, it would become a nation of unhealthy citizens. Nutrition of under-five children is of paramount importance because it can lead to long lasting effect on the mental and physical health of the children. India faces the burden of diseases in which nutritional deficiencies are most common. Joint estimates child malnutrition prevalence. In 2022, an estimated 45 million children under 5 (6.8 per cent) were affected by wasting, of which 13.6 million (2.1 per cent) were suffering from severe wasting. More than three quarters of all children with severe wasting live in Asia and another 22 per cent live in Africa. Stunting has been declining steadily over the last decade, with 148.1 million, or 22.3 per cent of children under age 5 worldwide child affected in 2022. Nearly

all children affected lived in Asia (52 per cent of the global share) and Africa (43 per cent of the global share). There are now 37 million children under 5 living with overweight globally, an increase of nearly 4 million since 2000. When children get the right food at the right time their brains and bodies develop the way they should. When this doesn't happen, malnutrition occurs. In worst cases, it robs children of their futures and leaves young lives hanging in the balance. UNICEF works to prevent all forms of malnutrition by improving children's and women's access to nutritious, safe, affordable and sustainable diets. Since 1990, the percentage of undernourished children worldwide has almost halved. But we still have a lot of work to do. Today about 200 million children's lives are at risk because they are malnourished, almost twice as many suffer from

How to cite this paper: Abhilasha Saha | Sheelu Verma "A Descriptive Study to Assess the Knowledge and Attitude Regarding Malnutrition among Mothers of Under Five Children in Selected Hospital at Barabanki District, Uttar Pradesh" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-9 | Issue-3, June 2025, pp.175-183,

URL: www.ijtsrd.com/papers/ijtsrd79926.pdf

Copyright © 2025 by author (s) and International Journal of Trend in Scientific Research and Development Journal. This is an Open Access article distributed under the terms of the Creative Commons Attribution License (CC BY 4.0) (<http://creativecommons.org/licenses/by/4.0>)



IJTSRD79926



deficiencies in vitamins and other essential micronutrients.

NEED FOR THE STUDY

All forms of malnutrition are preventable. To stop malnutrition before it starts, children and their families need access to nutritious diets, essential services and positive practices to set them on the path to survive and thrive. But today, these vital pathways to good nutrition are under growing threat, as many countries plunge deep into a global food and nutrition fuelled by poverty, conflict, climate and the enduring secondary effects of the COVID-19 pandemic. A descriptive survey to assess the knowledge, attitude, and practice on dietary practices in prevention of malnutrition among 200 mothers of under-five children. Results revealed that majority 112(56%) of mothers had moderately adequate knowledge and moderately adequate practice 116(58%) regarding dietary practices in prevention of malnutrition. Favourable attitude towards dietary practices in prevention of malnutrition was found among majority 112(56%) of the mothers. Study concluded that adequate knowledge of mothers regarding dietary pattern of under five children will enhance the attitude and practice to prevent malnutrition. Malnutrition in children is a significant risk factor for child mortality and is a global health problem. One of the influencing factors is low economic factors and the mother's education. Nutrition education impacted mothers' knowledge, attitudes, and skills ($p < 0.001$).

Balanced nutrition is important for maintaining positive health of the child and prevents nutritional problems like malnutrition. Mothers, being the first caregivers of the under-five children, are in the best position to prevent the nutritional problems of their children and promote growth. Maternal knowledge and their attitude have an impact in changing the child's nutritional pattern. It is important that mothers have knowledge on prevention of malnutrition, which in-turn can help them to have good attitude towards the dietary practices, so that, they can change their behaviour and harmful practices. So, this study helps to identifying awareness level on malnutrition among under five children mother. These results help government and local bodies to plan and develop

ANALYSIS AND INTERPRETATION OF DATA

Table 2: Frequency and percentage distribution of the mothers of under five children based on knowledge regarding malnutrition N-80

Level of Knowledge	Frequency	Percentage
	f	%
Inadequate	59	73.75
Moderately adequate	16	20.00
Adequate	5	6.25
TOTAL	80	100.00

various health promotion strategies and interventions for preventing nutritional disorders among under five children.

