SOCIO-ECONOMIC CHARACTERISTICS OF MOTHERS AND NUTRITIONAL STATUS OF THEIR PRE-SCHOOL CHILDREN IN NANDO, OYI LOCAL GOVERNMENT AREA ANAMBRA STATE

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Abstract

This study assessed the socio-economic characteristic of mothers with the nutritional status of their pre-school children in Nando Oyi Local Government Area Anambra state. Semi-structured questionnaire was used to collect basic information on the children and their mothers; also oral interview was used. The level of education and occupation of mothers affected the nutritional status of pre-schools in SJAPNS, positively and in CPNS, the response was negative on their children's nutritional status.

Key: Malnutrition, Socio-economic status and mothers/pre-scholars

Large numbers of pre-school children are at risk of specific nutrient deficiencies because majority of people are poor to acquire food containing essential nutrient (Acc/SCN, 2002, UN/SCN, 2002). The high levels of malnutrition and its known synergetic relationship exacerbate pre-school children vulnerability to disease and infections, thus the nutritional status of young children determines to a considerable degree the rate of physical growth. Poor nutritional status of pre-scholars has negative consequences on their long term development (Okeke and Nanayelugo, 1989 and Ngwu, 2004). Malnutrition among the pre-scholars has environmental influence especially on nutrition, Mothers educational levels and socio economic status are most important than genetics in determining the somatic growth of the pre-scholars as growth is rapid then. The under nutrition deficiencies of essential nutrient consumed triggers infections and this is a recurring decimal among the poor rural dwellers in Nigeria (Okeke, 1988)

Nando belongs to this category of rural areas. Better educated parents will promote better nutritional status for their children and adult productivity. This is one of the ways of breaking the rational cycle of poverty and poor nutritional status (WHO), 1993; Haddad 1996; FAO/WHO, 2000 and Ugwu, 2008). This researcher is therefore interested in finding out the socio–economic characteristics of mothers with the nutritional status of their pre-school children in Nando.

Statement of Problem

Nando is one of the areas in Anambra State known for its high agricultural production, predominantly yam, cassava and rice. Food consumption and state nutrition are dependent on whole complex socio-economic factors which are closely interrelated. The prevalence of malnutrition is very high globally associated with high rate of mutability in the children under the five years especially in developing countries. Nnanyelugo and Ngwu (1993) observed that producers may have fussed some food product in other to purchase other necessities of life, often times many may not have the purchasing power over nutrition. Increase in food production does not necessarily mean the community will consume adequate diet.

Consequent effect of inadequate intake of food in any community has more impact in the pre-school children in the form of stunted growth and constant illness. Meeting nutrient requirement depends on what food and combination consumed. Chronic deficiencies in essential nutrient were evidence in poor rural dwellers whose food intake were constantly inadequate. The current severe economic situation in Nigeria affects the consumption of essential food intake.

Objective of the Study

To compare the socio-economic characteristics (educational level and occupation) of mothers with the nutritional status of their pre-scholars

Materials and Methods

Study Area

Nando is one of the eight communities that make the Oyi Local Government Area of Anambra State. The inhabitants of Nando are predominantly farmers. The ecological zone in which Nando is pleaded offers it a very high potential for agriculture.

Subject

The population of the study was pre-scholars, children between the ages of two and five years in Community Primary and Nursery School Nando (CPNS) and St. John

Ark Primary and Nursery School Nando (SJAPNS). Two hundred and twenty seven pre-school children and two hundred and twenty-seven mothers were used for study.

Sampling Technique

A sample of two hundred and twenty-seven pre-scholars was used for the study. In SJAPNS, one hundred and eighty pre-scholars and CPNS one hundred and nineteen were used. All the populations were used for the study

Instrument used for Data Collection

Structured questionnaire were used for data collection. This was done by the help of two trained assistants. Mothers or care givers in the household were interviewed.

Statistical Analysis

Data from questionnaire were analyzed as mean, standard deviation, frequencies, percentages, and chi-square were used to establish the relationship between the two different schools (Obi, 2003).

