CHAPTER -5

Summary, Key Findings, Conclusion and Recommendation

5.1 Summary of study

The main purpose of this study was to identify the factors associated with nutrition status of Chepang and Non-Chepang of ECD children in the context of Nepal. The whole research was guided by the pragmatism philosophy and deductive approach was adopted. Total 1250 samples were selected from Chitawan and Makawanpur districts. The respondents were selected from 3-5 years children of Chepang and Non-Chepang households from Chitawan and Makawanpur districts. This study was carried out in order to explore the prevalence rate of nutritional status of children, health seeking behaviour of mothers, socio-economic status of parents with reference to nutritional status of children and school readiness of ECD, and to find out the correlation between demographic components and respondents' socio-economic status and cultural practices. In the international level, many more studies have been done on these problems. However, in the context of Nepal it has been in the preliminary stages. Thus, this study was also one step of those preliminary stages.

This study was based on post-positivist philosophy, it is also reductionism; testing selected variables that constitute hypothesis and research questions, so it is based on careful observation and measurement of the objective reality in the world. The present study applied the deductive research approach. The design of the main study was correlational. It employed a pen and paper survey. The total participants of the study were 1250 from Makawanpur and Chitawan districts, Nepal. These districts were
chosen due to having high populated areas of Chepang communities. Among the total participants Chepang were 739 and non-Chepang 511.

The study had applied chi-square test and correlation to test hypotheses. 4.3% children were in sever/worst malnourished (-3SD) of weight for height. Similarly, 8.7% children were in moderate malnourished (-2SD), and 26.9% were in mild malnourished (-1SD). Regarding the mid upper arm circumference of children, there was 1% prevalence of circumference of arm of children who were in sever condition of nutritional status. In general, 1% remains very nominal and acceptable value but statistically it is meaningful. From the discussion of data related with the health seeking behaviour of mother during the ANC and PNC period, 73% mothers visited health post and hospital for the ANC and PNC check-up.

There was no significant correlation between the sex and MUAC of children. The nutrition status in Chepang and Non-Chepang community was significantly difference because of their fooding habit and health seeking behaviour. There was slightly higher numbers of Chepang children were in worst situation than non-Chepang children in the case of weight for height. There was significant association (Chi-square value = 104.551, P = .000) between the occupation of mother and weight for height of children. It is known that the occupation of mother determines the nutritional status of their children.

It can be said that nutritional status of children was determined by the daily income of parents. But there was no significant correlation between the daily income and circumference of arm of children. There was no significant association between the food sufficiency and circumference of arm of children. There was significant correlation between the food sufficiency and weight for height of children. There was
no significant association between the land status and weight for height of children. There was no significant association between the land status and circumference of mid upper arm of children.

The results reported that non-Chepang children from both Makawanpur and Chitawan districts had higher prevalence rate of school readiness than Chepang children. The result showed that in total, 39.6% children were in sever/worst condition of weight for height.

Children's health is directly related with mother's knowledge, attitude and practices with reference to regular health check-up, food habit, awareness, availability of food stuff, no of family members and ethnicity. In addition, a number of the results are good and these findings in particular provide numerous opportunities for future researchers to further explore and test the factors affecting nutritional status, mothers’ attitudes and practices, and school readiness among ECD.

5.2 Key findings
5.2.1 Key findings of demographic information

5.2.1.1 In total (N=1250), data show that 40.9% Non-Chepang children were selected from Makawanpur and Chitawan districts whereas 59.1% children were from Chepang. On the basis of district, in total 53% children participated from Chitawan and 47% from Makawanpur district.

5.2.1.2 District wise respondents' ethnicity situation was such that 313 were Non-Chepang from Makawanpur district and 198 from Chitawan district, whereas, 275 Chepang were from Makawanpur district and 464 from Chitawan district.
5.2.1.3 Sex wise, distribution of children in total 49.3% male and 50.7% female were found.

5.2.1.4 In total, 24.9% children were of 36 months, 16.6% were between 37-41 months, 7.8% were between 42-46 months, 22.9% were between 47-51 months, 5% were between 52-56 months, and 22.9% were between 57-60 months.

5.2.1.5 In the case of family members, 50.5% respondents reported that they had less than 5 members in family, 34.6% had 5-8 members, 12.8% had 8-11 members, 1.7% had 11-14 and 0.4% had more than 14 members in a family.

5.2.2 Findings related with objectives

5.2.2.1 The above tabulated data show that in total, 39.6% children were in sever/worst condition of weight for height. Regarding the measurement of mid upper arm circumference of children, there was 1% prevalence of severely malnourished. There was no significant correlation between the sex and MUAC of children at the p = 0.592 significant level. There was significant association (Chi-square value = 12.616a, P = .027) between the sex and weight for height of children.

5.2.2.2 The result of the study showed that 73% mothers visited health post and hospital for the ANC and PNC check-up. The data show that the nutrition status in Chepang and Non-Chepang community was significantly difference because of their fooding habit and health seeking behaviour.