Objectives

1. To assess the knowledge regarding malnutrition among mothers of under five children.
2. To assess the attitude regarding malnutrition among mothers of under five children.
3. To find out the correlation between knowledge and attitude regarding malnutrition among mothers of under five children.
4. To determine the association between knowledge scores regarding malnutrition among mothers of under five children with their selected demographic variables.
5. To determine the association between attitude scores regarding malnutrition among mothers of under five children with their selected demographic variables.

Hypotheses:

H1: There will be a significant correlation between the knowledge and attitude scores regarding malnutrition among mothers with under five children.

H2: There will be a significant association between the knowledge scores regarding malnutrition among mothers of under five children with their selected demographic variables.

H3: There will be a significant association between the attitude scores regarding malnutrition among mothers of under five children with their selected demographic variables.

METHDOLOGY

Sample:

Sample for the study consisted of 80 mothers of under-five children in selected hospital at Barabanki District, Uttar Pradesh.

Tool:

Data collection tool used was structured interview schedule.

Statistical Analysis:

descriptive and inferential statistics.

Table-2 showed that knowledge regarding malnutrition of under-five children's mothers in which 73.75 % of the mothers had inadequate knowledge, 20% of the mothers had moderately adequate knowledge and 05% of the mothers had adequate knowledge.

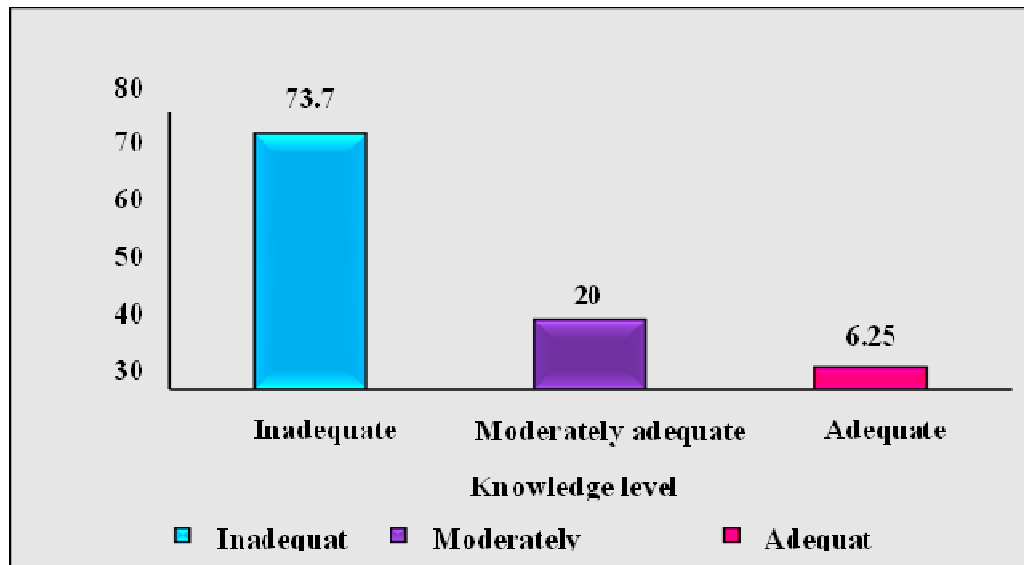


Fig.-4: Distribution of the mothers of under five children based on knowledge regarding malnutrition.

Assess the attitude regarding malnutrition among mothers of under five children.

Table 3: Frequency and percentage distribution of the mothers of under five children based on attitude regarding malnutrition

N=80

Level of knowledge	Frequency	Percentage
	f	%
Unfavorable attitude	52	65.00
Moderately favorable	17	21.25
Favorable attitude	11	13.75
TOTAL	80	100.00

Table3 showed that attitude regarding malnutrition of under- five children's mothers in which 65.00 % of the mothers had unfavorable attitude, 21.25% of the mothers had moderately favorable attitude and 13.75 % of the mothers had favorable attitude.

