

Znanje, stavovi i ponašanje o potrebitosti pravilne ishrane u populaciji medicinskih sestara u Akure Ondo području-Nigerija

The knowledge, attitude and practice of adequate nutrition among nursing mothers in Akure North local Government Area of Ondo state-Nigeria

Adegboro Joseph Sunday, Adeleke Olasunkanmi Rowland, Adegbola Deborah Folasade

Department of Human Kinetics and Health Education
Adekunle Ajasin University Akungba-Akoko, Ondo State, Nigeria

Sažetak

Provedeno istraživanje opisuje znanje, stavove o prehrane majki koje su medicinske sestre i dobru praksu adekvatne prehrane kod dojilja u području Akure koja se nalazi u sjevernom dijelu lokalne samouprave u državi Ondo-Nigerija. Učinjena je dekriptivna analiza, a studiju su uključene žene starosne dobi od 15 do 45 godina. Instrument koji se koristio za prikupljanje podataka je originalni upitnik koji su istraživači samostalno izradili. U studiju je uključeno dvjesto ispitanika. Za analizu podataka korišteni su podaci koji su šifrirani te uneseni u statistički paket za društvene znanosti (engl. SPSS). Rezultati pokazuju da ispitanici imaju zadovoljavajući obim znanja i pozitivan stav prema adekvatnoj prehrani, ali ne prakticiraju adekvatnu prehranu. Starosna dob majke nema značajan utjecaj na adekvatnu prehranu majke, dok društveno-ekonomski status i obrazovna razina majki imaju značajan utjecaj na praksu adekvatne prehrane u dojlja u Sjevernoj Akure zajednici. Stoga se preporučuje da se edukacija o prehrani, senzibilizacija i povećanje obima znanja redovito provode na lokalnom jeziku, te da se primjenjuju metode u svrhu promjena ponašanja uporabom komunikacijskih metoda koje sadržavaju strategije čiji su ciljevi povećanje obima znanja područja kulture ishrane. Povećanje obima znanja povezanog s hranjenjem dojenčadi i malog djeteta trebaju provoditi vjerske vođe, nastavnici, nevladine organizacije, ženske udruge i vodeći zdravstveni edukatori kako bi se premostio jaz između znanja i prakse.

Glavne riječi: zadovoljavajuća prehrana • stupanja znanja majki medicinskih sestara majki • stavovi i svakodnevna praksa

Kratki naslov: Stupanj znanja, stavovi i svakodnevna praksa zadovoljavajuće prehrane u populaciji majki medicinskih sestara

Abstract

This study investigates the knowledge, attitude and practice of adequate nutrition among nursing mothers in Akure north local government area of Ondo state. Descriptive survey research design was adopted for the study and the population for this study comprises of all women of childbearing age (15-45 years). The instrument used for data collection is a questionnaire which was constructed by the researchers to obtain information for the study. A sample of two hundred respondents was used in this study. The data was checked, coded and statistical package for the social sciences (SPSS) was used.

The findings revealed that respondents have good knowledge and positive attitude towards adequate nutrition, but do not practice adequate nutrition. In addition, mother's age does not have significant influence on adequate nutrition among mother while social economic status and educational level of mothers have significant influence on the practice of adequate nutrition among nursing mothers in Akure North Local government, Ondo state.

According to results, we recommended that nutritional education, sensitization and empowerments could be performed regularly. The one must usage local language. Behavior changes must be detected through communication interventions using strategies appropriate which target on culture, beliefs and practices related to infant and young child feeding need to be performed using religious leaders, teachers, NGOs, female associations, and frontline health educators to bridge the gap between knowledge and practice.

Key words: Adequate Nutrition • Nursing Mothers Knowledge • Attitude and Practice

Running head: The knowledge, attitude and practice of adequate nutrition among nursing mothers

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Autor za korespondenciju/Corresponding author: Adeleke Olasunkanmi Rowland, Department of Human Kinetics and Health Education, Adekunle Ajasin University Akungba Akoko, Ondo State
Email: rowlyandy@gmail.com

Introduction

All living organisms including human being needs a balanced proper amount of nutrients for proper functioning of the body. Nutrition is an essential pillar of human population, health and development throughout the entire lifespan [1].

In the early stages of development, all parts of the infant is growing physically, mentally and socially, which is important for optimal supply of energy and nutrients to

the body [2, 3, 4]. Therefore, an adequate balanced supply of nutrients is highly required to prevent malnutrition [5], which can affect the health and development of the child, malnutrition impairs the intelligence and productivity of the baby. It also leads to a heightened risk of chronic non-communicable diseases in the later life [5, 6]. Therefore, knowledge attitude and practice [KAP] of mothers on in-

fant and young child feeding in this are very important for the child's health, growth and development [7, 8, 9 10]. The main predisposing factors of malnutrition among children include household food insecurity, inadequate health and sanitation services, limited knowledge of the mothers on proper feeding practices such as exclusive breastfeeding, complimentary feeding, appropriate food type, and mix, and limited time for care during pregnancy.

