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## A study to assess the knowledge and attitude of Anganwadi workers towards the ICDS beneficiaries in Trivandrum District

**Abhina B and Anitha Chandran C**

### Abstract

**Aim:** To assess the knowledge and attitudes of anganwadi workers towards the beneficiaries in Trivandrum district.

**Sample:** Twenty five anganwadi workers working under the anganwadi centers of the urban project area II of Trivandrum district were studied.

**Study Design:** A random study was done to assess the knowledge and attitude of the anganwadi workers of Trivandrum district, Kerala. They were selected randomly from sector 1 and sector 4.

**Locale of Study:** The present study was conducted in Trivandrum Urban Project II. **METHODOLOGY:** Interview method using a questionnaire was used in the present study to assemble information on the knowledge and attitude of Anganwadi Workers.

**Results:** 68% of the anganwadi workers scored high, 24.00% and 8.00 scored medium lower scores respectively in level of knowledge. Majority of the anganwadi workers scored high, only 4.00% scored medium score in the level of attitude.

**Conclusion:** Knowledge of anganwadi workers are not as expected according to given training and need qualified training to improve their knowledge and attitude.

**Keywords:** anganwadi center, anganwadi worker, knowledge, attitude, questionnaire

### 1. Introduction

Indian government initiated a child welfare programme namely Integrated Child Development Services in the year 1975, to progress the health, nutrition and general development of children among the depressed population through network termed as AWC.

ICDS can be depicted as the foremost symbol of country's promise to its children and nursing mothers, as an answer to the challenge of providing preschool normal education on one hand and breaking the vicious cycle of malnutrition<sup>[1]</sup>.

Anganwadi centre are the medium for distribution of services to children and mothers. Anganwadi worker is the essential tool for India, who is at the grass root level able to influence the common people. They are inevitable for the country's mission to fight against child malnutrition, health problems of the society and helps in prevention of preventable diseases<sup>[2]</sup>.

Understanding the significance of anganwadi worker in this study an attempt is made to assess the knowledge of anganwadi workers related to the ICDS programmes and also to assess their attitude towards the beneficiaries. Actually doing a herculean task for the welfare of our nation.

### 2. Materials and Methods

#### 2.1. Locale of Study

The present study was conducted in Trivandrum Urban Project II. 175 anganwadi centers are there in this project which is further subdivided into five sectors like the other three project sectors such as Urban I, III, & V. Among the five sectors under the urban project no: II, sector I and IV was selected randomly.

**2.2. Plan of Action**

A random study was done to assess the knowledge and attitude of anganwadi workers of the anganwadi centers in the Urban 2 project areas of Trivandrum district, Kerala. They were selected randomly from sector 1 and sector 4.

**2.3. Selection of Samples**

Twenty five anganwadi workers working under the anganwadi centers of the urban project area II of Trivandrum district were randomly selected and were studied.

**2.4. Selection of Methods of Study**

Interview method using a questionnaire was used in the present study to assemble information on knowledge and attitude of 25 anganwadi worker.

Consent for conducting the study among the anganwadi workers were taken from the district project officer Mrs. Sabeena Mam.

**3. Results**

Knowledge of anganwadi workers related to the ICDS programs and their attitude toward the beneficiaries of Anganwadi centers were assessed through a suitably structured and pretested questionnaire and scoring was done.

**3.1. Scoring of Knowledge of Anganwadi Worker**

Ten statements were given to the anganwadi worker to assess their nutritional knowledge, various schemes implemented under ICDS etc. Correct responses were given with a score of one and zero for wrong answers. Those who scored between 10-8 were categorized under high score, score of 6 and 7 in medium score and less than and equal to 5 under lower scores. As depicted in the Table 1, 68.00% of the anganwadi workers had high score, 24.00% had medium score and the other 8.00% had lower scores.

**Table 1:** Distribution of AWW with respect to knowledge

Category	Number	Per cent
High score	17	68.00
Medium score	6	24.00
Low score	2	8.00

(Minimum score: 0; Maximum score: 10 and Mean score 7.8)

**3.2. Scoring of the attitudes of AWW**

12 statements were given to anganwadi workers to access their attitude towards the beneficiaries. One mark was given for positive response and a score of zero for negative response. Those who are having a twelve and eleven were included under high score, score of ten and nine in the category of medium score and less than nine in the low score category.