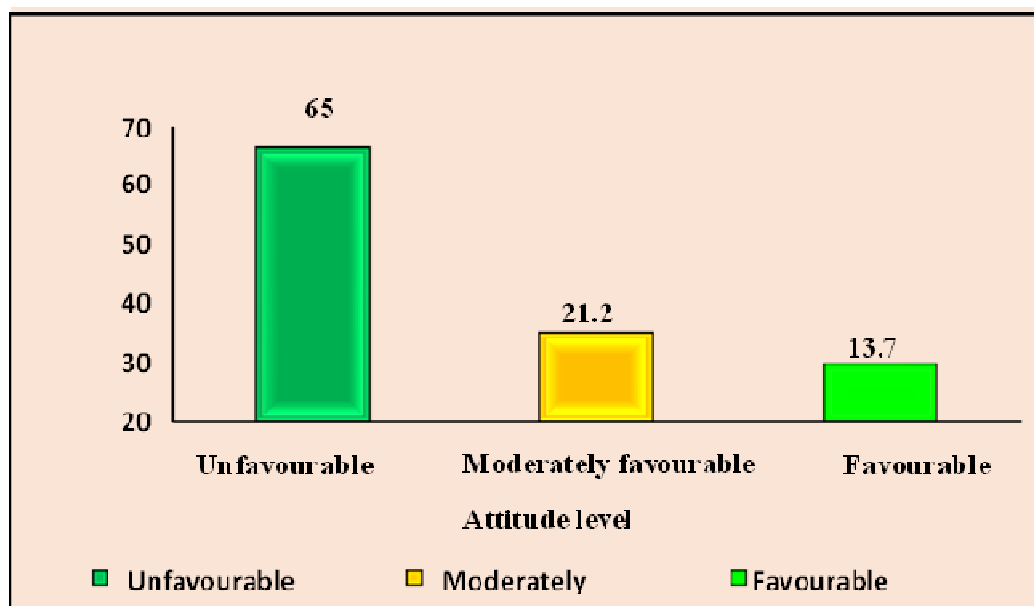


Fig.-4: Distribution of the mothers of under five children based on attitude regarding malnutrition

Table 3: Correlate the knowledge and attitude regarding malnutrition among mothers of under five children.

n=80				
Variables	Mean	SD	Correlation co-efficient (r)	P-value
Knowledge	10.36	6.50	0.9794	0.00001
Attitude	40.65	17.77		

df=78 p<0.05 level

Table-3 Showed that the correlation coefficient of knowledge and attitude score is r=0.9794 which has strong positive correlation at <0.05 level. The knowledge scores go with high attitude scores. So, hypothesis H1 was accepted.

Table-4: Association between knowledge regarding malnutrition among mothers of under five children with their selected demographic variable

n=80

Demographic Variable	Knowledge Score						P value
	n	Inadequate	Moderately adequate	Adequate	X ²	DF	
Age							
18 -20 years	29	20	7	2	3.0911	6	0.79733 NS
21- 25 years	32	26	5	1			
26- 30 years	14	10	3	1			
≥31 Years	5	3	1	1			
Education status							
No formal Education	12	5	5	2	8.8919	6	0.17974NS
Primary	21	15	5	1			
High & Higher secondary	24	20	3	1			
Graduate and above	23	19	3	1			
Occupation							
Home Maker	34	30	2	2	19.956	6	0.00282 S**
Self -Employee	18	15	2	1			
Government Employee	7	5	1	1			
Labor	21	9	11	1			

Demographic Variable	Knowledge Score						
	n	Inadequate	Moderately adequate	Adequate	χ ²	DF	P value
Place of residence							
Urban	23	20	2	1	30.597	6	0.00003 S**
Semi Urban	29	26	2	1			
Rural	16	11	3	2			
Tribal	12	2	9	1			
Monthly income in rupees							
< 5000	9	5	2	2	8.436	6	0.2078 NS
5001-10,000	16	12	3	1			
10,001-15,000	29	25	3	1			
Above 15,001	26	17	8	1			
Religion							
Hindu	51	48	1	2	35.888	6	0.00001 S**
Muslim	13	4	8	1			
Christian	12	5	6	1			
Others	4	2	1	1			
Type of family							
Nuclear	32	26	4	2	4.5693	4	0.33440 NS
Joint	44	31	11	2			
Extended	4	2	1	1			

Type of food consumption							
Vegetarian	36	30	4	2	3.4515	2	0.17804 NS
Non - Vegetarian	44	29	12	3			
Total number of under-five children							
1	18	12	4	2	3.4138	4	0.49110 NS
2	46	33	11	2			
3 above	16	14	1	1			

Demographic Variable	Knowledge Score						
	n	Inadequate	Moderately adequate	Adequate	χ^2	D F	P value
Source of information regarding malnutrition							
Radio/Television	16	11	3	2	5.8037	6	0.44553 NS
Newspaper/ Magazine	33	22	10	1			
Health Care Professionals	12	10	1	1			
Friends/family members	19	16	2	1			

