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Research Article

KNOWLEDGE ON TREATMENT OF COMMON MINOR AILMENTS AMONG MOTHERS OF UNDER FIVE CHILDREN'S, LAKSHMIPURAM, KURNOOL

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ABSTRACT

Introduction: Kids are most susceptible to cough and cold, these being infectious, if the mother or care taker of the baby have cold, the baby will almost catch it, therefore it is very important for all the peoples around the baby to protect themselves from catching it. Mal nutrition directly or indirectly associated with 13% of under five mortality globally, and an estimated 18% in India. It is important to treat minor ailments at initial stage if it prolongs will cause further complications and distraction of regular physical and psychological functions.

Objective: The aim of present study was to assess the knowledge on home remedies for treatment of common minor ailments among mothers of under five children's.

Materials and Methods: A quantitative descriptive study was done to 100 mothers of under five children's from Rural area of Lakshmipuram, Kurnool. Knowledge was assessed using administration of structured questionnaire on treatment of minor ailments.

Results: The frequency and percentage distribution of overall knowledge score of mothers of under five children's on treatment of minor ailments majority of the respondents have average knowledge level 65%, 22% of the respondents have below average knowledge and 13% of them have above average knowledge.

Conclusion: Majority of the under five children's mothers have average knowledge levels regarding treatment of minor ailments.

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INTRODUCTION

Every child has a fundamental right to his total health and we have an obligation to fulfill this faith, to bring child happily from child hood to adolescent is a difficult task and requires an approach that is carefully planned, coordinate and implemented by knowledge people. Kids brighten up our life and home with their soulful laughter, childish talk and unlimited energy; it is difficult see them sick in bed. But children up to the age of five have low immunity and hence are prone to many illness; children are most commonly affected by infectious diseases. The most common ailments of children's include common cold and cough, headache, fever, flu, sore throat¹. Many minor ailments can be treated at home such as fever, diarrhea, common cold & cough, conjunctivitis, skin allergy etc. The age of under five have low immunity and are prone to many illness,

school going children's are most affected by infectious diseases the most common health problems among children's are, common cold and cough, vomiting, diarrhea, constipation, skin allergy².

The number of children's in the world dying before their 5th birthday, fall below 10 million to 9.7 million in south asia, 3.1 million in India, 2.1 million in other countries. The goal of 38 by 2015, the average annual rate of reduction in the next 9 years has to be about 7.6%. Worldwide 42 % of fewer than five deaths due to neonatal causes. About 85% in India within 4 weeks of birth³

UNICEF defines less than five mortality as the annual number of deaths of children age fewer than five, expressed as a rate per 1000 live births; more specifically it measures the

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probability of dying between birth and exactly five years of age.⁴ According to 2010 census in India around 200 million children who were below 5 years of age are more vulnerable to mortality and morbidity. In India more than 50 countries have IMR >100 per live birth. 7in100 of these are due to acute Respiratory Tract infections, malaria, malnutrition, diarrhea etc.. Every day millions of parents take children with the potentially fatal illness to health.⁵

In India (2010) has around 10.6 million children's still die before reaching 3/5th birthday. Most of deaths occur due to non availability of portable water, sanitation and health care neglected by the illiterate parents. There is little are no intellectual stimulation. All these conditions are non conducive for growth and development of child.⁶ Even the epidemiological studies have indicated consistent results in both rural and urban settings of Nellore district (7,8,9,10,11,12,13,14,15,16,17,18,19,20)

The aim of present study was to assess the knowledge of mothers of under five children's regarding treatment of common minor ailments.

Detailed Research Plan

Research Approach: Quantitative Approach.

Research Design: Descriptive design.

Research Setting: The study was conducted in Kurnool a rural area of Lakshimpuram.

Sampling Technique: Convenience sampling technique

Sample Size: A total of 100 mothers of under five children's were included in this study.

RESULTS AND DISCUSSION

Table 1 Frequency and percentage distribution of overall knowledge score of mothers of under five children's on treatment of minor ailments.

S.NO	Category	Frequency	Percentage
1	Below average	22	22 %
2	Average	65	65 %
3	Above average	13	13 %

The above data shows the frequency and percentage distribution of overall knowledge score of mothers of under five children's on treatment of minor ailments.

Majority of the respondents have average knowledge level i.e. 65%, 22% of the respondents have below average knowledge and 13% of them have above average knowledge.

Table 2 Mean and standard deviation of knowledge score of mothers of under-five children's on treatment of minor ailments

Sl.no	Knowledge level	No. Of items	Mean	Standard deviation
1.	Treatment of minor ailments among mothers of under-five children's	30	17.76	4.09

The data describes the mean and standard deviation of knowledge score of mothers of under-five children's on treatment of minor ailments obtained mean value for 30 items is 17.76 with 4.09 as standard deviation.

Table 3 Over all area wise knowledge scores on treatment of minor ailments among mothers of under five children

S.no	Category	Max score	Mean	Standard deviation	Mean percentage
1.	Meanings & types of minor ailments	974	0.67	0.78	1.35%
2.	Causes of minor ailments	337	2.58	0.82	0.66%
3.	Symptoms of minor ailments	278	3.34	1.40	0.64%
4.	Complications of minor ailments	153	2.44	1.68	0.60%
5.	Treatment of minor ailments	260	3.94	1.18	0.65%
6.	Homemade treatment of minor ailments	349	2.44	1.68	0.60%
	Over all scores	2451	17.76	7.54	4.5%

Table 4 Area wise assessments of knowledge scores on meaning and types of minor ailments among mothers of under five children's

S.no	Area	Max score	Mean	Standard deviation	Mean percentage
	Meaning of ailments				
	Types of minor ailments				
1.	Meaning of fever	65			
2.	Meaning of cough & cold	70			
3.	Meaning of conjunctivitis	70	3.89	0.78	0.67%
4.	Meaning of diarrhoea	68			
5.	Meaning of skin allergy	68			
6.	Meaning of skin allergy	50			
7.	Meaning of diarrhoea	68			
	Over all scores	974			

Above data includes 7 items regarding meanings of minor ailments shows that 65(65%) of respondents are answered correctly to meaning of minor ailments.

Table 4 Association between the knowledge scores of mothers of under-five children's on Treatment of minor ailments with selected variables

Demographic variable	N	Df	Table 2 Calculated 2	Level of significance
• Age	100	6	12.5921	Ns
• Educational status	100	2	5.991	S*
• occupation	100	4	9.488	Ns
• Type of family	100	2	5.991	Ns
• Economical status	100	6	12.59	Ns
• Number of under five children's	100	4	9.488	Ns
• source of information	100	6	12.59	S*

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