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**Sulaiman Umar**  
College of Nursing,  
Teerthanker Mahaveer  
University, Moradabad, City,  
Uttar Pradesh, India

**Zainab Aliyu Abdullahi**  
College of Nursing,  
Teerthanker Mahaveer  
University, Moradabad, City,  
Uttar Pradesh, India

**Umar Halliru**  
College of Nursing,  
Teerthanker Mahaveer  
University, Moradabad, City,  
Uttar Pradesh, India

**Isaac Boansi-Nimako**  
College of Nursing,  
Teerthanker Mahaveer  
University, Moradabad, City,  
Uttar Pradesh, India

**Salihu Ismail**  
College of Nursing,  
Teerthanker Mahaveer  
University, Moradabad, City,  
Uttar Pradesh, India

**Corresponding Author:**  
**Sulaiman Umar**  
College of Nursing,  
Teerthanker Mahaveer  
University, Moradabad, City,  
Uttar Pradesh, India

## Evaluation of knowledge regarding midday meal programme among people of pakbara, Uttar Pradesh, India

**Sulaiman Umar, Zainab Aliyu Abdullahi, Umar Halliru, Isaac Boansi-Nimako and Salihu Ismail**

### Abstract

**Background:** Mid-day meal programme (MMP) is a school lunch programme provided by government of India at no cost, its components use in the clinical settings are well defined, the present study aims at defining the people's knowledge regarding MMP.

**Objectives:** To evaluate the knowledge regarding MMP among people of Pakbara, to find the association between the level of regarding MMP among the people with their sociodemographic variables.

**Method:** A study was used to evaluate knowledge regarding MMP among people of Pakbara, Uttar Pradesh. Data was collected from 80 samples using non probability sampling technique by structured questionnaires. The collected data was analysed using descriptive and inferential statistics and presents in the form of tables and figures.

**Result:** 1.2% people have good knowledge, 71.2% have average knowledge while 27.5% have poor knowledge.

**Conclusion:** There was no statistically significant association between sociodemographic variables of the respondents with their level of knowledge.

**Keywords:** evaluation, knowledge, midday meal programme and people of pakbara

### Introduction

Midday-Meal is a meal provided by the government of India at school during break at no cost. Many countries in the world had implemented the program to children regardless of their socioeconomic status to improve attendance rate in primary schools. Midday meal scheme which runs in the edifice of ministry of health and family welfare department, originated during pre-colonial era dated back to 1925 in Madras cooperation by the British governance. "However the programme is intended to give encouragement towards universalization of primary education by increasing enrolment, attendance and retention at the same time impacting on nutrition of students in primary classes". As per supreme court order issued in 2001 all children should be given at least content of 300 calories 8-12 grams of proteins each day for a minimum of 200 days in every government and government aided primary school. Therefore a revision in rules regarding Midday Meal scheme was done in 2004 and as per the guidelines it endorses provision of cooked, nutritive Midday Meal not only to primary school students but also to secondary school children thereby covering the entire Elementary school population in government run schools. Hot fresh cooked meals are meant to cater to roughly one third of the child's nutrient requirement [1, 2, 3].

### Materials and Methods

#### Methodology

**Research approach:** Research Approach is the description of the plan to investigate the phenomenon under study in a structured (quantitative), unstructured (qualitative) or a combination of the two methods (quantitative-qualitative integrated approach). In present study research approach is quantitative method of approach.

**Research design:** The research design the research design refers to the researcher's overall plan for obtaining answer to the research questions. Descriptive survey research design

**Setting of study:** The study setting is the location in which the research is conducted-it can be natural, partially controlled, or highly controlled.

The study was conducted at Pakbara village of Moradabad district, Uttar Pradesh.

**Population:** Population is the aggregation of all units in which a researcher is interested.

**Target population:** A target population consists of the total number of people or objects which are meeting the designed set of criteria by researcher. The target population in this study are people of Pakbara village.

**Accessible population:** It is the aggregate of cases that conform to designated criteria and also accessible as subject for a study. In this study the accessible population are people of Pakbara village.

### **Sampling and sample size**

Sample is defined as representative unit of a target population.

Non-probability sampling method. The proposed sample size for this study was 80.

**Sampling technique:** In this study purposive sampling is used to select the sample.

### **Sampling Criteria**

#### **Inclusion Criteria**

- People of Pakbara village (male and females)
- People's whose children are studying in schools where midday meal scheme is operational
- People who can read, write and speak Hindi or English.

