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## **Training Needs of Rural Mothers in Nutrition, Health and Environmental Sanitation in Different Agro-climatic Regions of Punjab**

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**KEYWORDS** Knowledge level; rural mothers; regions; training need scores; prioritization.

**ABSTRACT** A total 150 mothers of preschool children from 24 villages of 6 representative districts of 3 agro-climatic regions of Punjab were selected for the present study. The knowledge level of rural mothers with regard to various areas of nutrition, health and environmental sanitation in Punjab ranged between 12-43 per cent with an average of 27 per cent. The mothers of sub-mountain region had significantly ( $P \leq 0.05$ ) higher knowledge in all the areas as compared to central plain and south western region. Majority of rural mothers (71%) had low level of knowledge followed by mothers (25%) having medium level of knowledge and merely 4 per cent of mothers had high level of knowledge. On the basis of training need scores, the areas of nutritional deficiency disorders, nutrition during pregnancy and lactation, diarrhoea and its management and general nutrition in all the regions of the state were ranked as first, second, third and fourth respectively. The areas of health and environmental sanitation and feeding practices were ranked as fifth and sixth in the sub-mountain and central plain region. Whereas, these areas were ranked as sixth and fifth in south western region of Punjab. Further, the knowledge level of mothers indicated a positive and significant correlation with their education, mass media exposure, urban contact, caste and land holding while a negative and significant correlation with their employment status. The findings emphasized the need for nutrition and health education interventions to upgrade the knowledge level of rural mothers and hence the nutritional and health status of their children.

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