

A study to assess the knowledge regarding Midday Meal Programme (MMP) among parents of elementary school (6 years to 12 years) children in selected school at Moradabad

*¹Sandhya Gupta, ²Shilpi, ³Ankit

¹ UG Tutor, OBG Department, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India

² UG Tutor, Fundamental of Nursing Department, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India

³ UG Tutor, MSN Department, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India

Abstract

Background: Mid-day meal or school lunch programme bias/error is common in study, since. The guidelines for school lunch programme and its components use in the clinical setting (interpretation of data) are well defined but practice in reality, the present study aims at defining the parents knowledge regarding mid-meal programme during study.

Objectives: 1) To assess the knowledge regarding mid-day meal among the parents. 2) To find the association between the level of regarding mid- day meal among the parents.

Material and methods Method: A study was used to assess the knowledge regarding mid- day meal among the parents village manoharpur Moradabad (U.P). Data was collected from 80 samples. The samples were selected by using non probability sampling technique by using structured questionnaires. The collected data was analysed using descriptive and inferential statistics and presents in the form of tables and figures.

Result: In relation to the sources of information 8.8% of parents for getting information from friends, 17.5% of them from relatives, 5% them from mass media, 18.8% of them from health personnel and 50% of them from school authority. 1.2% parents have good knowledge, 71.2% parents have average knowledge and 27.5% parents have poor knowledge

Conclusion: 27.5% of the subjects had poor knowledge regarding midday meal programme and There was no statistically significant association between demographical variables like age, sex, gender, source of information, educational qualification and occupation.

Keyword: mid-day meal, children, elementary school, Moradabad

Introduction

Background of the Study

According to current statistics, in India about 276 million people are under poverty, 42.5% of the children under 5 are under weight and about 13-14% of children receiving MMP is still underweight and stunted. India's ranking in hunger index, a measure of child wasting and child stunting has improved from 63 to 55 in 2015 but still many don't get enough to eat, as their parents can't give what is desired or needed, especially support, food or sustenance which has far-reaching implication in the development of the country as a whole. So improving child nutrition is of utmost urgency in most Indian states [4]

Constitution of India guarantees civil liberties to all Indians in the form of a charter of rights known as the fundamental rights. Right to life, Right to education and right to information are the latest addition to the fundamental rights. They are considered essential for the development of the personality of every individual and to preserve human dignity. mid day meal programme is one such facilities that can be accessed by Indian children and has proven to be contributory as social safety net for weak sections of the population and as an educational boost to ensure that children go to school and that their learning is optimised by elimination of hunger in the class room [4, 6]

This centrally sponsored scheme was beneficial in enhancing nutritional level and improving attendance at school among

students studying in classes I to V (in Government and aided schools. Annually anthropometric measurements are taken to monitor improvement in nutrition [7].

Midday meal scheme has been a victim of corruption like others programs due to corruption, leakages and lack of monitoring and supervision from the government. Most of the problems are related to issues of policy, planning, implementation and indifferent by the local community. According to the Wikipedia (2009) in the year 2005-2006 only about a quintet cases were filed regarding faking attendance, embezzling food grains in midday meal programme in northern region of India alone. The poor performance, however, is in stark contrast to the actual spending under this programme. For example, in the year 2002-03 and 2003-04 the actual expenditures on this programme were about Rs. 1100 crores (11 billion) and Rs. 1400 crores (14 billion) respectively. Therefore, it becomes imperative that a comprehensive evaluation of the programme be undertaken [8]

Need for the Study

Until now the importance of diet and health in school enrolment, achievements and drop out is seldom recognized because the motto for any educational policy has always focused on teaching context rather than on learning context. Up-to-date curriculum, efficient teacher and teaching resources may go fruitless if the child attentiveness lingers

around their starving foodless belly. It is high time that the educational discourses should figure out the importance of nutrition and health in explaining poor school enrolment, high drop-out rates and low achievement [8, 9].