#### **Exclusion Criteria**

- People those who are not willing to participate will be excluded.
- People who are not available at the time of data collection will not be included.

**Variables:** Variables refers to the attributes or characteristics that can have more than one value, such as height, weight. In the present study the research variables are –knowledge regarding midday meal programme.

- **Independent variable:** Variables that are purposely manipulated or changed by the researcher. In this study independent variable is midday meal programme.
- **Dependent variable:** Variables that change as the independent variable is manipulated by the researcher. In this study dependent variable is people.
- **Description of tool:** Structured questionnaire.

**Part A:** Performa for collecting socio-demographic variables it consist of demographic variables like age, sex, area of living, religion, people's income.

**Part B:** Structured knowledge questionnaire to evaluate knowledge regarding midday meal programme among people of Pakbara, Uttar Pradesh. It consist of questionnaire to evaluate the knowledge related to midday meal scheme, this questionnaire consist of 20 questions. A score of one mark was given to every correct answer and zero was given

for wrong answer. The score was ranged as follows- Adequate knowledge-100-75%, Moderate knowledge -74-50%. Inadequate knowledge- below 50%

### **Plan for data collection procedure**

Before actual collection of data, permission was obtained from the head of village. Then the researcher introduce themselves to the respondent regarding the tool. Each respondent will be given 30 minutes to complete the questionnaire.

### **Plan of data analysis and interpretation**

**Data Analysis:** The data were summarized, organized, tabulated and analyzed. The data was analyzed according to the objectives of the study by using non experimental descriptive statistics (frequency and percentage) and an inferential statistics (chi square, anova, student t test).

The analysis and interpretation of data collected from the sample to determine the level of knowledge. A quantitative research approaches are used for the present study. The analysis is done in order to achieve the result of the study.

### **Organization of the study finding**

**Section 1:** Distribution of sample according to the socio-demographic variable.

**Section 2:** Distribution of sample according to the level of knowledge.

**Section 3:** Association between level of knowledge and socio-demographic variable.

**Summary:** In this chapter we have included methodology research approach, research design, population, setting of the study, sample, sample size, sampling technique, criteria for sample selection, selection and development of tools content validity of tools, reliability of tools, description of final tools, pilot study, data collection procedure, plan for data analysis.

### **Results & Discussion**

**Data analysis and interpretation of result:** This chapter deal with analysis and interpretation of the data gather to evaluate the knowledge regarding midday meal programme among people of Pakbara, Uttar Pradesh.

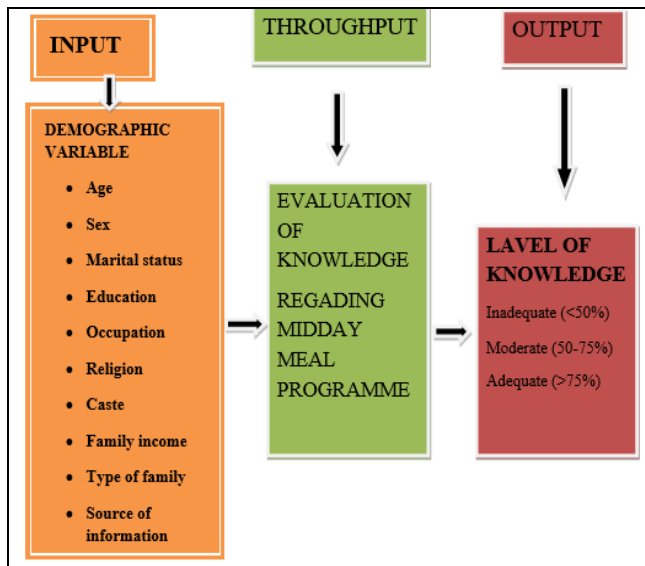
**Organization and presentation of data:** The obtained data were entered into the master sheet for tabulation and statistical processing. Descriptive and inferential statistical methods were used to analyze the collected data. The analysis of the data was organized and finalized according to the plan of data analysis and presented in the form of tables and figures, which is organized under the following sections.

