Research Article

A DESCRIPTIVE STUDY TO ASSESS ON KNOWLEDGE REGARDING PREVENTION OF PICA AMONG MOTHER OF UNDER FIVE CHILDREN IN SELECTED AREA

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ARTICLE INFO	ABSTRACT
	"PICA" is a term that refers to craving for substances that are not foods (chalk, ashes, orbones) not normally eaten that occurs in nutritional deficiency states in humans or animals or in some forms of mental illness. Between 10% & 30% of kids ages 1-6 years have the eating disorder pica, which is characterized by persistent & compulsive craving (lasting 1month or longer) to eat nonfood items. The word "PICA" comes from the "LATIN" word for "MAGFPIE", a bird known for its large & indiscriminate appetite. PICA is most common in people with developmental disabilities, including autism &mental disabilities & in children between the age of 2 & 3.In India about 35% of populations were children .They has a special place in the lives of the people, but a large number of children become a cause of sorrow because of illness & ultimate death. Pica is one of the most dangerous eating disorder especially among small children[13]. Children eat certain ingredients like lead, it is very poisonous & can damage the stomach lining & may even kill. Other non- food items also contains harmful chemicals that may not only poison but also result in other very serious health conditions like Intestinal obstruction, Constipation, Ulcerations, Perforations, Iron ,Zinc deficiency anaemia, Electrolyte metabolic disorder, Tooth wear, Hypokalemia. The objective of the study was to assess the level of knowledge on PICA among mothers of under five years children and to find out an association between level of knowledge with their selected socio-demographic data. A non-experimental descriptive approach was considered in this study using a purposive sampling technique method. The result shows that 70% of the mothers had average knowledge and 30% of mothers had poor knowledge level of knowledge. Further, none of them had good knowledge on pica prevention in the knowledge level. The study indicated that the non of the socio demographic variables like age education level, type of families, religion, number of children, occupation, Family income, resides, previous knowledge regarding pica, past history of pica were with knowledge level because chai square found less than table value .

INTRODUCTION

Health of children is the vital to the nation's present &its future. Healthy children are more likely to become healthy adults. Protecting& promoting the health of children is an important goal in itself. Child's health includes Physical well being, Mental well being, and Social well being[1]

"PICA" is a term that refers to craving for substances that are not foods (chalk, ashes, or bones) not normally eaten that occurs in nutritional deficiency states in humans or animals or in some forms of mental illness. Between 10% & 30% of kids ages 1-6 years have the eating disorder pica, which is characterized by persistent & compulsive craving (lasting 1month or longer) to eat nonfood items. The word "PICA" comes from the "LATIN" word for "MAGFPIE", a bird known for its large & indiscriminate appetite. PICA is most common in people with developmental disabilities, including autism & mental disabilities & in children between the age of 2 & 3.[3]

PICA also may surface in children who've had a brain injury frequently crave & consume nonfood items such as :- Dirt, Clay, Paint chips, Plaster, Chalk, Cornstarch, Laundry starch, Baking soda, Coffee grounds, Cigarette ashes ,Burnt match heads, Cigarette butts, Feces, Ice Glue, Hair, Buttons, Paper, Sand, Toothpaste, Soap.[4]

PICA is an eating disorder than can result in serious health problem, such as lead poisoning & iron deficiency anemia. Another explanation is that pica is a cultural feature of certain

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religious rituals, folk medicine & magical beliefs. E.g. some people in various cultures believe that eating dirt will help them incorporate magical spirit into their bodies.[5]

Need For Study

In India about 35% of populations were children .They has a special place in the lives of the people, but a large number of children become a cause of sorrow because of illness & ultimate death. Pica is one of the most dangerous eating disorder especially among small children[13]. Children eat certain ingredients like lead, it is very poisonous & can damage the stomach lining & may even kill. Other non- food items also contains harmful chemicals that may not only poison but also result in other very serious health conditions like Intestinal obstruction, Constipation, Ulcerations, Perforations, Iron ,Zinc deficiency anaemia, Electrolyte metabolic disorder, Tooth wear, Hypokalemia.[5]

Researchers has estimated that 33% of children ingest more than 10 grams of soil 1 or 2 days a year .The soil ingestion rate reported in Australia, Canada, Israel, Iran ,Wales ,Turkey, Janaica. In some countries, Uganda e.g. soil is available for purchase for the purpose of ingestion. Pica is reported to be problematic in 70% of the provinces in Turkey.[8]

The true incidence of pica is not knows but it is estimated to be 75% in infants , 15% in 2-3 years old toddlers & 10-33% among the institutionalized mentally retarded children.[9]

Statement of Problem

"A Descriptive study to assess on knowledge regarding prevention of PICA among mother of under five children in selected area of Mohandas, Jalandhar."

Objectives of Study

- To assess the level of knowledge on PICA among mothers of under five years children.
- To determine mean, standard deviation and mean percentage of knowledge on PICA
- To find out an association between level of knowledge with their selected socio-demographic data.

RESEARCH METHODOLOGY

Research Approach: Non-experimental descriptive approach was considered

Research Design; In this study descriptive design will be used.