Poor practice on proper infants and young child feeding is a major factors contributing to malnutrition in sub-Sahara Africa [11, 12, 13, 14]. In this study it was affirmed that the colostrums feeding is about indicating a huge gap between knowledge and practice among sub-Sahara nursing mother good knowledge, and positive attitude toward the care of an infant and a young child feeding is very crucial to maintain. This practice promotes the health and improves the nutritional status of the child [7, 8, 9, 10]. In some developing countries, 62% of the mothers knows the time to start additional food items at the age of 4 to 6 months [15]. The study confirms that 70% of the mothers in Nigeria have good nutrition knowledge. This can serve as a notification information pertinent to level of education and experience from the motherhood. Education has an important effect on mothers' nutrition knowledge, attitudes and on dietary intake of children [16].

Nutritional status of nursing mother is influenced by some factors such as socioeconomic factors, level of education and age range. Factors such as older age mothers, rural residence [10], being a housewife having other infants will have influence on proper and adequate nutritioning of a nursing mother in developing countries [17, 18], the low economic status of the mothers were more likely to affect adequate nutrition and exclusive breastfeeding [14]. Most of the research works referred to were to were carried out in other parts of the world and considering the importance of good nutritional practices on the health of mother and child, in a third world countries like Nigeria. There is a dare need to access the level of knowledge, attitude and practice of adequate nutrition in Akure Local Government Area of Ondo State; Nigeria. The need to generate such data is the problem of this study.

Research Questions

1. What is the level of knowledge on adequate nutrition among nursing mothers in Akure North local government area of Ondo State?
2. What is the attitude of nursing mothers towards adequate nutrition in Akure North local government area of Ondo State?
3. What is the level of practicing nutrition among nursing mothers in Akure North local government area of Ondo State?
4. What is the influence of the following variables; socioeconomic status, level of education and age on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

Research Hypotheses

This study consists hypotheses, as follows:

1. Social economic status of mothers will not have significant influence on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.
2. Educational Level of mothers will not have significant influence on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.
3. Age of mother will not have significant influence on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

Method

The research was carried out using descriptive survey research design. Population for this study comprises of all women of childbearing age residence in Akure North Local Government Area of Ondo State. The sample of this study consists of two hundred (200) women of childbearing age residing in Akure North Local Government Area of Ondo State. Multi-stage sampling technique was used which involves dividing the population into groups. The first stage involved the random sampling of (10) quarters. The second stage involved the random selection of two (2) streets from each quarters. The third stage involved the systematic sampling of five (5) houses of each of the three streets selected. The fourth stage also involves the random sampling of two (2) people of child-bearing age from each house earlier selected. The instrument used for data collections is a questionnaire that was constructed by the researchers to obtain information from the respondents for the purpose of the study. Three experts in health education validated it and it has a reliability coefficient of 0.93 when subjected to test-retest method of reliability. The researchers personally administered the questionnaire to the respondents. Two hundred (200) copies of questionnaire were administered to the respondents and after filling were all returned.

Data was checked, coded and entered to Statistical Package for the Social Sciences (SPSS) version 20 [Alpha was set at 0.05 level].

Result and Discussion

Research Question 1:

What is the level of knowledge on adequate nutrition among nursing mothers in Akure North local government area of Ondo State?

TABLE [1] The level of knowledge of respondents on adequate nutrition

Statistics		
N	Valid	200
	Missing	0
Mean		21.7300
Std. Deviation		2.61943

The data in the table [Table 1] showed a statistical mean of 21.7300 which is greater than the table mean of 18 meaning that the respondents have knowledge on adequate nutrition.

Research Question 2:

What is the attitude of nursing mothers towards adequate nutrition in Akure North local government area of Ondo State?

TABLE [2] The attitude of respondents towards adequate nutrition

Statistics		
N	Valid	200
	Missing	0
Mean		21.0300
Std. Deviation		2.68985

The data in the table [Table 2] showed a statistical mean of 21.0300 which is greater than the table mean of 16.6 meaning that the respondents have positive attitude towards adequate nutrition.

Research Question 3:

What is the level of adequate nutritional practice among nursing mothers in Akure North local government area of Ondo State?

TABLE [3] Respondent nutritional practices

Statistics		
N	Valid	200
	Missing	0
Mean		12.7350
Std. Deviation		1.85797

The data in table [Table 3] showed a statistical mean of 12.7350 which is lesser than the table mean of 20 meaning that most of the respondents do not have good nutritional practices.

