

**“A STUDY TO ASSESS THE AWARENESS AND UTILIZATION OF CHILD
WELFARE PROGRAMMES AMONG THE MOTHERS OF THE UNDER-FIVE
CHILDREN’S SELECTED RURAL AREA IN JIND, HARYANA.”**

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ABSTRACT

A study to assess the awareness and utilization of Child welfare programmes among the mothers of the under-five children selected rural area in Jind, Haryana was conducted by Suman for partial fulfilment of the requirement of PhD Nursing at J.J.T. University in the year 2020-2023. **Methodology-Research approach:** A Descriptive survey approach. **Research design:** The research design is selected for study is descriptive. **Study variables:** Awareness of child welfare programs among mothers of under-five children. Utilization of child welfare programs among mothers of under-five children. **Extraneous variables:** Age of mothers, Religion of mothers, Occupation of mothers, Residence of mothers, Education of mothers, Source of information, Income of family, Type of family, and no. of under-five children. **Population:** In this study, population consists of under-five children’s mothers in rural areas Jind, Haryana **Study settings:** Study conducted in a selected rural area in district Jind Ten villages Haryana Sample: Mothers of under five years children's residing in rural areas of Jind (Haryana) **Sample size:** The sample consists 1000 of mothers of under five years children's selected rural in Jind (Haryana) **Sampling technique:** Convenient sampling technique. This chapter also include the inclusion criteria and exclusion criteria, data collection tools. Data collection tools had three parts. Demographic performa, structured awareness questions and utilization questions. The data analysis done by frequency and distribution tables, mean, median, SD and chi-square test. The content validity of the data collection tool was established by 10 experts including 5 Nursing

Experts. The reliability for the tools was establishing by inter observer reliability. The final study data was collected from July to October 2022. **Results:** - Allocation of samples in accordance with the exposure to participants had previous exposure to health education (584)58.4% and (416)41.6% didn't have , medium level of awareness (858)85.8% followed by (122) 12.2% of low level and (20)2% of high level.

The utilization of child welfare program main stream of participants (955)95.5% were moderately utilizing ,(33)3.3% of inadequate utilization and (12)1.2% of adequate utilization. The chi square values showed a significant association between utilization of child welfare services and the religion of mothers of under-five children. All the other demographic variable didn't show any significant relation neither with awareness or with utilization services. There was no evidence of correlation between the awareness data and utilization of child welfare services among the mothers of under-five children in rural areas of Haryana.

KEY WORDS- study, awareness, utilization, child welfare programmes, mothers, children

INTRODUCTION

The children of today will make up the future population. If the next generation is healthy, theirs. One of the most important aspects in determining a child's health and happiness is the pattern of their growth and development throughout the course of their whole life. There are around 105 million kids below the age of five in the world's population of 6 billion people, and over 10.5 million of them die every year. Most of these fatalities happen in the first year or so of life owing to issues like poor nutrition and lack of care from parents. Children exposure to sickness in non-parental child care is a major concern for parents, and it has been widely discussed in the media, beginning with a flurry of coverage in 1980s and 1990s. As a consequence, public health professionals have accumulated substantial evidence that child health care centres, and to a lesser extent, family-day care centres, expose children to a variety of common infectious diseases, Mal-nutritional deficiency and lack of elementary education in childhood age (0-5 years).

Initial childhood development is considered most critical stage of life and determines quality of lifelong health, well-being, learning and behavior. It is both a time of great opportunity and a vulnerable period of negativity, representing a unique time to

harness developmental forces to prevent or minimize the likelihood of disability and sequel. Each individual's developmental process is highly dependent on the quality of stimulation, support, and encouragement a child experiences in the family, neighborhood, and care environment. If these are lacking or unsupported, a child's development can be severely impaired. However, conclusive evidence indicates that early and appropriate interventions that address risk factors can modify growth, cognitive and social-emotional development in ways that improve long-term health, well-being, and performance. Despite strong evidence that investment is more effective early on, the response to investment has been slow, especially in the poorest countries. Improving early childhood care is fundamental to achieving the Millennium Development Goals. (WHO, 2015).¹

Children are an urgent value to the country. Children might be the absolute best guide for any country whenever created, created and utilized well, while a solid collection of head and the body is a significant component to be taken a gander at in human turn of events. Working on the wellbeing particularly that of a child will be a financially savvy strategy for the improvement of country just as at Globe. Kids include the strong major for the powerful and sound country. (Donovan JJ. 1989)³.

Children and Child Welfare. Since children are our country's backbone, the government should prioritise their health and welfare. The government has begun to provide child welfare programmes in order to promote the holistic growth of children. Child welfare programmes can be provided in two ways: by providing appropriate assistance to families in order for them to successfully care for their children, or by focusing on and intervening directly with children. **Wong DL. (1998).**

This study was conducted with the following objectives.