Socio-economic Characteristics of Mothers and Nutritional Status of their Pre-School Children in Nando

Results

Table 1.1: Age and Sex Distribution of the Pre-scholars

Age (yrs)	Males F(%)	Females F(%)	SJAPNS Total F(%)	Males F(%)	Females F(%)	CPNS Total F(%)
2	5(4.6)	0(0)	5(4.6	4(3.4	6(5.0	10(8.4
3	23(21.3)	19(17.6	42(38.9	13(10.9	11(10.1)	24(20.2)
4	27(25)	14(12.9	41(38.0)	28(23.5)	14(11.8	42(35.3
5	12(11.1)	8(7.4)	20(18.5)	25(21.0)	18(14.3)	42(36.1)
Total	**67(62.0)**	**41(38.0)**	**100(100)**	**70(58.8)**	**49(41.2)**	**119(100)**

Characteristic	SJAPNS F(%)	CPNS F(%)	TOTAL F(%)
Type of family			
Monogamy	72(66.7	87(73.1)	159(70.0)
Polygamy	36(33.3)	32(26.9)	68(30)
Total	**108(100)**	**119(100)**	**227(100)**
Family size			
1-3	11(10.2	13(10.9	24(10.6)
4-7	69(63.9)	55(46.2)	124(54.6)
7-9	12(11.1)	27(22.7)	39(17.2)
10-12	7(6.5)	4(3.4	11(4.8
Above 12	9(8.3)	20(16.8	29(12.8)
Total	**108(100)**	**119(100)**	**227(100)**
Religion			
Christianity	94(87.0)	100(92.4)	104(89.9)
Islam	11(10.2)	7(5.9)	18(7.9)
Others	3(2.8)	2(1.7)	5(2.2)
Total	**100(100)**	**119(100)**	**227(100**

Table 1.2: Basic Characteristic of Children's Family

SJAPNS St. John Ark Primary and Nursery School Nando
CPNS: Community Primary and Nursery School Nando

Table 1.3: Basic Characteristics of Mothers

Characteristics	SJANPS F(%)	CPNS F(%)	TOTAL F(%)
Age (years)			
Less than (20)	115(13.9)	15(12.6)	30(13.2)
20-35	16(14.8)	16(13.4)	32(14.1)
26-35	45(41.7)	71(59.6)	116(5.1)
36-40	27(25.0)	16(13.4)	43(18)
More than 40	5(4.6)	1(0.8)	6(2.6)
Total	**100(100)**	**119(100)**	**227(100)**
Mothers level of education			
No formal education	14(13.0)	22(18.5	36(15.8)
Primary education	14(13.0)	15(12.6)	29(12.8)
Secondary education	30(27.0)	22(18.5)	52(22.9
Tertiary	50(46.3)	60(50.4)	110(43.5)
Total	**100(100)**	**119(100)**	**227(100)**
Marital status			
Farming	14(13.0)	11(9.2)	25(11.0)
Housewife	23(21.3)	26(21.8)	49(21.6)
Petty trading	18(16.6)	14(28.6)	52(22.9)

Civil servant	45(41.7)	44(37.0)	89(39.2)
Business	8(4.7	4(3.4	12(5.2)
Total	**100(100)**	**119(100)**	**227(100)**
Income of mothers			
Low (below N10,000)	25(23.1)	24(20.2)	49(21.6
Medium - (N10,000 - N30,000)	37(34.3)	84(70.6)	121(53.3)
High (above N31,000)	46(42.6)	11(9.2	57(25.1)
Total	**100(100)**	**119(100)**	**227(100)**

Table 1.3 shows that greater percentages of mothers from both SJAPNS and CPNS were aged 26-35 years. 47.7% and 59.65 respectively in SJAPNS and CPNS 13.0% and 8.55 of the mothers respectively has no formal education. Most of the mothers were civil servants (41.7% and 37.0%) in SJAPNS and CPNS RESPECTIVELY. Most parents care givers were of medium income cadre (34.3%) in SJAPNS and in CPNS.

Table 1.4 shows that in CPNS children whose mothers received tertiary education were significantly (P<0.5) more in normal height –for-age, than those of other levels of education in

SJAPNS they were similar achievement for children from same level of education in SJAPNS pre-scholars has similar achievements for children from same level of education. The prevalence of stunting among children whose mother's tertiary education was lower in CPNS than in SJAPNS. There was significant (PV<0.5) growth achievement for children whose parents were civil servants in both schools. There was high relationship between the educational level and occupation of mothers with the weight for age of their children (x^2=8.01, x^2=7.501) at significance (P<0.25/0.01.0).