5.2.2.3 There was significant association (Chi-square value = 77.440, P = .000) between the occupation of parents and circumference of arm of children. There was significant association (Chi-square value = 104.551, P = .000)
between the occupation of mother and weight for height of children. There was no significant correlation between daily income of parents and weight for height of children at the $p = 0.269$ significant level. There was no significant correlation between the daily income and circumference of arm of children at the $.502$ significant levels. There was no significant correlation between the food sufficiency and circumference of arm of children at the $.627$ significant levels. There was significant correlation between the food sufficiency and weight for height of children at the $.000$ significant levels. There was no significant correlation between the land status and weight for height of children at the $.548$ significant levels. There was no significant correlation between the land status and circumference of arm of children at the $.696$ significant levels.

5.2.2.4 As the district wise data, physical readiness of children of Chitawan district was observed better than the Makawanpur district in whole.

5.3 Conclusion of the study

The main purpose of this study was to identify the factors associated with nutrition status of Chepang and Non-Chepang of ECD children in the context of Nepal. The whole research was guided by the Pragmatic philosophy and deductive approach. Total 1250 Samples were selected from Chitawan and Makawanpur districts. The respondents were selected from 3-5 years children of Chepang and Non-Chepang households from Chitawan and Makawanpur districts and used census method at data collection period.

In total (N=1250), data show that 40.9% Non-Chepang children were selected from Makawanpur and Chitawan districts whereas 59.1% children were from Chepang.
Sex wise, distribution of children in total 49.3% male and 50.7% female were found. The study was focused among the 3-5 years children. Among them, exact age of children was collected. Age was calculated in months. In total, 24.9% children were of 36 months, 16.6% were between 37- 41 months, 7.8% were between 42- 46 months, 22.9% were between 47-51 months, 5% were between 52-56 months, and 22.9% were between 57-60 months. In the case of family members, 50.5% respondents reported that they had less than 5 members in family, 34.6% had 5-8 members, 12.8% had 8-11 members, 1.7% had 11-14 and 0.4% had more than 14 members in a family.

The result showed that in total, 39.6% children were in sever/worst condition of weight for height. Thus, prevalence of malnutrition was found among the children of Makawanpur and Chitawan districts of Nepal. Regarding the measurement of mid upper arm circumference of children, the above tabulated data showed that there was 1% prevalence of severely malnourished.

From the discussion of data related with the medical health behaviour of mother during the ANC and PNC period, the data show that 73% mothers visited health post and hospital for the ANC and PNC check-up so the finding of the study, there is practice of health seeking behaviour of mother during ANC and PNC period.

The data showed that the nutrition status in Chepang and Non-Chepang community was significantly difference because of their fooding habit and health seeking behaviour. Based on ethnicity, Chepang mothers visited health post during ANC comparatively less than non-Chepang mothers. As a religion and cultural orientation of their particular ethnic group had significantly influenced in their health seeking behaviour. Chepang community shared that until they have no any health complication during the pregnancy period, they did not feel importance to visit health
It was also observed that around 15-16% adult mothers have habit of smoking and drinking during the pregnancy period. This was caused by their socio-culture orientation. However, it was observed that young generation are aware of its negative impacts on their own health as well as in their children. Similarly, there is association between the sex and weight for height of children.

Data showed that nutritional status of Chepang children is better than non-Chepang children. The reason behind it is food habits. Chepang children use natural products like githa (diascoria bulbifera), vyakur(diascoria deltoidea), yam(diascoria versicolor), colocasia (colariya antiquerum), potato, cho-chomarrow, pumpkin, nettle, asparagus, dhindo (a thick porridge or mush, made by cooking), which are organic. Thus, promote such type of foods even in other communities.

The occupation of mother determines the nutritional status of their children; especially weight for height of children. Likewise, there was significant association between the daily income of parents and weight for height of children. There was no significant association between the land status and weight for height of children at the .502 significant levels.

The study found that the educational status of Chepang children was comparatively less than non-Chepang children. The reason behind it was lack of awareness about the important of early childhood education, more distance of school from home, poor economic status, lack of willingness on study/education, etc.

In closing, the present study found good results. Children's health is directly related with mother's knowledge, attitude and practices with reference to regular health check-up, food habit, awareness, availability of food stuff, no of family members and ethnicity. In addition, a number of the results are good and these findings in particular
provide numerous opportunities for future researchers to further explore and test the factors affecting nutritional status, mothers' attitudes and practices, and school readiness among ECD.

5.4 **Recommendation for future research**

Following recommendations are made on the basis of results obtained from the study:

5.4.1 Further research should also be conducted in other districts including other ethnicities.

5.4.2 Further researcher should employ a case study method to identify factors affecting nutritional status, mothers' attitudes and practices, and school readiness among ECD children.

5.4.3 Similar researches should be conducted to children from 7 months to 35 months in the same places.

5.4.4 Intensive research should be made to identify the factors associated with change in improvement of nutritional status as well as medical health behaviour of parents.

5.4.5 Traditional vegetable and food such as githa, vyakur, asparagus, nettle, dhindo (a thick porridge or mush, made by cooking stone-ground cornmeal, millet flour or buckwheat flour with salt and water.), etc. are natural and organic; so that medical persons should be encouraged to do research on traditional food and its level of nutrition content and its effect on personal health.

5.4.6 There should have policy level research in the promotion of education programme especially for ECD children among the Chepang Community.