1. To measure the level of awareness regarding child welfare programs among mothers of under-five children in a selected rural area in Jind, Haryana.
2. To measure the existing utilization regarding child welfare programs among mothers of under-five children selected area in Jind Haryana.
3. To correlate the awareness with the utilization of child welfare programs among mothers of under-five children of mothers and demographic variables.
4. To determine the association between awareness of child welfare programs among mothers of under-five children with their selected demographic variables.

5. To determine the association between the utilization of child welfare programs among mothers of under-five children with their selected demographic variables.

Research hypothesis

H₁ The level of awareness and use of child health services among mothers of under-5 children in certain rural areas of Jind, Haryana, will be significantly correlated.

H₂ The specified demographic characteristics and the mothers of kids under age of five's awareness of child welfare services will be significantly correlated.

H₃ The use of child welfare services by mothers of kids under age of five and the chosen demographic factors will be significantly correlated.

Null hypothesis

H₀₁ The level of awareness and use of child health services by mothers of under-five children in a few rural regions of Jind, Haryana, will not be significantly correlated.

H₀₂ There will be no statistically significant relationship between the mothers of under-5 children's awareness of child welfare services and the demographic factors they have chosen.

H₀₃ The mothers of under-five children's use of child welfare services and the chosen demographic factors will not be significantly correlated.

REVIEW OF LITERATURE

Review of literature related to following child welfare program headings: -

- ❖ Review of literature related to integrated childhood development scheme.
- ❖ Review of literature related to immunization program.
- ❖ Review of literature related to vitamin 'A' prophylaxis program.
- ❖ Review of literature related to Iodine deficiency disorders (IDD) control program.
- ❖ Review of literature related to Iron Prophylaxis against nutritional anaemia program.
- ❖ Review of literature related to National Diarrhoeal Diseases Control Program.
- ❖ Miscellaneous review of literatures

RESEARCH METHODOLOGY

- ❖ **Research approach:** A Descriptive survey approach will be used.
- ❖ **Research design:** The research design is selected for the study is descriptive.
- ❖ **Study variables:**
- ❖ Awareness of child welfare programs among mothers of under-five children.

- ❖ Utilization of child welfare programs among mothers of under-five children.
- ❖ **Extraneous variables:** Age of mothers, Religion of mothers, Occupation of mothers, Residence of mothers, Education of mothers, Source of information, Income of family, Type of family, and no. of under-five children.
- ❖ **Population:** In this study, the population consists of under-five children mothers in rural areas Jind, Haryana
- ❖ **Study settings:** The study will be conducted in a selected rural area in district Jind Ten villages Haryana
- ❖ **Sample:** Mothers of under five years children's residing in rural areas of Jind (Haryana)
- ❖ **Sample size:** The sample consists 1000 of mothers of under five years children's selected rural in Jind (Haryana)
- ❖ **Sampling technique:** Convenient sampling technique will be used in this study.
- ❖
- ❖ **OPERATIONAL DEFINITION:**
- ❖ **Study:** Investigation and analysis of mothers of under-five year's children regarding Child welfare program.
- ❖ **Assess:** Evaluate or estimate the nature, ability, or quality of mothers of under five years children regarding child welfare program.
- ❖ **Awareness:** Knowledge or perception of a situation or fact regarding the Child welfare program of under five years from their awareness score.
- ❖ **Utilization:** The action of making practical and effective use of something regarding the Child welfare program of under five years from their utilization score.
- ❖ **Child welfare program:** Refer to the statutory procedure or social efforts to design to promote the basic physical and mental well-being of children need. The welfare program is Mid-day meal, ICDS, Improving infant and child feeding (IYCF), Aapki Beti Hamari Beti, Integrated child protection scheme (ICPS), Poshan Abhiyan, immunization program, vitamin 'A' prophylaxis, Iodine deficiency program, anaemia deficiency program and diarrhoea prevention program.
- ❖ **Mothers:** Refer of those mothers who have under five children and were present during data.
- ❖ **Under five year's children:** Refer to the children 0-5 Years of the age who have completed five years of age at the time of the visit of the investigator.
- ❖ **INCLUSION CRITERIA:**
- ❖ Mothers of under-five children
- ❖ Mothers residing in selected rural areas of Jind, Haryana
- ❖ Mothers who can understand the Hindi/ English Language

