



A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDES OF PREGNANT MOTHERS TOWARDS MATERNAL DIETARY PRACTICES DURING PREGNANCY AT SELECTED AREA AT KARAIKAL.

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ABSTRACT

Back ground of the study: Maternal nutrition before and during pregnancy is an important determinant Pregnancy is a time of tremendous physiological change that demands healthy dietary lifestyle choices. Growing foetus draws a lot of energy and nutrients from the mother to enhance physical and psychological development **objectives:** (i) assess the knowledge and attitudes of pregnant mothers towards maternal dietary practices (ii) find out association between selected demographic variable variables **Material and method:** descriptive survey method was used and 100 samples were randomly selected. An interviewer-administered structured questionnaire was used to collect data. Statistical analysis was done using the SPSS **Analysis and Discussion:** Findings reveal that (59.3%) respondent have high knowledge of dietary practices and 53.27% of the respondents have positive attitude towards the Practices. Among the factors that impede good dietary practice in the population were cultural belief and poor socio-economic background while regular attendance of ante-natal clinic and good socio economic background enhance good dietary practice among the population. And there is no association between age and knowledge, attitude and religious affiliation; however occupation and the attitude of the respondent were statistically significant **conclusion:** Adequate maternal nutrition knowledge and dietary practice before and during pregnancy is necessary to ensure positive pregnancy outcomes