	Above normal	SJAPNS Normal	Moderately Stunted	Severely stunted	Total	Above normal	CPNS Normal	Moderately Stunted	Severely stunted	Total
Educational Level										
No Home Education	0(0)	3(2.8)	4(3.7	7(6.5)	14(12.9)	3(2.5	6(5.0)	6(5.0	7(5.8)	23(18.4)
Primary	0(0)	4(3.7)	5(4.6)	5(4.6)	14(12.3)	1(0.8	4(3.4	3(2.5)	6(5.0)	16(13.0)
Secondary	1(0.9)	6(5.6)	10(9.3)	13(12.)	30(27.8)	4(3.4)	7(5.6)	5(4.2)	7(5.9)	26(18.4)
Tertiary	11(10.)	16(14.8)	11(0.2	12(1.9)	50(46.3)	12(10.1)	38(32.9)	6(5.0)	4(3.4)	55(50.0)
Total	**12(11.0)**	**29(26.9)**	**30(27.)**	**37(34.)**	**108(10)**	**20(16.8)**	**55(46.2**	**20(16.8)**	**24(20.2)**	**119(100)**
Occupation										
Farming	2(1.9)	3(2.8)	3(2.8)	6(5.6)	14(12.8)	3(2.5)	3(2.5)	2(1.7)	3(2.5)	11(9.3)
Housewife	1(0.9)	2(1.9)	10(9.3)	10(9.3)	23(21.9)	4(3.4)	10(9.3)	8(6.7)	4(3.4)	26(21.8)
Petty trading	2(1.9)	2(1.9)	5(4.6)	9(8.9)	18(16.7	8(6.7)	12(10.1)	4(3.4)	10(9.3)	34(28.0)
Civil servant	5(4.6)	17(15.7)	11(10.)	12(11.)	45(41.7)	5(4.2)	27(22.7)	5(4.2)	7(5.8)	44(36.9)
Business	2(1.9)	5(4.6)	1(0.9)	0(0)	8(7.4)	0(0)	3(2.5)	1(0.8)	0(0)	4(3.4)
Total	12(11.)	29(26.9)	30(27.)	37(34.)	100(10)	20(16.8)	55(46.2)	20(16.8)	24(20.2)	119(100)

Table 1.4: Cross Tabulation of Educational Level and Occupation of Mothers With Height-for-age of their Children

Education: X^2 = 9.31 P=0.231 X^2 = 8.01 P = 0.025
Occupation: X^2 = 7.781 P=0.241 X^2 = 7.501 P = 0.010
Key: Number in bracket indicates bracket the frequencies Number before indicates the Percentage
SJAPNS St. John Ark Primary and Nursery School Nando
CPNS: Community Primary and Nursery School Nando
AB: Significant (P<0.05)

Table: 1.5 shows that there was low achievement among children whose parents had no formal education and primary education in both schools in CPNS children, whose parents had tertiary education significantly (P<0.05) influenced the nutritional status (weight-for-age) of their children than in SJAPNS Children whose mothers were civil servants were significantly (P<0.05) more in the normal height-for-age in SJAPNS and CPNS as compared with other occupations. In SJAPNS, there was relationship between the level of education and occupation of parents with their nutritional status of their children (X^2=9.354, X^2=5.3)

	Over weight	**SJAPNS Normal**	**Moderately Wasted**	**Severely Wasted**	**Total**	**Over weight**	**CPNS Normal**	**Moderately Wasted**	**Severely wasted**	**Total**
Educational Level										
No Home Education	0(0)	4(3.7)	3(2.8)	7(6.5)	14(12.9)	3(2.5	6(5.0)	9(7.6)	4(0.4)	22(100(0)
Primary	2(1.9)	3(2.8)	5(4.6)	4(3.7)	14(12.3)	2(1.7)	6(5.0)	4(3.4)	4(3.4)	16(1)
Secondary	6(5.6)	10(9.2)	6(5.6)	8.(7.4)	30(27.8)	3.(2.5)	9(7.6)	8(6.7)	6(5.0)	26(1)
Tertiary	15(12.9)	19(17.6)	7(4.6)	9(7.4)	50(46.3)	13(10.)	28(22.)	6(5.0)	8(6.7)	56(5)
Total	**23(21.3)**	**37(34.3)**	**21(19.4)**	**27(25.9)**	**108(100)**	**22(18.)**	**46(38.)**	**28(23.5)**	**23(9.3)**	**119(5)**
Occupation										
Farming	5(4.6)	3(2.8)	3(2.8)	3(2.8)	14(12.8)	3(2.5)	4(3.4)	0(0)	4(1.5)	11(5)
Housewife	3(2.7)	6(5.6)	4(3.7)	10(9.3)	23(21.9)	3(2.5)	9(7.6)	6(5.0)	8(6.7)	26(21.8)
Petty trading	4(3.7)	7(6.5)	3(2.8)	4(3.7)	18(16.7)	5(4.2)	16(13.)	9(7.6)	4(3.4)	34(28.0)
Civil servant	9(8.3)	19(18.5)	8(7.4)	8(7.4)	45(41.7)	11(9.2)	17(14.)	12(10.1)	4(1.4)	44(36.9)
Business	2(1.9)	1(0.9)	3(2.8)	2(1.9)	8(7.4)	0(0)	0(0)	1(0.8)	3(2.5)	4(3.4)
Total	**23(21.3)**	**37(34.3)**	**21(19.4)**	**27(25.90)**	**108(100)**	**22(18.)**	**46(30.)**	**28(23.5)**	**23(19.3)**	**119(100)**