Research settings: study research was conducted in Mohandas, Jalandhar, Punjab.

Population: study population consist of mothers of under five children I village Mohandas, Jalandhar, Punjab.

Dependent variables: Knowledge on PICA among mothers of under five children.
Extraneous variables: Sociodemo- graphic variables.

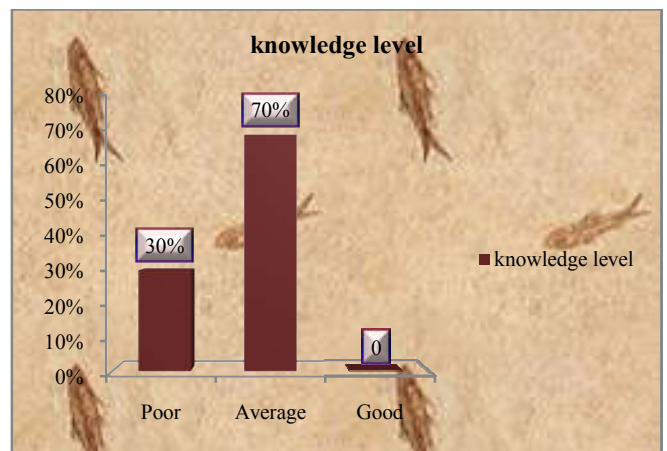## Sample &Sampling technique

Sample size: number of mothers is 50

Sampling techniques: In this study purpose sampling technique was used

Data Analysis & Interpretation

n=50

Sr.No.	Sociodemographic variables	Category	Frequency(f)	Percentage (%)
1	Age	<25	13	26
		25-30	26	52
		>30	11	22
2	Education	Illiteracy	2	4
		Matric	27	54
		Graduate	18	36
		Post graduate	3	6
3	Type of family	Joint	23	46
		Nuclear	27	54
4	Religion	Hindu	24	48
		Sikh	22	44
		Muslim	2	4
		Christian	1	2
		Other	1	2
5	No. of children in family	One	18	36
		Two	18	36
		Three	10	20
		More than three	4	8
6	Occupation	Housewife	41	82
		Labour	2	4
		Non-government	4	8
		Government	3	6
7	Income	<5,0000/-	14	28
		5,001-10,000/-	16	32
		10,001-15,000/-	12	24
		>15,001/-	8	16
8	Area of living	Urban	50	100
		Rural	0	0
9	Previous knowledge	Yes	41	82
		No	9	18
10	Past history of Pica	Yes	9	18
		No	41	82

Assessing the Knowledge Level Score on Pica Prevention Among Mothers of Under Five Years Children

Sr. No.	Level of knowledge	Range of score	Frequency	Percentage (%)
1	Poor	<50% (<15)	15	30
2	Average	50-75% (15-22)	35	70
3	Good	>75% (>22)	0	0

Figure 1 Depicts the knowledge level of knowledge on pica prevention among mothers of under five years children. The result shows that 70% of the mothers had Average knowledge and 30% of mothers had poor knowledge level of knowledge. Further, none of them had good knowledge on pica prevention in the knowledge level.

Table 3 shows aspect wise knowledge scores on pica prevention among mothers of under five years children. (Aspects wise Mean Standard Deviation & Mean percentage)

N=50

Sr. No.	Aspects	Number of items	Mean(ẍ)	S.D	Mean percent (ẍ %)
1	General Information	4	1.7	0.85	42.5
2	Risk factors & causes	4	1.24	0.54	31
3	Sign & symptoms & Complications	10	4.7	1.64	47
4	Prevention & Management	12	7.76	1.70	64.66.
5	**TOTAL**	**30**	**15.62**	**3.021**	**52.06**

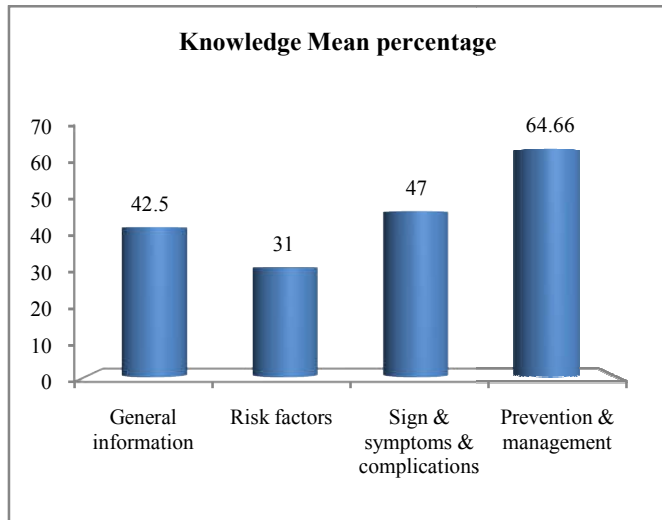**Knowledge Mean percentage**

Table 3 showed the aspect wise knowledge of mothers. The result indicates that mothers of under five years children had highest mean knowledge score of 64.66% in the aspect of prevention of pica and highest standard deviation of prevention of pica is 1.70,followed by mean knowledge score of 47% in the aspect of regarding sign symptoms and complication and standard deviation of sign &symptoms and complication is 1.64, a mean knowledge score of 42.5% in the aspect general information and standard deviation is 0.85 , a mean knowledge score of 31% and standard deviation is 0.54 in the aspect of regarding causes and risk factors. However, the overall mean knowledge score was found to be 15.62 and standard deviation found to be 3.021,and mean percentage found to be 52.06%.