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A randomized control trial in LOS Angeles, US demonstrated the effectiveness of in-person and online nutrition education for parents and the study also pictured that time constraints, not enough food at home and difficulty in preparation are some barriers to eating breakfast which might result in low quality diet, obesity, deficiencies and diseases. Parental knowledge about this government run scheme seems to be a healthy option to reverse the alarming trend and to promote good nutrition and healthy eating habits in India

The critics, scams, corruption and loss of public faith in government schools threatens the continuity of a program in near future. A declining allocation for the MDMS is expected to adversely affect students' participation in terms of enrolment, retention and attendance in primary education under the Sarva Shiksha Abhiyan (SSA). This utilization gap might be because of inadequacy in knowledge regarding the scheme among the care takers. Hence it is necessary that the community/caretakers have to be keep themselves informed about the facilities for food procurement, benefits from nutritious food, timings, menu other facilities that are availed by the beneficiary.

Research shows that, quality of diet in school improve students' attendance in school improve their mental capabilities and prevent malnutrition among under five year's children. Many contributing factors like parental self-efficacy, Parental perception, socioeconomic, parental practices, family structure, perceptions misperceptions are also potential factors impacting the knowledge, awareness and beliefs on diet quality. A better child care practice at home requires proper implementation of policies through negotiation with policy makers and power handlers.

Methods and materials

Research approach

In present study research approach is quantitative method of approach.

Research design is descriptive survey research design is adopted for this study.

Setting of Study

The study is conducted in the selected schools of Moradabad district a, Uttar Pradesh.

Population

The target population in this study are parents of elementary school children in Moradabad.

Accessible population: It is the aggregate of cases that conform to designated criteria and also accessible as subject

for a study [29].

Sample size

The proposed sample size for this study is 80.

Sampling Technique

In this study purposive sampling is used to select the sample.

Sampling Criteria

Inclusion Criteria

- Parents whose children are studying in schools where midday meal scheme is operational
- Parents of children in elementary school (age group between 6-14 years.)
- Parents who can read, write and speak Hindi or English.

Exclusion Criteria

- Parents those who are not willing to participate will be excluded.
- Parents who is not available at the time of data collection will not be included.

Description of Tool

Structured questionnaire. Tool 1

Part A: Performa for collecting socio-demographic variables It consist of demographic variables like age, gender, area of living, religion, parents income

Part B: Structured questionnaire to assess knowledge regarding midday meal programme among parents of elementary school children. It consist of questionnaire to assess the knowledge related to midday meal scheme. this questionnaire consist of 20 questions. The questionnaire A score of one mark was given to every correct answer and zero was given for wrong answer.

The score was ranged as follows-

Adequate knowledge-100-75%

Moderate knowledge -74-50%

Inadequate knowledge- below 50%

Content Validity

Content validity of the tool was obtained from 3 experts in related field and modified based on their suggestions and opinions.

Data Collection Procedure

Before actual collection of data, permission to be obtained from the principal of selected schools. Then the researcher introduce themselves to the instructor regarding the tool. Each parent will be given 30

Data Analysis

Based on these section the data analysis is as followed

Section –I Description of demographic variables of parents.

Section –II Distribution of parents according to their level of knowledge.

Section-III Association between the level of knowledge with demographic variable Like age, gender, qualification, family etc. minutes to complete the questionnaire.

Section: I

Analysis related to demographic variables,

- Table Ist is describing the frequency among the parents

with their selected demographic variables like age, gender, qualification, occupation, income, source of information.

- The variable, gender of parents 43.8% of were Male and 56.2% of were Female.
- As regard to qualification PG, Diploma 75% of parents, 1-12 classes 20% of parents and 5% of were illiterate.
- As regard to occupation 71.2% of parents have private job, 3.8% of parents have government and 25% of parents have other type of job.
- The variable, income in parents 30% of 3001 to 7000, 16.2 of more than 10,000, 31.2% of 7000 to 10,000, 22.5% of

6001 to 7000 of parents.

Section: II

Table 2: Frequency and Percentage Distribution of Level of Knowledge.