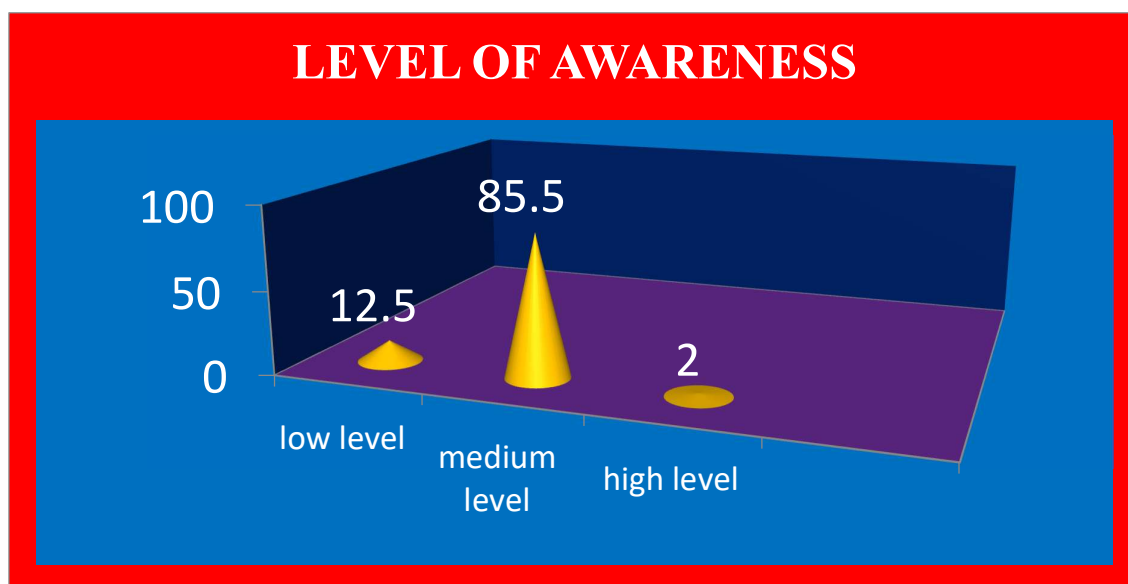
- ❖ Mothers who are willing to participate in this study
- ❖ The study is limited to 1000 samples.
- ❖ **EXCLUSION CRITERIA:**
- ❖ Who are not willing to participate in the study?
- ❖ Who are not available during data collection?
- ❖ Mothers who do not have under-five children
- ❖ Mothers who don't live in rural areas
- ❖ **PLAN FOR DATA ANALYSIS:**
- ❖ Statistical analysis helps researchers make sense of quantitative information statistical procedures enable researchers to summarize, organize, evaluate, interpret, and communicate numeric information.
- ❖ The data obtained were analysed in terms of the objectives of the study using descriptive and inferential statistics. The plan of the data analysis was developed under the excellent direction of experts in the field of Nursing and Statistics.

ANALYSIS AND INTERPRETATION /RESULT AND DISCUSSION

ALLOTMENT OF THE SUBJECTS IN REFERENCE TO THE AWARENESS SCORE ABOUT CHILD WELFARE PROGRAMS.

Awareness level of mothers	Frequency	Percentage (%)
Low level of awareness	122	12.2%
Moderate level of awareness	858	85.8%
High level of awareness	20	2%
Total	1000	100%

TABLE 35-The awareness program data depicts that the mainstream of subjects had medium level of awareness (858)85.8% followed by (122) 12.2% of low level awareness and (20)2% of high level of awareness.



