



KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING VITAMIN D DEFICIENCY AMONG ANTENATAL MOTHERS IN TAMILNADU: A PHENOMENOLOGICAL STUDY

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ABSTRACT

Aim: To explore the knowledge, attitude and practice of vitamin D supplementation among pregnant mothers. Methods: The study design is simple descriptive cross sectional study and was carried out in Antenatal Out Patient Department, SRM Medical College Hospital and Research Center, Kattankulathur. 86 Samples were selected by simple purposive sampling technique between May to November 2014. Structured interview schedule was used to collect the data from samples. The collected data was analyzed by using descriptive statistics. Results: Major findings of the study are (48%) of antenatal mothers were in the group of 26 to 30 years. 88% of them were Hindu religion. 39% had studied up to graduate level. Most of them were house maker (86%). 93.3% of them were joint family. 33% had monthly income of 15188-30374. Majority of them (92%) were non vegetarian. 67% of them are primi mothers. None of them were taking vitamin D supplements during antenatal period. 43% of them were using cosmetic cream containing SPF more than 8 without their knowledge. 53% of them got knowledge from the books and magazine. The majority of subjects (44%) were able to recognize sunshine as a source of vitamin D and 48% of the subjects did not know the source of the vitamin D. 9.5% of them acquired from journals and magazines. Conclusion: The majority of the study participants had limited knowledge, poor practices, and did not have positive attitude towards benefits of vitamin D supplements. To improve in this situation mother should be educated about importance of vitamin D in planned health education interventions.

Keywords:

Vitamin D, Deficiency, Knowledge, attitude and practice