Depicts association between knowledge with socio demographic variables among mothers of Under five children.

N=50

Sr.No	Socio demographic variables	Category	Poor f	Poor %	Average f	Average %	Total	Chi Square Value
1	Age	<25	1	7.69	12	92.31	13	7.01 (5.99)
		25-30	12	46.15	14	53.85	26	
		>30	2	18.18	9	81.82	11	
2	Education	Illiteracy	1	50.00	1	50.00	2	1.82 (7.82)
		Matric	9	33.33	18	66.66	27	
		Graduate	5	27.78	13	72.22	18	
		Post graduate	---	---	3	100.00	3	
3	Type of family	Joint	8	34.78	15	65.22	23	0.44 (3.84)
		Nuclear	7	25.92	20	75.07	27	
4	Religion	Hindu	5	20.83	19	79.17	24	5.79 (9.49)
		Sikh	9	40.90	13	54.09	22	
		Muslim	---	-------	2	100.00	2	
		Christian	1	100.00	---	------	1	
		Other	---	-------	1	100%	1	
5	No. of	One	5	27.77	13	72.22	18	

	children in family	Two	6	33.33	12	66.67	18	2.29 (7.82)
		Three	4	40.00	6	60.00	10	
		More than three	---	-------	4	100.00	4	

Continue Table No. 4

Sr.N0	Sociodemographic Variables	Category	Poor f	Poor %	Average F	Average %	Total	Chi Square Value
6	Occupation	Housewife	12	29.26	29	70.73	41	2.8 (7.82)
		Labour	-	-	2	100.00	2	
		Non-government	1	25.00	3	75.00	4	
		Government	2	66.67	1	33.33	3	
7	Income	<5,0000/-	5	35.70	9	64.28	14	0.74 (7.82)
		5,001-10,000/-	4	25.00	12	75.00	16	
		10,001-15,000/-	3	25.00	9	75.00	12	
		>15,001/-	3	37.50	5	62.50	8	
8	Area of living	Urban	15	30.00	35	70.00	50	0 (3.84)
		Rural	-	-	-	-	--	
9	Previous knowledge	Yes	13	31.70	28	68.29	41	0.29 (3.84)
		No	2	22.22	7	77.78	9	
10	Past history of Pica	Yes	5	55.56	4	44.44	9	3.39 (3.84)
		No	10	24.39	31	75.60	41	

P = 0.05 level

Table4: indicated that the non of the socio demographic variables like age education level, type of families, religion, number of children, occupation, Family income, resides, previous knowledge regarding pica, past history of pica were with knowledge level because chai square found less than table value .

DISCUSSION

The knowledge level of knowledge on pica prevention among mothers of under five years children. The result shows that 70% of the mothers had Average knowledge and 30% of mothers had poor knowledge level of knowledge. Further, none of them had good knowledge on pica prevention in the knowledge level.

The result indicates that mothers of under five years children had highest mean knowledge score of 64.66% in the aspect of prevention of pica and highest standard deviation of prevention of pica is 1.70,followed by mean knowledge score of 47% in the aspect of regarding sign & symptoms and complication and standard deviation of sign &symptoms and complication is 1.64, a mean knowledge score of 42.5% in the aspect general information and standard deviation is 0.85 , a mean knowledge score of 31% and standard deviation is 0.54 in the aspect of regarding causes and risk factors. However, the overall mean knowledge score was found to be 15.62 and standard deviation found to be 3.021,and mean percentage found to be 52.06%.

The questionnaire is used to gather data. The analysis of collection data shows that from whole samples (50) 30% having Poor Knowledge and 70% Average Knowledge about prevention of pica among mothers under five years children and 0% have Good knowledge.

CONCLUSION

Descriptive Statistics we concluded that 70% People having Average Knowledge, 30% People having Poor knowledge & 0% People having Good knowledge. The obtained overall Means & Standard Deviation is 15.62 & 3.021

Nursing Implication: The finding of the present study has implication in the area of Nursing practice education Administration & Research.

Nursing Practice: Nurses working in community area facing problems of low co-operation of relatives & parents of diseased children as it will ultimately resulted in early death of child.

Nursing Education: knowledge regarding Pica & its prevention & skills to help children to widen their knowledge but to enhance quality of nursing care.

Nursing Administration: Nurses administration can provide a continuing education programmes to teach nurses & other students regarding prevention of Pica.

Nursing Administration: To enhance its professional stature strives for continued development of relevant of mothers regarding Pica & its prevention.

Recommendation: A large scale study can be conducted to generalize the findings.

1. A similar study can be conducted on the mothers living in urban areas.
2. Provide education for the mothers to improve their knowledge about prevention of Pica.

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