

# Awareness Programmes among Women Regarding Diarrheal Action

## Abstract

Diarrhoea is the condition shows frequent passing of loose or watery stools with high amount of mucus and undigested foods, sometimes blood and bile also accompanied by stomach cramps abdominal pain, flatulence and fever. Acute and chronic diarrhoea are the only cause of childhood death. According to recent report of WHO approximately 3.5 million deaths each year contributed by diarrhoea among children under 5 years age. Children are more susceptible to the complications of diarrhoea because a smaller amount of fluid loss leads to severe dehydration, compared to adults. Deaths of children among 5 years age associated with malnutrition (54%) reported that 15 per cent contribution by diarrhoeal diseases in developing countries.

**Keywords:** Awareness, Programme.

## Introduction

In awareness programmes teaching aids given to mothers avoid outside food, avoid soft drink (Pepsi, Thumsup etc.) avoid coffee/tea in diarrhoea condition. Stale food was totally avoided by mothers it is very harmful for health. Different types of programme for mothers should be conducted about diarrhoea which they can get a detail knowledge about causes and treatment of diarrhoea. Through teaching aid we can teach them and give detail knowledge about diarrhoea.

## Methodology

The study was conducted in Kanpur city. Six slums were selected in this study. 300 samples were selected, 50 children up to 12 month – 36 months of age group had randomly selected from each slums. Dependent and independent variables were investigated such as age, caste, education, height, weight, etc. The statistical tools were used such as  $\chi^2$ , Cr. S.D.

## Results

**Table 1**

**Extension Programmes Preferred by Mothers about Diarrhoea Control**

Programme	Yes	No	Scores	Rank
Entertainment	225 (75.0)	75 (25.0)	1.75	I
Women's programme	195 (65.0)	105 (35.0)	1.65	II
Child care	180 (60.0)	120 (40.0)	1.60	III

Table 1 Shows that scores wise distribution of programmes, with reference to programme preference of mother, she preferred entertainment such as films, dramas and documentary with knowledge gaining in various government activities like *Pulse Polio Abhiyan* and prevent diarrhoeal diseases. There by emphasizing their interest in getting the information combined with entertainments. Second rank to given by respondents to women's programme organized government body (organisation), NGO's whereas third rank to child care given by respondents.

**Table 2**

**Awareness Gained by Mothers Through Mass Media**

Mass Media Sources	Frequency	Percent
Radio	260	86.7
Television	200	66.7
Newspaper	110	36.7
Magazines	60	20.0
Documentary film	45	15.0

Table 2 depicts awareness through mass media, mass media was the most suitable extension methodology to create awareness and developed interest among the large number of women at lesser cost and time. More (85.0 %) women were aware of the various forms of broadcast programmes which might be due to the easy availability of radio sets and about 66.7 per cent respondents were aware of the telecast programmes which might be due to the presence of TV channels. Not more than fifty per cent respondents were aware from print media such as newspaper and

**Surbhi Katiyar**

Lecturer,  
Deptt. of Home Science,  
Pyarelal Mahavidhyalaya Araul,  
Kanpur (U.P.)

magazines in knowledge about prevent diarrhoeal disease. In radio and television, it shows always preparation of ORS, but never show, causes, symptoms and treatment of diarrhoea. There are need to right communication about diarrhoea through the radio and T.V. Newspaper and magazines should publish proper knowledge about diarrhoea and causes treatment which that diarrhoea can be controlled.

**Table 3**  
**Benefit Taking Status of Mothers Through Awareness Programme**

Diarrhoea Preventive Technique	Always	Sometimes	Never	Scores
Teaching aids	81 (27.0)	137 (45.7)	82 (27.3)	2.00
Nutritional recipe	48 (16.0)	162 (54.0)	90 (30.0)	1.86
Home made ORS	126 (42.0)	130 (43.3)	44 (14.7)	2.27
Care of sanitation & hygienic practices	130 (43.3)	140 (46.7)	30 (10.0)	2.33
Avoided outside food (street food)	41 (13.7)	89 (29.7)	170 (56.7)	1.57
Avoided soft drink	72 (24.0)	69 (23.0)	159 (53.0)	1.71
Avoided stale food	140 (46.7)	136 (45.3)	24 (8.0)	2.39

**Remarking : Vol-2 \* Issue-1\*June-2015**

Table 3 indicates that highest scores gained for the diarrhoea preventive techniques used by mothers were : avoided state foods (2.32 score), care of sanitation and hygiene practices (2.33 score), home made ORS (2.27 score) and use of teaching aids (2.0 score). The minimum score gained by the technique “avoided outside street foods”, scored 1.71 by mothers.

**Recommendation**

Family and communities work together, with support of government and non-government organisations (NGO's), they can do much to prevent the condition that cause diarrhea.

**Conclusion**

Awareness programme is the most suitable extension methodology to create awareness and developed interest among the large number of women at lesser cost and time.

**References**

1. Becky (2007). Remedies for diarrhoea. [http://www. Home - remedies – for you. Com/addnl\\_terms. htm](http://www.Home-remedies-for-you.Com/addnl_terms.htm).
2. Nick Mutt (2010). “Natural cures for diarrhea, types, causes and home remedies.” [www.ThisCurework.com/185](http://www.ThisCureWork.com/185).
3. WHO, UNICEF (2000). Programme for water supply and sanitation. [http://www. Hygiene, Hand and Clean Water – Rehydration Project. htm](http://www.Hygiene,HandandCleanWater-RehydrationProject.htm).
4. World Bank (2005). The hand washing handbook: A guide for developing a hygiene promotion programme to increase hand washing with soap. [http://www. Hygiene, Hand & Clean Water Rehydration Project, htm](http://www.Hygiene,Hand&CleanWaterRehydrationProject.htm).