

To assess the nutritional awareness and develop the product along with self-care educational booklet for pregnant woman

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■ **ABSTRACT** : Healthy eating is important at all stages of life, especially during pregnancy. A healthy diet before, during and after pregnancy improves maternal health and decreases the risk of pregnancy complications, birth defects and chronic disease in children in later adulthood. The present investigation was conducted to assess the nutritional awareness of the pregnant mothers and develop the self-educational booklet for them. In this research, questionnaire-cum-interview method was adopted for the collection of the data. The pregnant mothers were selected randomly. Most of the pregnant mothers were found unaware about nutrition aspects.

■ **KEY WORDS** : Pregnant mothers, Nutritional awareness, Development of booklet

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In the Indian epic Mahabharata, a woman was always blessed as “*sau putravati bhawah*” (be the mother of hundred sons), because in those days the prime role of women was childbearing. The situation has not changed much since then as till date in many parts of India, mainly rural areas, the main role assigned to her is that of a child bearer. Thus, pregnancy is one of the most important events in life of an Indian woman.

Pregnancy is a creative and productive period in the life at a woman. It is one of the vital events, which needs special care from conception of postnatal period. It is a journey of dramatic physical, psychological and social change of becoming a mother for the newborn child. Every mother wants to enjoy the nine months period with the baby inside her; the joyful experience of the pregnancy is not always joyful. Sometimes it is associated with problems of varying severity.

During pregnancy, a woman experiences a very intense period of growth and development. The mother's nutritional status influences the composition of her breast milk, making optimal nutrition during lactation which is important for the growth and development of infant. Calcium plays important role in pregnancy (Imdad *et al.*,

2011).

■ RESEARCH METHODS

One hundred pregnant mothers were selected randomly. The data were collected from the respondents by questionnaire - cum - interview method. The informations obtained in the present investigation were analysed statistically by using percentage, arithmetic mean, correlation co-efficient (r).

■ RESEARCH FINDINGS AND DISCUSSION

Data in Table 1 give details about the awareness of pregnant mothers about nutrition. Only 26.0 per cent women were aware about nutrition and majority of women (74.0%) were unaware (Fig. 1).

Table 1 : Distribution of pregnant mothers according to awareness about nutrition (n=100)

Awareness about nutrition	frequency	Per cent
Yes	26	26.0
No	74	74.0
Total	100	100.0

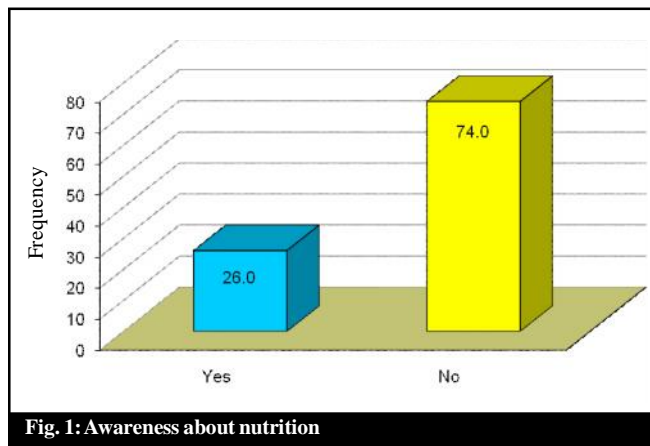


Fig. 1: Awareness about nutrition

Data of Table 2 depict distribution of pregnant mothers according to awareness about balanced diet. Fewer pregnant mothers (24.0%) were having knowledge about balanced diet and maximum (76.0%) respondents were not aware about balanced diet (Fig. 2).

Awareness about balance diet	Frequency	Per cent
Yes	24	24.0
No	76	76.0
Total	100	100.0

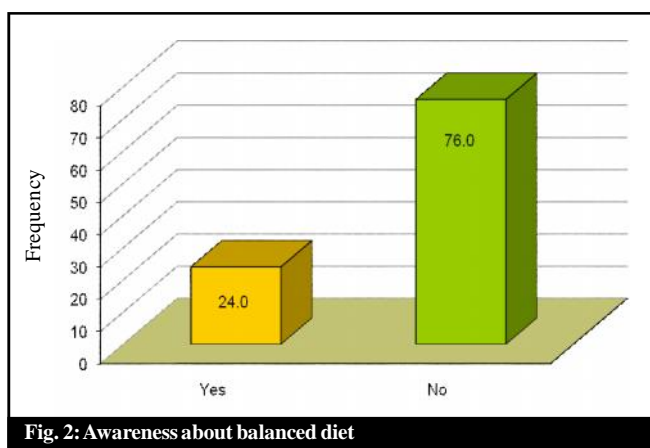


Fig. 2: Awareness about balanced diet

Table 3 gives details about the awareness of pregnant mothers in relation to RDA. 95.0 per cent pregnant women

Awareness about RDA	Frequency	Per cent
Yes	5	5.0
No	95	95.0
Total	100	100.0

were found unaware about recommended dietary allowances and only 5.0 per cent were knowing the RDA (Fig. 3).