Table:4. depicts that the association between knowledge regarding malnutrition among mothers of under five children with their selected demographic variables. In this there was a significant association between the selected demographic variables such as occupation, religion, area of residence was significant at $p < 0.05$ level. Hence research hypothesis H2 was accepted. Remaining Variables such as Age, educational status, monthly family income, type of family, type of house, type of food consumption, total number of under five children and source of information regarding malnutrition were not significant at $p < 0.05$ level. Hence research hypothesis H2 was rejected

Table-5: Association between attitude regarding malnutrition among mothers of under five children with their selected demographic variables

N=80

Demographic Variable	Attitude Score						
	n	unfavorable	Moderately favorable	Favorable	χ^2	D F	P value
Age							
18 -20 years	29	11	3	2	8.491	6	0.20424 NS
21- 25 years	32	17	11	5			
26- 30 years	14	8	1	3			
≥31 Years	5	16	2	1			
Education status							
No formal Education	12	9	1	2	4.371	6	0.62652 NS
Primary	21	12	6	3			
High & Higher secondary	24	18	3	3			
Graduate and above	23	13	7	3			
Occupation							
Home Maker	34	21	9	4	1.152	6	0.97917 NS
Self -Employee	18	12	3	3			
Government Employee	07	05	1	1			
Labor	21	14	4	3			

Demographic Variable	Attitude Score						
	n	Unfavorable	Moderately favorable	Favorable	χ^2	D F	P value
Place of residence							
Urban	23	11	9	3	13.190	6	0.04010 **
Semi Urban	29	22	3	4			
Rural	16	14	1	1			
Tribal	12	5	4	3			

Monthly income in rupees							
< 5000	09	3	3	3	11.163	6	0.08344 NS
5001-10,000	16	9	3	4			
10,001-15,000	29	24	4	1			
Above 15,001	26	16	7	3			
Religion							
Hindu	51	32	12	7	5.066	6	0.5652
Muslim	13	10	1	2			
Christian	12	9	2	1			
Others	04	1	2	1			
Type of family							
Nuclear	32	22	5	5	3.725	4	0.44447 NS
Joint	44	28	10	5			
Extended	04	1	2	1			
Type of food consumption							
Vegetarian	36	28	4	4	5.142	2	0.07645 NS
Non -Vegetarian	44	24	13	7			
Total number of under-five children							
1	18	8	5	5	9.696	4	0.04586 S**
2	46	34	10	2			
3 above	16	10	2	4			

Demographic Variable	Attitude Score						
	n	Unfavorable	Moderately favorable	Favorable	χ^2	D F	P value
Source of information regarding malnutrition							
Radio/Television	16	8	4	4	7.729	6	0.2585 NS
Newspaper/Magazine	33	20	10	3			
Health Care Professionals	12	8	2	2			
Friends/Family members	19	16	1	2			

Table:5. depicts that the association between attitude regarding malnutrition among mothers of under five children with their selected demographic variables. In this there was a significant association between the selected demographic variables such as place of residence and total number of under five children was significant at $p < 0.05$ level. Hence research hypothesis H3 was accepted. Remaining Variables such as Age, educational status, monthly family income, type of family, type of house, type of food consumption, occupation, religion, source of information regarding malnutrition were not significant at $p < 0.05$ level. Hence research hypothesis H3 was rejected

FINDINGS AND DISCUSSION

In terms of knowledge on malnutrition, 73.75 % of the mothers had inadequate knowledge, 20 % of the mothers had moderately adequate knowledge and 05 % of the mothers had adequate knowledge. In terms of attitude on malnutrition, 65.00 % of the mothers had unfavorable attitude, 21.25 % of the mothers had moderately favorable attitude and 13.75 % of the mothers had favorable attitude. Study revealed that strong positive correlation was observed between knowledge and attitude.

CONCLUSION

The present study assessed the knowledge, attitude regarding malnutrition among mothers with under five children. Major finding of the study showed that under five children mother had inadequate knowledge and negative attitudes on malnutrition. Educating and

creating awareness among the mothers on malnutrition is vital for reduce the mortality and morbidity associated with nutritional disorders.