**Section I** Description of demographic variables of the people.

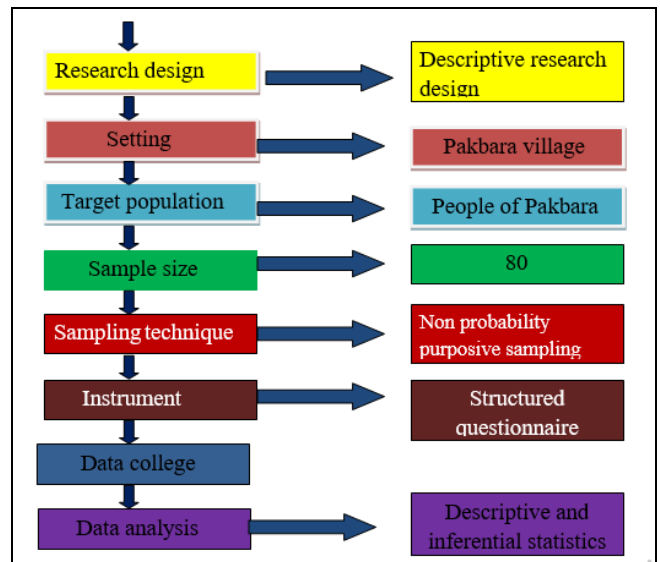
**Section II** Distribution of people according to their level of knowledge'

**Section III** Association between the level of knowledge with demographic variable like age, sex, qualification, family etc.

**Tables and Figures**



**Fig 1:** Conceptual frame work



**Fig 2:** Schematic representation of research methodology

**Section I**

**Table 1:** Description of demographic variables of parents

Sl. No	Demographic Variables	Frequency	Percentage	
1.	Age Of people	21 -30 Years	21	26.2%
		31 – 40 Years	40	50%
		41 – 50 Years	16	20%
		51 and above	3	3.8%
2.	Gender	Female	45	56.2%
		Male	35	43.8%
3.	Qualification	PG, Diploma	60	75%
		1 to 12 class	16	20%
		ILLITERATE	4	5%
4.	Occupation	GOVT	57	71.2%
		PRIVATE	3	3.8%
		OTHER	20	25%
5.	Income	MORE THAN 10,000	13	16.2%
		7,000 TO 10,000	25	31.2%
		6001 TO 7000	18	22.5%
		3001 TO 1000	24	30%
6.	Family	Nuclear	41	51.2%
		Joint	38	47.5%
		Single parent	1	1.2%
7.	Source of information	Health personnel	15	18.8%
		Friends	7	8.8%
		Relatives	14	17.5%
		Mass media	4	5%
		School authority	40	50%

**1-Analysis related to demographic variables,**

- Table 1st is describing the frequency among the parents with their selected demographic variables like age, gender, qualification, occupation, income, source of information.
- The variables, age in present study were 50% parents belongs to 31 – 40 years and 26.2% parents belongs to 21 – 30 years and 20% parents belongs to 41 – 50 years and 3.8% parents belongs 51 and above.
- The variable, gender of parents 43.8% of were Male and 56.2% of were Female.
- As regard to qualification PG, Diploma 75% of parents, 1 -12 classes 20% of parents and 5% of were illiterate.

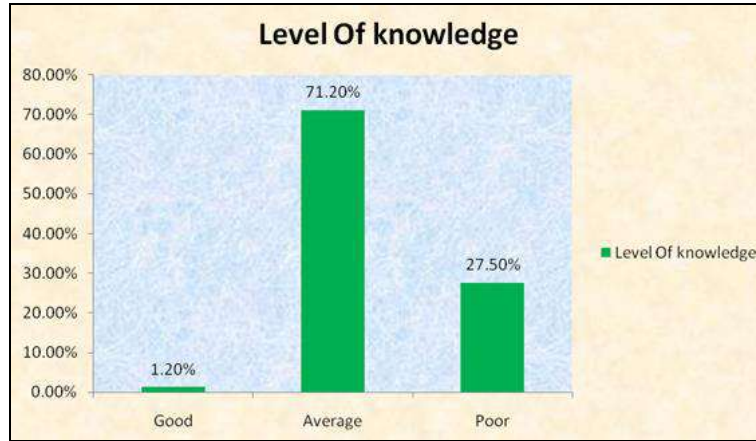
- As regard to occupation 71.2% of parents have private job, 3.8% of parents have government and 25% of parents have other type of job.
  - The variable, income in parents 30% of 3001 to 7000, 16.2 of more than 10,000, 31.2% of 7000 to 10,000, 22.5% of 6001 to 7000 of parents.
  - The variable, 51.2% parents belongs to nuclear family, 47.5% parents belongs to joint family and 1.2% parents belongs to nuclear family.
- In relation to the sources of information 8.8% of parents for getting information from friends, 17.5% of them from relatives, 5% them from mass media, 18.8% of them from health personnel and 50% of them from school authority.

