

A Study to Evaluate the Effectiveness of Nutritional Education Programme on Knowledge Regarding Importance of Protein among People Residing at Paravai in Madurai

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Abstract

Good nutrition is an important part of leading a healthy lifestyle. Diet can help to reach and maintain a healthy weight, reduce the risk of chronic diseases Protein is an important component of every cell in the body. This study is to evaluate the effectiveness of nutrition education programme regarding importance of protein among people residing at paravai, Madurai. The study revealed that after nutritional education program majority of the subjects had adequate knowledge about importance of protein, nurses can educate and encourage the people about significance of Protein and implications of importance of Protein and to out-reach his/her community to foster a Healthy Citizen and so a Healthy Nation.

Keywords: Nutritional education programme; Protein; knowledge; Rural.

Introduction

*“Healthy nation develop from healthy citizen”,
Healthy citizens develop from healthy children”,
so the health of nation is in the hands of the people!*

Good nutrition is an important part of leading a healthy lifestyle. Diet can help to reach and maintain a healthy weight, reduce the risk of chronic diseases (like heart disease and cancer), and promote overall health. Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Human body uses protein to build and repair tissues, also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of muscles, bones, cartilage, skin, and blood.

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Protein is a “macronutrient,” meaning that the body needs relatively large amounts of it. Vitamins and minerals, which are needed in only small quantities, are called “micronutrients.” But unlike fat and carbohydrates, the body does not store protein, and therefore has no reservoir to draw on when it needs a new supply.

The protein energy (PE) ratio is a measure of dietary quality, and has been used in the 2007 WHO/FAO/UNU report to define reference requirement values with which the adequacy of diets can be evaluated in terms of a protein quality corrected PE ratio. It is likely that about one third of this sedentary rural population is at risk of not meeting their requirements. These levels of risk of deficiency are in a population with relatively low BMI populations, whose diets are also inadequate in fruits and vegetables. Therefore, while the burden of enhancing the quality of protein intake in rural India exists, the quality of the diet, in general, represents a challenge that must be met.

Statement of the Problem

A study to evaluate the effectiveness of nutritional education programme on knowledge regarding importance of protein among People residing at paravai in Madurai.

Objectives

1. To assess the level of knowledge regarding importance of protein among people residing at paravai in Madurai.
2. To evaluate the effectiveness of nutrition education programme regarding importance of protein among people residing at paravai, Madurai.
3. To associate the pretest and post test level of knowledge on importance of protein among people with their selected demographic variables.

Hypotheses

H1: There is a significant difference between the pretest and post test level of knowledge on importance of protein among people residing at paravai in Madurai.

H2: There is a significant association between the level of knowledge on importance of protein among people residing at paravai in Madurai, with

their selected socio demographic variables.

Assumptions

The people may have varying level of knowledge about importance of protein.

Data Collection Procedure

A formal approved was obtained from Samayanallur medical officer. The study were identified are selected based on the inclusion criteria and using non probability convenient sampling technique. A total of 30 rural people were selected residing at paravai, Madurai. Purpose of the study was explained to the subjects and confidentially was mentioned.

Data Analysis and Interpretation

Section I: Description of socio-demographic variables of the people residing at paravai, Madurai

Table 1: Description of socio-demographic variables of the people residing at paravai, Madurai N=30

S. No	Socio-Demographic Variable	Description	F	%
1	Age	15-25	5	16.6%
		25-35	10	33.3%
		35-45	9	30.0%
		Above 45years	6	20.0%
2	Gender	Female	26	86.66%
		Male	4	13.33%
3	Religion	Hindu	26	86.66%
		Muslim	2	6.66%
		Christian	2	6.66%
		Others	0	0%
4	Educational Qualification	Primary	5	16.66%
		Middle	15	50.0%
		Degree	10	33.33%
		No formal education	-	2.9%
5	Marital Status	Yes	22	73.33%
		No	8	26.66%
6	Number of Children	1	2	6.66%
		2	18	60%
		3	7	23.33%
		3 above 3	3	10%
7	Occupation	business	6	20.0%
		House wife	16	53.33%
		private	6	20.0%
		Government	2	6.66%
8	Family Income	<RS 3000	0	-
		RS3000-5000	5	16.66%
		RS5000-10000	15	50.0%
		Above 10000	10	33.33%
9	Type of Food Habits	Vegetarian	3	10%
		Non vegetarian	-	-
		mixed	27	90%

Section II: Distribution of Knowledge on Importance of Protein among People Residing in Kamban Street at Paravai, Madurai.

The table revealed that pretest knowledge on importance of protein in pretest level among 30

samples majority of them had 17(56.67%)inadequate knowledge, 13(43.33%) of them adequate knowledge. In post test level among 30 subjects 11(36.69%) were inadequate knowledge, 19(63.33%) of them were adequate knowledge.

Table 2: Frequency distribution of level of knowledge on importance of protein among people residing at paravai. N=30

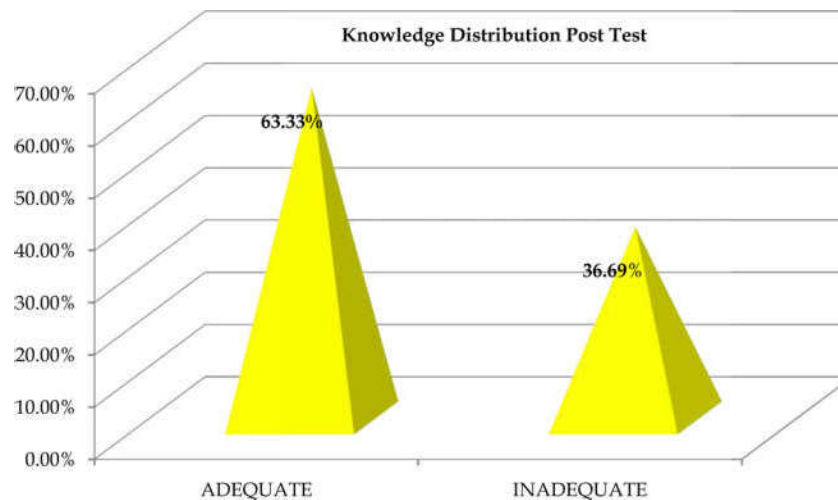
S. No.	Level Knowledge	Pretest		Post Test	
		f	%	f	%
1	Inadequate 0-11	17	56.67	11	36.69
2	Adequate 12-21	13	43.33	19	63.33

Section III: Distribution of Post test Level of Knowledge on Importance of Protein

Figure 1: The cone diagram shows that the

posttest level of knowledge among subjects 63.3% had adequate knowledge and 36.69% had inadequate knowledge .

Fig. 1:



Conclusion

Majority of the subjects had adequate knowledge about importance of protein among people residing at paravai in Madurai. A nurse can educate and encourage the people about significance of Protein and implications of importance of Protein and to out-reach his/her community to foster a Healthy Citizen and so a Healthy Nation.

Recommendations

- The study can be regenerated in urban population
- It can be done among mothers of under five children, nursing mothers.
- The study can be introduced to larger population.

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