Acknowledgements

We are immensely thankful to the management of the Hind School and College of Nursing, Barabanki, Uttar Pradesh, for giving us an opportunity to undertake the M.Sc. Nursing in this esteemed institution. We are extremely thankful to Mrs. Amod Kumar Sachan, founder and managing director of Hind Institute of Medical Sciences, Barabanki, Uttar Pradesh, for their remarkable guidance and academic support during this study.

Conflict of interest

The authors certify that they have no involvement in any organization or entity with any financial or non-

financial interest in the subject matter or materials discussed in this paper.

Funding source

There is no funding source for this study.

REFERENCES

- [1] Gopalan. (2013). Changing nutrition scenario. Indian Journal of Medical Research, 138(3), 392-397.
- [2] Joint child malnutrition estimates (JME) (UNICEF- WHO- WB) <https://www.who.int/data/gho/data/themes/topics/joint-child-malnutrition-estimates-UNICEF-who-wb>
- [3] UNICEF Official Website. Available from <https://www.unicef.org.uk/what-we-do/life-saving-food/>
- [4] Malnutrition and ICMR report - Sriram's IAS. Available from <https://www.sriramsias.com/article/malnutrition-and-icmr-report-200605164920>
- [5] Malnutrition in India its types, causes and effects | UPSC - IAS. Available from [digitallylearn.com/malnutrition-in-India-its-types-causes-and-effects/](https://www.digitallylearn.com/malnutrition-in-India-its-types-causes-and-effects/)
- [6] Chaudhury, R. H., 1983. Effects of mothers' work on child care, dietary intake, and dietary adequacy of pre-school children. International Food and Nutrition Program, Massachusetts Institute of Technology, Cambridge.
- [7] WHO fact sheet: Available from <https://www.who.int/news-room/fact-sheets/detail/malnutrition/>
- [8] Edith, M., & Priya, L. (2016). Knowledge, attitude, and practice (KAP) survey on dietary practices in prevention of malnutrition among mothers of under-five children. Published 2016 Medicine, Agricultural and Food Sciences
- [9] S U, Santhosh & Rani, Shwetha & Parashuram, & Shivaprasad, G & Kaur, Baljinder. (2023). Knowledge and Practice among Mothers of under Five Children Regarding Prevention and Management of Protein Energy Malnutrition.
- [10] Prasetyo, Y.B., Permata sari, P. & Susanti, H.D, (202023.12.30e effect of mothers' nutritional education and knowledge on children's nutritional status: a systematic review. ICEP 17, 11 (2023). <https://doi.org/10.1186/s40723-023-00114-7>
- [11] Bim pong, K.A., Chyou, E.KE., Abdul-Mumin, A. et al. Mothers' knowledge and attitudes regarding feeding practices child feeding recommendations, and determinants complementary of adequate diet. BMC Nutr 6, 67 (2020). <https://doi.org/10.1186/s40795-020-00393-0>
- [12] Nirmal's son SP, Vijaya Karthikeyan M. Assessment of Nutritional Status and Its Determinants among Fewer than 5 Children in a Rural Area of Southern India. Natl J Community Med [Internet]. 2022 May 31 [cited 2022 Nov. 28];13(05):287-93. Available from: <https://njcmindia.com/index.php/file/article/view/1616>
- [13] Jubayer A, Islam MH, Nayan MM. Malnutrition among under-five children in St. Martin's Island, Bangladesh: A cross-sectional study on prevalence and associated factors. SAGE Open Medicine. 2022; 10. doi:10.1177/20503121221116246
- [14] Waghela D, Nagar S, Ravi RP. Malnutrition among Under Five Children in Peri- Tribal areas: A study on Prevalence and Factors associated in Vadodara District of Gujarat State in India. Online J Health Allied Scs. 2022; 21(1):1. Available at URL: <https://www.ojhas.org/issue81/2022-1-html>
- [15] Reena J , Pandya PB (2022). Prevalence and Associative Factors of Protein Energy Malnutrition among the under Five Children. International Journal of Nursing Education and Research. 2022; 10(3):193-7. Doi:10.52711/2454-2660.2022.00045.
- [16] George PS, Murthy M R. (2021). Prevalence of undernutrition among preschool children (3-6 years) attending Anganwadi centers in urban Mysuru. Indian J Med Spec (serial online) 2021; 12: 127-31. Available from <http://www.ijms.in/text.2021>.
- [17] Rehan, A., Kishore, S., Singh, M., Jain, B., Reddy, N., Kumar, D., Usha, P., & Parveen, R. (2020). A study to assess undernutrition and its sociodemographic correlates in under-five children in urban and rural areas of Rishikesh, Uttarakhand. Journal of family medicine and primary care, 9(9), 4980–4984. https://doi.org/10.4103/jfmpc.jfmpc_663_20.
- [18] Nshimiyiryo A, Hedt-Gauthier B, Mutaganzwa C, Kirk CM, Beck K, Ndayisaba A, Mubiligi J, Kateera F, El-Khatib Z. Risk factors for stunting among children under five years: a