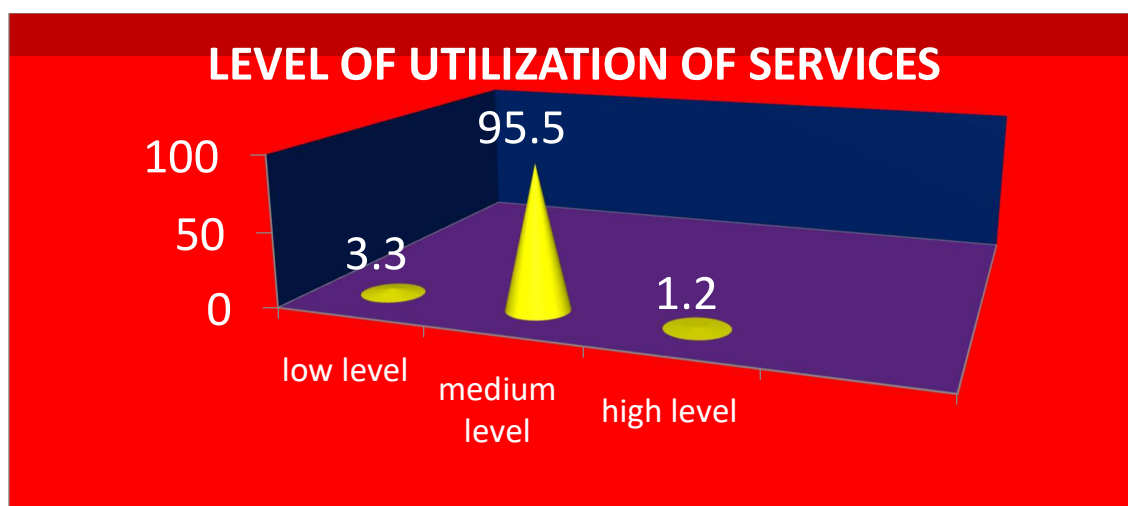
Utilization Result

Utilization level of child welfare services	Frequency	Percentage (%)
Inadequate utilization	33	3.3%
Moderate utilization	955	95.5%
Adequate utilization	12A child's rational growth, communal change, sensitive growth, physical growth, motor development, and psychological development are all set out throughout the first six years of life. There are 157.86 million children in India who have not yet reached the age of six, and a sizeable	1.2%

proportion of those youngsters do not get adequate medical, nutritional, sanitary, child care, educational, or other related services. The (ICDS) was formed in 1975 with the purpose of defending the rights of all children across the globe, with a particular emphasis on those children who are the most marginalized members of society. The ICDS offers a diverse selection of programs with the goal of fostering children's healthy growth and development at every stage of their lives. Mothers and their young children may have access to a wide array of resources, including as early childhood teaching, fitness and diet edification, vaccines, referral services, and many more with the assistance of ICDS. ICDS also assists mothers in becoming better caregivers for their new-borns. During the course of the eight,

	nine, and ten year plans, ICDS has increased the number of services it offers and taken a number of steps to enhance the quality of those services, all with the intention of achieving the same overarching aim. In addition to the World Bank, UNICEF, USAID, and CARE India	
Total	1000	100%

ALLOTMENT OF THE SUBJECTS IN REFERENCE TO THE UTILIZATION SCORE ABOUT CHILD WELFARE PROGRAMS.



The data from utilization of child welfare program indicates that, the main stream of participants (955)95.5% were moderately utilizing the welfare programs followed by (33)3.3% of inadequate utilization and (12)1.2% of adequate utilization.

COMPARISONS OF IMPORTANT STATISTICAL VALUES RELATED TO AWARENESS OF CHILD

Statistic	Awareness program	Program utilization
N	1000	1000
Mean	24.108	24.025
Median	25	24
Mode	27	22
Std. Deviation	4.864	3.714
Range	27	29
Minimum	14	2
Maximum	41	31

WELFARE PROGRAMS AND UTILIZATION OF CHILD WELFARE PROGRAMS

According to the data, mothers' awareness is on average 24.108 and 4.864 SDs higher than their utilisation, which is on average 24.025 and 3.714 SDs lower.

Summary and conclusion

Included both objective wise and chapter wise summary. Each of the objectives were discussed here. Major findings of this study include

- Regarding the demographic variables
 - Majority of mothers were in the age group 18-25 years of age
 - Majority of others were Hindus
 - Majority of mothers were illiterate
 - Majority of mothers were house wives
 - Majority of mothers got information from health centers.

- Majority of mothers' family income was between 2 lakh and 4 lakh
- Majority of mothers had one under-five child
- Majority of mothers were living in nuclear family
- Majority of mothers had some type of exposure to health education programmes
- The majority of mothers had moderate level of awareness regarding child welfare services
- The majority of mothers were moderately utilizing the child welfare services
- There was no correlation between awareness level and utilization of child welfare services among the mothers of under-five children in Haryana

Study concluded that the mothers of under-five children in rural areas of Haryana, Jind didn't have adequate level of awareness regarding child welfare services. Even the mothers were not adequately utilizing the child welfare services in rural areas of Haryana.

Recommendations are any additional advice a researcher would like to give to other researchers who want to do similar study. They are based on the findings the researcher made during their research and how it will benefit subsequent researchers. It is viewed as a fresh, important step that the research scientist wants to share with incoming students.

- In the current study based on research findings, the investigator has the following recommendations to the researchers.
- 1] Based on this study, a new study with larger samples will improve the generalization of findings.
- 2] A similar study can be a plan by strengthening the external validity of the research.
- 3] A parallel study can also be the plan with a quasi-experimental research design.
- 4] A similar study with causes of ineffective utilization of child health services can be done
- 5] Some component of the present research can also be studied in detail

- 6] Prospective longitudinal studies may be carried out with the same problem statement.
- 7] Same type of study can be done for various types health services
- 9] This study may be repeated for urban areas or semi-urban areas too
- 10] May be this study can be extended with other population
- 11] Every school and college should promote a similar kind of study to assess the awareness and utilization of health care provided for general population.
- 12] These data can be utilized by the government and they can make some improvement in the delivery of health care services.

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