Research Hypothesis 1:

Social economic status of mothers will not have significant influence on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

Data in table [table 4] represents Pearson Correlation. Table showing the influence of Social economic status of

TABLE [4]

Correlations			
		INCOME	PRACTICE
Income	Pearson Correlation	1	.120*
	Sig. (1-tailed)		.045
	N	200	200
Practice	Pearson Correlation	.120*	1
	Sig. (1-tailed)	.045	
	N	200	200

*. Correlation is significant at the 0.05 level (1-tailed).

mothers on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

At table [table 4] showed a Pearson Correlation value of .120 which is significant (.045) at 0.05 level of significance, therefore the hypothesis is rejected meaning that the social economic status of mothers has significant influence on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

Research Hypothesis 2:

Educational Level of will not have significant influence on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

At table [table 5] Pearson Correlation table showing the influence of mothers' educational level on practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

TABLE [5]

Correlations			
		LEVEL OF EDUCATION	PRACTICE
level of education	Pearson Correlation	1	.202**
	Sig. (1-tailed)		.002
	N	200	200
Practice	Pearson Correlation	.202**	1
	Sig. (1-tailed)	.002	
	N	200	200

** Correlation is significant at the 0.01 level (1-tailed).

At table, [table 5], showed a Pearson Correlation value of .202 which is significant (.002) at 0.05 level of significance, therefore the hypothesis is rejected meaning that the educational level of mothers has significant influence on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

Research Hypothesis 3:

Age of motherhood will not have significant influence on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

TABLE [6] Pearson Correlation table showing the influence of mothers age on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

Correlations			
		AGE	PRACTICE
Age	Pearson Correlation	1	.037
	Sig. (1-tailed)		.302
	N	200	200
Practice	Pearson Correlation	.037	1
	Sig. (1-tailed)	.302	
	N	200	200

At table, [table 6] showed a Pearson Correlation value of .037 which is not significant (.302) at 0.05 level of significance, therefore the hypothesis is accepted meaning that the age of mothers has no significant influence on the practice of adequate nutrition among nursing mothers in Akure North local government area of Ondo state.

Discussion

On adequate knowledge on nutrition study shows that respondent have adequate knowledge on nutrition these findings supported by the results from the study of Akeredolu, Osisanya, Seriki-Mosadolorun [15]. Okorafor and colleagues from 2014 who confirm that about 70% of the mothers in Nigeria have good nutrition knowledge. It is also in line with the research conducted by Agedew, Demissie, Misker, Haftu from 2014. It was stated that some developing countries, 62% of the mothers knows the time to start additional food items at the age of 4 to 6 months.

On having positive attitude towards adequate nutrition. It was revealed that respondents have positive attitude toward adequate nutrition. This survey corresponds with the findings of other published studies [7, 8, 9, 10], which opined that positive attitude of the mothers on proper nutrition of an infant and young child is very crucial to maintain, this promotes the health and nutritional status of the children.

Study reveals that most of the respondents do not have good nutritional practices, although they have good knowledge and positive attitude towards adequate nutrition this supported the findings of Rashid et colleagues [11], which confirmed that poor practice on proper nutrition of infants and young child is a major factor contributing to malnutrition in sub-Sahara Africa. Also in line with the study of Patel et al., [12], Sonko and Worku, [13], Sriram et al.

[14], whom in their study affirmed that the colostrums feeding is about indicating a huge gap between knowledge and practice among sub-Sahara nursing mother.

Study also shows that the social economic status of mothers has significant influence on the practice of adequate nutrition. These findings agree with the findings of UNICEF 2014 [8] which opined that nutritional status of nursing mother is influenced by some factors such as socioeconomic status, level of education and age. It corroborate with the results of the study conducted by Sriram et colleagues from 2013 [14].

Which states that low economic status of the mothers is more likely to affect adequate nutrition and exclusive breastfeeding.

On education level of them, other it was revealed that educational level of mothers has significant influence on the practice of adequate nutrition among nursing mothers in the study area. This finding correlate with the findings of studies conducted by Imdad, Yakoob and Bhutta from 2011 [16]. Which affirms in their study that level of education of nursing mothers has an important effect on mothers' nutritional knowledge, attitudes and on dietary intake of children.

Study shows that the age of mothers has no significant influence on the practice of adequate nutrition among nursing mothers in the study area. This finding disagree with the findings of UNICEF (2014), Motee et al(2013) & Tan (2011) which affirmed that factors such mother with old age will have significant influence on practice of adequate nutrition on infant and young children. The difference between the current funding and the previous ones can be explained by the difference among the population.

Conclusion

Based on the findings of this study, one could conclude as follows;

- i Nursing mothers in Akure North local government area have good knowledge and attitude but do not practice adequate nutrition due to the economical situation in Nigeria.
- ii Social economic status and educational level of mothers have significant influence on the practice of adequate nutrition among nursing mothers in Akure North Local government, Ondo state.
- iii The age of mothers does not have significant influence on the practice of adequate nutrition among nursing mothers in Akure North Local Government, Ondo State.

Recommendations

In view of the findings of this study, the following recommendations could be of benefit:

- i This study recommends that nutrition education, sensitization and empowerments could be established regularly in Akure North Local Government in (local languages).

- ii Government should ensure integrated and subsidized maternal services including, food supplements for pregnant women, nutritional counselling and education that empowers women to make informed decisions.
- iii Government should enforce community linkages and mobile MCH to benefit women in the rural set up for better nutrition and health. Nutritional messages could be advocated for through electronic and print media.
- iv. Behavior change through communication interventions using strategies with appropriate target on culture, beliefs and practices related to infant and young child feeding need to be organized using religious leaders, teachers, NGOs, female associations, and frontline health educators to bridge the gap between knowledge and practice.
- v. Female education could be supported to government and NGOs as it will go a long way to improve future behavior of such women concerning health.

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