Table 2, reveals that majority of the anganwadi workers scored high, only 4.00% scored medium score and no one scored low.

**Table 2:** Distribution of AWW with respect to attitude

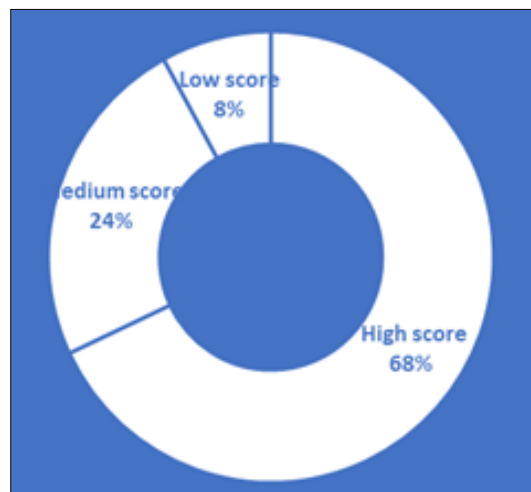
Category	Number	Per cent
High score	24	96.00
Medium score	1	4.00
Low score	0	0

(Minimum score: 0; Maximum score: 12 and Mean score: 11.6)

**4. Discussion**

68% of the anganwadi workers were having better knowledge on the ICDS programme. Their knowledge towards

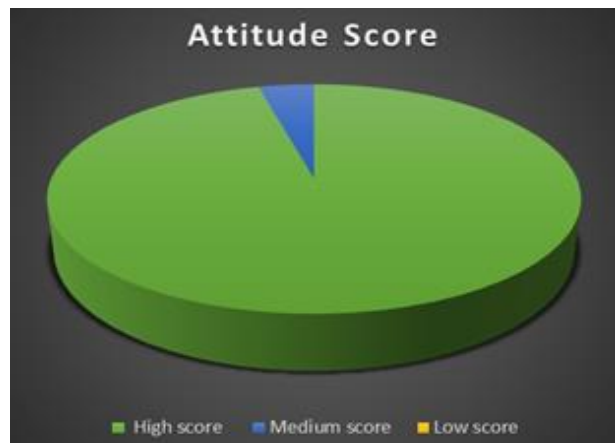
supplementary nutrition were not satisfactory and need improvement. They were unaware about the calorie of energy and protein given to children through the ICDS programme. Study results of Dogra (2013) [3], is also in accordance with the same results. His study marks that knowledge of supplementary nutrition was not as expected from a trained person. They have to be given a quality training to make them aware of the relevance of supplementary nutrition in the proper development of a child. Lack of knowledge of anganwadi workers were as the contribution of poor training. Quality of training provide need to be enhanced. Study conducted by Sarkar and Ghosh (2017) [4], revealed that anganwadi workers in West Bengal were not well informed about the protein requirements and calorie needs of malnourished children and pregnant woman. In a study conducted by Choudhary and Sharma (2017) [5], to assess the nutritional knowledge of anganwadi workers 70.13% of them scored higher.



**Fig 1:** Knowledge score of Anganwadi Workers

Sarkar and Ghosh (2017) [4], identified poor training as a factor which contribute to the lack of knowledge among the anganwadi workers. Nutritional status of children were taken without marking malnourished children and hence there were no variation in the provision of food to them.

Majority of the anganwadi workers had good attitude towards the beneficiaries. Study conducted by Vaid and Vaid (2017) [6], reported that anganwadi workers had positive attitude towards ICDS centers and after admitting into the anganwadi centers children had improvement in their overall nutritional status.



**Fig 2:** Attitude Score of Anganwadi Workers

## 5. Conclusion

68.00 per cent of the anganwadi workers were having better knowledge on the ICDS programme. Knowledge of anganwadi workers are not as expected according to given training. Majority of the anganwadi workers had good attitude towards the beneficiaries. There is a need of training to improve the knowledge level of the anganwadi workers and there by it will be reflected in the nutritional outcome of children attending the anganwadi centers. Anganwadi workers need qualified training to improve their knowledge and attitude towards the ICDS programme. They are up bringers of our society from the state of malnutrition.

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