

## A Study on Knowledge Level of Lactating Mothers about Anganwadi Services in Kerala

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### **Abstract**

**Background:** There are only limited studies regarding the assessment of knowledge level of lactating mothers regarding anganwadi services in Kerala.

**Objective:** The main purpose of the study is to assess the knowledge level of lactating mothers regarding the services they received from Anganwadi centres'

**Methodology:** Data collected from 102 lactating mothers in Kerala were organized, classified and analysed systematically using mean score, standard deviation, standard error, frequencies and one way-ANOVA

**Findings:** There is significant relationship between districts and knowledge level of lactating mothers about the awareness program about after delivery care. There is significant relationship between region of residence and awareness level of lactating mothers about supplementary nutrition services.

**Limitations:** The major limitation of the study is that a survey is done among the lactating mothers and the study is based on their opinion. It is a cross-sectional investigation with self-designed questionnaire

**Scope for future research:** Future research can be done on the study by taking other beneficiaries of ICDS program into consideration. Time series study can be also done under this topic. The study can be repeated in other states of India also.

**Keywords:** ICDS program, Anganwadi centre, lactating mothers, nutrition, morbidity, mortality

### **Introduction:**

Anganwadi are child care institutions working under the umbrella of ICDS. Literally Anganwadi means "Courtyard shelter". Anganwadi centers were formed by Government of India in 1975 for Laying down foundation for the holistic development of children. It also

focuses in the reduction of mortality rates, morbidity rates, and malnutrition and school dropouts. One of the main objectives is to enhance the capability of mothers by providing various services to women from the pregnancy stage itself. Supplementary nutrition, awareness programs on pregnancy care, health and nutrition information through home visits, advisory and counselling services are some of them. Most of the beneficiaries are not aware about these services and remain unutilized. These types of programs will be beneficial for the development of the country through the development of human resources.

**Rationale of study:**

As there are only limited studies on the assessment of knowledge level about Anganwadi schemes and services especially among lactating mothers. The objective of ICDS includes “to enhance the capability of mothers “which is to be started from the pregnancy stage itself and continue in after delivery stage” also. Anganwadi centers are offering different services to lactating mothers and it is essential to know how many of them are aware about such schemes and services. Thus, the present study aims to assess the knowledge level of lactating mothers regarding Anganwadi services in Kerala.

**Objectives of the study:**

1. To know about the different services provided by Anganwadi centre to lactating mothers
2. To assess the knowledge level of lactating mothers about services of Anganwadi
3. To find out whether demographic variables affect the knowledge level of lactating mothers regarding Anganwadi services

**Hypothesis of the study**

H1: There is no significant relationship between districts and awareness level of lactating mothers about after delivery care services by anganwadi

H2: There is no significant relationship between region of residence and awareness level of lactating mothers about supplementary nutrition services

**Methodology**

**Data collection:** For the study data was collected from both primary and secondary sources. Primary data was collected with the help of a well-structured questionnaire. A seven-point Linkert scale was used in the study. Books, research papers, journals, online sources etc were used for secondary data collection.

**Population and sample design:** Lactating mothers from different parts of three districts were randomly selected from the three regions of Kerala, is the population of the study.

Multistage sampling method is used for the study. First stage, researcher divides Kerala into three regions north, central and south. In the second stage one district from each region was selected randomly. Blocks were randomly selected for the study in the third stage and questionnaires were distributed randomly among the lactating mothers.

**Sample size:** The sample size used for this study was 102 determined after conducting a pilot study. The data collected is analysed with the help of SPSS software.

**Tools for analysis:** The collected data was organized, classified and analysed systematically using mean score, standard deviation, standard error and one way-ANOVA

**Results /analysis:** The findings of the study are discussed below after completing analysis

### Hypothesis testing

Hypothesis 1:

H0: There is no significant relationship between districts and knowledge level of lactating mothers about after delivery care services by Anganwadi

H1: There is significant relationship between districts and knowledge level of lactating mothers about after delivery care services by Anganwadi

Table 1: Relationship between districts and awareness level of lactating mothers about after delivery care services by Anganwadi

Variable	District	N	Mean	Standard Deviation	Standard Error
Knowledge level about the after-delivery care services by anganwadi	Alappuzha	34	7	.00000	.00000
	Ernakulam	34	7	.00000	.00000
	Kannur	34	7	.96050	.20521
	Total	102	7.1515	.58815	.07240

Source: primary data

There are not many variations in the awareness level of lactating mothers about after delivery care services by Anganwadi.

	Sum of squares	df	f	sig
Between Groups	3.030	2	4.907	.010
Within Groups	19.455	99		
Total	22.485	101		

From the table it is clear that the sig value is 0.010 which is less than p value 0.05. Thus, reject null hypothesis and alternate hypothesis is accepted.

Hypothesis 2:

H0: There is no significant relationship between region of residence and knowledge level of lactating mothers about supplementary nutrition services

H1: There is significant relationship between region of residence and knowledge level of lactating mothers about supplementary nutrition services.

Table 3: Region of residence and knowledge level about supplementary nutrition services

Variable	Region of Residence	N	Mean	Standard Deviation	Standard Error
Knowledge level about the supplementary nutrition services	North	34	10.000	1.97605	.42129
	Central	34	9.4091	1.43623	.30621
	South	34	8.3636	1.09307	.23304
	Total	102	9.2576	1.6697	.20519

There

Source: primary data

are deviations in the knowledge level of lactating mothers about the supplementary services provided by Anganwadi centers. It is common to see these variations and it is statistically significant.

Table 4: ANOVA

	Sum of squares	df	f	sig
Between Groups	30.212	2	6.327	.003
Within Groups	150.409	100		
Total	180.621	102		

Source: primary data

From the table it is clear that the sig value is 0.003 which is less than p value 0.05. Thus, reject null hypothesis and alternate hypothesis is accepted.

### Discussions (findings):

From the study the following inferences are made. There is significant relationship between districts and knowledge level of lactating mothers about after delivery care services by anganwadi, it may be of the publicity and programming pattern of Anganwadi centers in each district are different. There is significant relationship between region of residence and awareness level of lactating mothers about supplementary nutrition services, northern region has more mean value and SD, it is the distribution pattern of supplementary nutrition by Anganwadi canters and beneficiaries making use of it.

### **Implications & Limitations:**

The present study helps in the upliftment of awareness level of public about the services provided by Anganwadi centers rather than pre-school education and will try to utilize them effectively. This topic will also help the researchers and practitioners on the topic and serve as a basis for future research. The major limitation of the study is that a survey is done among the pregnant women and the study is based on their opinion. It is a cross-sectional investigation with self-designed questionnaire

### **Conclusion:**

The main objective of the study is to assess the knowledge level of lactating mothers regarding the Anganwadi services provided to them. From the study it is concluded that knowledge level of lactating mothers are influenced by certain factors like, district, region of residence, blocks etc as the pattern of implementation of the programs and services are different in different parts of the state.

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