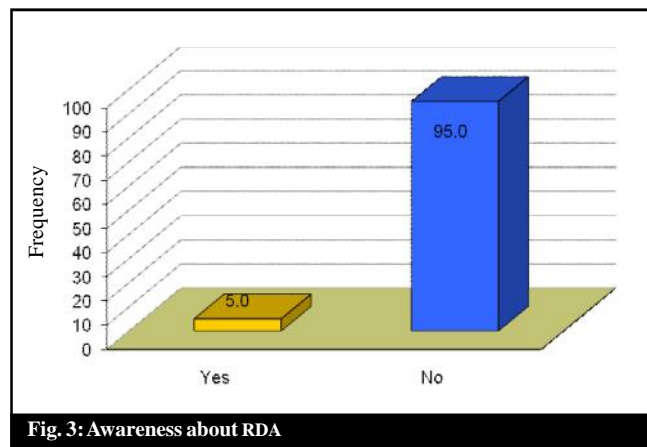


Fig. 3: Awareness about RDA

Table 4 reveals that majority of the respondents were unaware about weight gain during pregnancy (64.0%) and only 34.0 per cent are aware of this fact (Fig. 4).

Awareness about pregnancy weight gain	Frequency	Per cent
Yes	36	36.0
No	64	64.0
Total	100	100.0

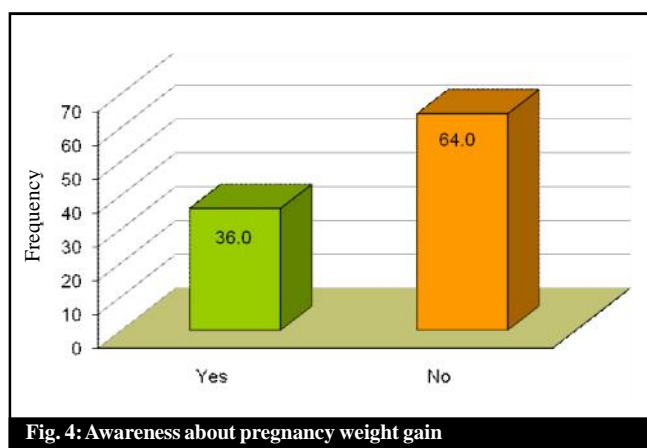


Fig. 4: Awareness about pregnancy weight gain

Table 5 depicts that 56.0 per cent mothers were aware about complications during pregnancy and 44.0 per cent were

Awareness about pregnancy-related complications	Frequency	Per cent
Yes	56	56.0
No	44	44.0
Total	100	100.0

unaware (Fig. 5).

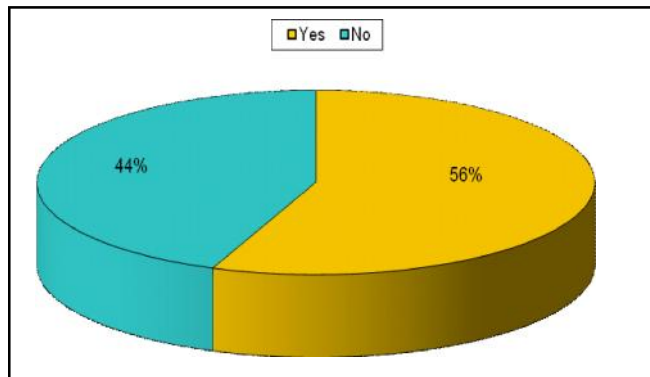


Fig. 5 : Distribution of pregnant mothers according to awareness about pregnancy related complications

Conclusion:

An awareness about healthy diet and lifestyle during

pregnancy and lactation can ensure optimal pregnancy outcomes. Healthy weight gain will aid in improving the pregnancy outcomes, decrease post-pregnancy weight retention, and the risk of the child acquiring chronic diseases in the future.

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