**Section II**

**Table 2:** Frequency and percentage distribution of level of knowledge.

Sl. No.	Level of knowledge	Score range	Frequency	Percentage
1	Good	>75	1	1.2%
2	Average	25-75	57	71.2%
3	Poor	<25	22	27.5%

- Table 2 is describing the frequency and percentage according to the level of knowledge of the parents.
- 1.2% parents have good knowledge, 71.2% parents have average knowledge and 27.5% parents have poor knowledge.



**Fig 8:** Bar diagram showing percentage distribution of knowledge of people regarding mid-day meal programme

**Section III**

**Table 3:** Association between the level of knowledge with demographic variables N=80

Sl. No.	Demographic Variables	Level of knowledge						Chi square value	P Value Inference	
		Poor		Average		Good				
		F	%	F	%	F	%			
1	Age of people	21 – 30 Years	0	0	12	15	9	11.25	5.435	0.48 NS
		31 – 40 years	1	1.2	29	36.25	10	12.5		
		41 – 50 years	0	0	14	17.5	2	2.5		
		51 Above	0	0	2	2.5	1	1.2		
2	Gender	Male	1	1.2	31	38.75	13	16.25	0.930	0.62 NS
		Female	0	0	26	32.5	9	11.25		
3	Qualification	PG, Diploma	0	0	44	55	16	20	9.011	0.061 NS
		1 – 12 class	1	1.2	12	15	3	3.75		
		Illiterate	0	0	1	1.2	3	3.75		
4	Occupation	Government	1	1.2	39	48.75	17	21.25	1.250	0.87 NS
		Private	0	0	2	2.5	1	1.2		
		Others	0	0	16	20	4	5		
5	Income	More than 10,000	0	0	6	7.5	7	8.75	12.445	0.053 NS
		7,000 – 10,000	0	0	16	20	9	11.25		
		6,001 – 7,000	1	1.2	14	17.5	3	3.75		
		3,001 – 1,000	0	0	21	26.25	3	3.75		
6	Family	Nuclear	0	0	1	1.2	0	0	3.244	0.51 NS
		Joint	0	0	30	37.5	8	10		
		Single Parent	1	1.2	26	32.5	14	17.5		
7	Source of Information	Health personnel	0	0	11	13.75	4	5	9.038	0.33 NS
		Friends	0	0	6	7.5	1	1.2		
		Relatives	1	1.2	7	8.75	6	7.5		
		Mass media	0	0	2	2.5	2	2.5		
		School Authority	0	0	31	38.75	9	11.25		

\* $\chi^2_{tab}=9.038(P<0.05)$  df-6

Hence, there was no significant association between the knowledge of the people and demographic variable i.e. age, gender, qualification, occupation, income, family and source of information as the chi square values obtained were greater than the table values

**Summary**

In this chapter we have include analysis and interpretation of the data according to demographic variables and organization of findings.

## Conclusion

On the basis of analysis of the study the following conclusion were drawn. It also brings out the limitation of the study into the picture. The implications are given on the aim of midday meal programme facilities, nutritive values, placed, time investment and research it also gives insight into the future studies. The knowledge regarding Midday meal programme at Pakbara village of 80 samples. 1.2% people are having good knowledge, 71.2% people are having average knowledge and 27.5% people are having poor knowledge.

**Nursing implication:** The finding of the study has implication in the field of nursing education, nursing administration, and nursing research.

**Nursing practice:** Nurses should participate actively in various awareness camp/facilities organized by government and other organization related/regarding Midday Meal Programme and its importance. Nurse should take initiative to find out the vulnerable groups for Midday Meal Programme.

**Nursing practice:** Nursing practice needs to be based on scientific knowledge nurse have to gather information regarding facts, ethical issues and myths about the studies. Research essentially is a problem solving process. The present study focuses on people's knowledge on Midday Meal Programme, as they future in their awareness about knowledge regarding Midday Meal Programme.

## Recommendation

- A large scale study can be done for evaluating the knowledge on Midday Meal Programme.
- The descriptive study can be undertaken with control group.
- Experimental study can be done to assess the effectiveness of structured teaching programme regarding midday meal programme among people.

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