Sl. No.	Level of knowledge	Score range	F	%
1	Good	>75	1	1.2%
2	average	25-75	57	71.2%
3	poor	<25	22	27.5%

Table 2: is describing the frequency and percentage according to the level of knowledge of the parents.

SL.NO	Demographic Variables	Frequency	Percentage	
1.	Age Of parents	21 -30 Years	21	26.2%
		31 – 40 Years	40	50%
		41 – 50 Years	16	20%
		51 and above	3	3.8%
2.	Gender	Female	45	56.2%
		Male	35	43.8%
3.	Qualification	PG, Diploma	60	75%
		1 to 12 class	16	20%
		ILLITERATE	4	5%
4.	Occupation	GOVT	57	71.2%
		PRIVATE	3	3.8%
		OTHER	20	25%
5.	Income	> 10,000	13	16.2%
		7,000 - 10,000	25	31.2%
		6001-7000	18	22.5%
		3001 -1000	24	30%
6.	Family	Nuclear	41	51.2%
		Joint	38	47.5%
		Single parent	1	1.2%
7.	Source of information	Health personnel	15	18.8%
		Friends	7	8.8%
		Relatives	14	17.5%
		Mass media	4	5%
		School authority	40	50%

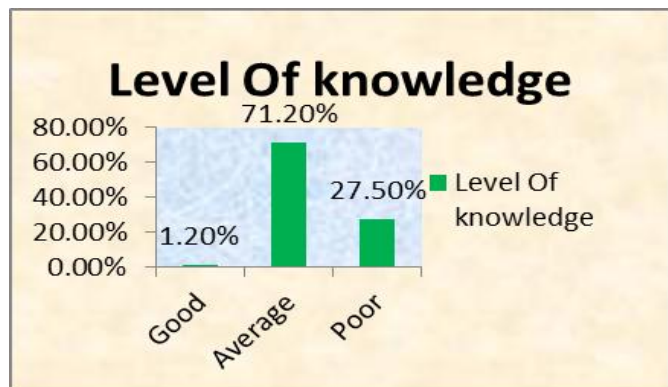


Fig 1: describes: Bar diagram showing percentage distribution of knowledge of parents regarding midday meal programme

Section III

Table 3: association between the levels of knowledge with demographic variables

Hence, there was no significant association between the knowledge of the parents and demographic variable i.e. age, gender, qualification, occupation, income, family and source of information as the chi square values obtained were greater than the table values.

Discussion, summary and conclusion

The major findings

Analysis related to demographic variables

- Table Ist is describing the frequency among the parents with their selected demographic variables like age, gender, qualification, occupation, income, source of information.
- The variables, age in present study were 50% parents belongs to 31 – 40 years and 26.2% parents belongs to 21 – 30 years and 20% parents belongs to 41 – 50 years and 3.8% parents belongs 51 and above.
- The variable, gender of parents 43.8% of were Male and 56.2% of were Female.
- As regard to qualification PG, Diploma 75% of parents, 1-12 classes 20% of parents and 5% of were illiterate.
- As regard to occupation 71.2% of parents have private job, 3.8% of parents have government and 25% of parents have other type of job.
- The variable, income in parents 30% of 3001 to 7000, 16.2 of more than 10,000, 31.2% of 7000 to 10,000, 22.5% of 6001 to 7000 of parents.
- The variable, 51.2% parents belongs to nuclear family, 47.5% parents belongs to joint family and 1.2% parents belongs to nuclear family.

In relation to the sources of information 8.8% of parents for getting information from friends, 17.5% of them from relatives, 5% them from mass media, 18.8% of them from health personnel and 50% of them from school authority.

Conclusion

On the basis of analysis of the study the following conclusion were drawn. It also brings out the limitation of the study into the picture. The implications are given on the aim of midday meal programme facilities, nutritive values, placed, time investment and research it also gives insight into the future studies.

The knowledge regarding Midday meal programme at selected village of 80 samples. 1.2% parents are having good knowledge, 71.2% parents are having average knowledge and 27.5% parents are having poor knowledge.

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