Table 1.5: Cross Tabulation of Educational Level and Occupation of Mothers with Weight-for-age of their Children

Education: X^2 = 6.35P = 0.334 X^2 = 8.221 P = 0.0423
Occupation: X^2 = 7.801 P = 0.361 X^2 = 7.34
P = 0.332
Key: Number in bracket indicates bracket the Number before the frequencies Percentages
SJAPNS St. John Ark Primary and Nursery School and CPNS: Community Primary and Nursery School

AB: Significant (P<0.05)

Table 1.6: Cross Tabulation of Educational Level and Occupational of Mothers with Weight-for-age of their Children

	High height Age	**SJAPNS Normal**	**Moderately Under weight**	**Severely under-weight**	**Total**	**High height age**	**CPNS Normal**	**Moderately Under-weight**	**Severely under-weight**	**Total**
Educational Level										
No formal Education	1(0.9)	3(2.80	5(4.96)	5(4.6)	14(12.9)	1(0.8)	9(7.6)	6(5.0)	6(5.0)	22(18.5)
Primary	0(0)	4(3.7)	6(5.6)	4(3.7)	14(12.9)	2(1.7)	4(3.4)	3(2.5)	6(5.0)	16(12.6)
Secondary	5(5.6)	12(11.1)	9(8.3)	4(3.7)	30(27.7)	4(3.4)	8(6.7)	8(6.7)	2(1.7)	26(8.5)
Tertiary	6(5.6)	25(23.1)	3(2.8)	16(14.8)	50(46.3)	8(6.7)	35(26.7)	13(10.9	6(5.0)	55(50.4)
Total Occupation	**12(11.1)**	**44(40.7)**	**23(21.3)**	**29(26.9)**	**108(100)**	**15(12.6)**	**54(45.4)**	**30(25.)**	**20(15.9)**	**119(100)**
Farming	3(2.7)	4(2.7)	5(4.86)	2(1.9)	14(12.9)	2(1.7)	3(2.5)	2(1.7)	3(2.5)	11(9.2)
Housewife	3(2.7)	6(5.6)	6(8.6)	8(6.7)	23(21.3)	3(2.5)	6(5.0)	7(5.8)	10(9.3)	26(21.8)
Petty Trading	1(0.9)	5(4.6)	5(4.6)	7(4.5)	18(16.7)	5(4.2)	13(10.9)	1(10.9)	3(2.5)	34(28.5)
Civil Servant	5(4.6)	25(21.0)	6(5.6)	9(8.3)	45(41.7)	5(4.2)	29(23.4)	7(5.8)	3(2.5)	44(36.9)
Business	0(0)	4(3.7)	1(0.9)	3(2.8)	8(7.4)	0(0)	3(2.5)	1(0.8)	0(0)	4(3.4)
Total	**12(11.1)**	**44(40.9)**	**23(21.3)**	**29(26.9)**	**108(100)**	**15(12.6)**	**54(45.4)**	**30(25.)**	**19(15.9)**	**119(100)**

Education: x^2=6.35 P=0.334

x^2=7.34 P=0.032

Occupation: x^2=7.801 p=0.361 x^2=7.501 p=0.036

Key: Number in bracket indicates bracket the Number before the frequencies percentages.

SJAPNS: St. John Ark Primary and Nursery School Nando

CPNS: Community Primary and Nursery School Nando

AD: Significant (P>0.005)

Discussion

In CPNS the positive nutritional status was used because the mothers are more educated and had their jobs in addition they had better knowledge of foods values to feed their children. The contrary was the case in SJAPNS healthy and well informed mothers are in a better position to know the nutritional needs of their children. This affirmation agrees with the student of pre-school and school children in Benghazi.

Libya in 1993, it was observed that nutrition and socio-economic status was highly influenced, the children growth particularly during the pre-school and school days when growth is rapid than as genetic factor could.

The negative nutritional status of pre-schools in CPNS might be due to reduced attention from mother. The mother might have directed their attention towards younger children in the family. This observation confirmed that a Marian et al 2001.

Conclusion

The bulk of their diets were on starchy roots and rice which is poor sources of micronutrients, as judges by the results, both mothers' education and occupation had positive impact on the nutritional status of their children.

Recommendations

1. A much more detailed nutrition intervention and education is imperative to eradicate micronutrient malnutrition in Nando.
2. Seminar and workshop in nutrition education for both school and communities are for parents to be better informed on the benefits of education and women empowerment.

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