- cross-sectional population- based study in Rwanda using the 2015 Demographic and Health
- [19] Survey public health. 2019 Dec; 19(1):1-10.DOI: <https://doi.org/10.1186/s12889-019-6504-z>. PMID:30744614 PMCID: PMC63714
- [20] Devi P, Kaur S. An exploratory study to assess the prevalence and risk factors of malnutrition among under – five children residing in selected rural areas of district, Sirmaur, Himachal Pradesh. BLDE Univ J Health Sci 2019; 4:7-10. Available from: <https://www.bldeujournals.in/text.asp?2019/4/1/7/260729>.
- [21] Vijayamalar S. Study of Malnutrition among Under Five Children Attending Anganwadi at Keragundanahalli–Bangalore 90. International Journal of Innovative Science and Research Technology Volume 3, Issue 7, July – 2018 ISSN No: -2456- 2165.
- [22] Ansuya S, Nayak BS, Unnikrishnan B, Ravishankar N, Shetty A, Mundkur SC. Malnutrition among Children in Karnataka: A Systematic Review and Meta-Analysis.J Clin of Diagn Res.2018; 12(11):LC30-LC35 <https://www.doi.org/10.7860/JCDR/2018/36455/12280>.
- [23] John J,2018. Prevalence and risk factors associated with underweight among under-five children in a rural area of Puducherry. Muller Journal of Medical Sciences and Research. 2018 Jan 1;9(1):7-11. DOI: https://doi.org/10.4103/mjmsr.mjmsr_16_17
- [24] Yadav A, Dixit A. A study to assess the prevalence of malnutrition among under 5-year children at selected Anganwadi centers of Jaipur district with a view to develop an information booklet for parents. International Journal of Medical and Health Research, Volume 3, Issue 11, 2017, Pages 78-79.
- [25] Priyanka R, Vincent V, Jini MP, Saju CR. An assessment of the nutritional status of under-five children in a rural area of Thrissur district, Kerala, India. Int J Community Med Public Health. 2016 Dec;3(12):3479-86. DOI: <https://doi.org/10.18203/2394-6040.ijcmph20164278>
- [26] Sharma A, Yadav A, Baig V, Swarnkar M, Singh R, Kumar S. Malnutrition & Associated Risk Factors among Under Five Children. Indian Journal of Community Health. 2015 Sep 30;27(3):311-19. Available at <https://www.iapsmupuk.org/journal/index/IJCH/article/view/577/577>.
- [27] Upadhyay RP, Chinnakali P, Bhilwar M, Krishnan B, Kulkarni V, Gupta A, Rizwan SA. Prevalence of malnutrition, acute respiratory infections and diarrhoea in children aged 1-5 years in urban slums of Puducherry, South India. Int J ContempPediatr. 2015
- [28] Sharma HK, Deep G. (2022). A study to assess knowledge, attitude and practices of mothers of under five children regarding prevention of Protein Energy Malnutrition. International Journal of Healthcare Sciences ISSN 2348-5728 (Online). Vol. 10, Issue 1, pp: (84-89), Month: April 2022 - September 2022, Available at: www.researchpublish.com
- [29] Bharathi AR. A study to assess the level of knowledge regarding protein energy malnutrition among mothers of under five children at selected area of Guduvancherry. Adv Practice Nurs, Volume 6:9, 2021. Available from <https://www.hilarispublisher.com/open-access/a-study-to-assess-the-level-of-knowledge-regarding-protein-energy-malnutrition-among-mothers-of-under-five-children-at-selected-ar-75199.html>
- [30] Asha M.1, Jessily Elsa George1, Nithya S.1, Priya T.1, Sandhiya Priya P.1, Suvitha M.1, N. Thivya2. (2020). A Study to Assess the Knowledge on Protein Energy Malnutrition among Mothers of Under Five Children in Selected Areas at Kanchipuram District, Tamil Nadu. Medico Legal Update, 20(2), 25–27. <https://doi.org/10.37506/mlu.v20i2.1054>
- [31] Reiher, Antje & Mohammadnezhad, Masoud & Alqahtani, Nasser. (2020). Predictors of Knowledge, Attitude and Practice of Mothers with Under 5 Years Malnourished Children in Kiribati. Available from https://www.researchgate.net/publication/345377650_Predictors_of_Knowledge_Attitude_and_Practice_of_Mothers_with_Under_5_Years_Malnourished_Children_in_Kiribati.
- [32] Dahal, Srijat & Shrestha, Mausam & Shah, Sanjeeb & Sharma, Babita & Pokharel, Mandip & Guragai, Prakritee & Shah, Bibek. (2020). Knowledge, Attitude and Practice Towards Malnutrition among Mothers of Sunsari, Nepal. International Journal of Scientific and Research Publications (IJSRP). 10. p9728. 10.29322/IJSRP.10.01. 2020.p9728.
- [33]

- [34] Ambupe, Chetan Bharmu. "A Descriptive Study to Assess the Knowledge regarding Malnutrition, its Prevention and Control among Mothers of under-Five Children's in Selected Areas of Ratnagiri City." (2020).
- [35] Sangra, S, Nowreen, N.(2019) Knowledge, attitude, and practice of mothers regarding nutrition of under-five children: A cross-sectional study in rural settings. Artigo | IMSEAR | ID: sea-205448. Available from <https://pesquisa.bvsalud.org/portal/resource/pt/sea-205448>
- [36] Midhun A, Taj M (2019). A descriptive survey to assess the knowledge of mothers of under-five children regarding Protein-Energy Malnutrition in selected urban areas of Gwalior. Int.Journal of advance research ,ideas and innovations in technology. Volume:5, issue:4. Available from <https://www.ijariit.com/manuscripts/v5i4/V5I4-1263.pdf>.
- [37] Patali, Chetan. (2018). A Descriptive Study to Assess the Knowledge of Mothers Regarding the Nutrition for Under Five Children in Selected Areas of Bagalkot with a View to Develop a Self-Instructional Module. JOJ Nursing & Health Care. 7. 10.19080/JOJNHC.2018.07.555713.
- [38] Bengre and Ansuya. (2018). Mothers' knowledge on Malnutrition: Community Based Cross Sectional Study. Indian Journal of Public Health Research & Development. 9. 10.5958/0976-5506.2018.00007.4
- [39] Bhardwaj, Richa & Avasthi, Rishi & Tripathi, Neetu. (2017). A Study to Assess the Effectiveness of Structured Teaching Programme on the Knowledge of Mothers of "Under Five Children" on Malnutrition in Pratap Nagar Jaipur. International Journal of Nursing Education and Research. 5. 225. 10.5958/2454-2660.2017.00048.5.
- [40] Patali, Chetan. (2018). A Descriptive Study to Assess the Knowledge of Mothers Regarding the Nutrition for Under Five Children in Selected Areas of Bagalkot with a View to Develop a Self-Instructional Module. JOJ Nursing & Health Care. 7. 10.19080/JOJNHC.2018.07.555713.
- [41] Ayed, M.M., Ali, F.K., & Sayed, E.S. (2021). Effect of Mothers' Nutritional Knowledge, Attitude, and Practices in Childcare on the Growth of Children. Egyptian Journal of Health Care.
- [42] Meena, Harishankar & Choudhary, Nirbhay & Chaturvedi, Dharmesh. (2023). Effectiveness of Structured Teaching Program on Knowledge Regarding Malnutrition and its Prevention Among Mothers of Under Five Children. 6. 71-76. 10.21088/ijpen.0974.5777.6220.3.
- [43] Annah, Ratshibvumo & Luhailima, Takalani & Grace, Tshitangano. (2023). The Impact of Mothers' Knowledge and Attitudes on Malnutrition Prevention Practices Among Children Under Five in Thulamela Municipality, South Africa. Iris Journal of Nursing & Care. 4. 1of 10. 10.33552/IJNC.2023.04.000581.