

WOLKITE UNIVERSITY

COLLEGE OF MEDICINE AND HEALTH SCINCES

DEPATMENT OF PUBLIC HEALTH

ASSESMENT OF KNOWLEDGE, ATTITUDE AND PRACTICE OF MOTHERS ON ADEQUATE SUNLIGHT EXPOSURE TO INFANTS IN WOLKITE HEALTH CENTER, GURAGE ZONE, SNNPR, ETHIOPIA, 2021 G.C

BY:

DECHASA TEKA

EMEBET SAHLU

LUHENA AKREM

ADVISORS:

TADELE GIRUM (MPH)

TIGIST G/MARIAM (MPH)

A RESEARCH PAPER TO BE SUBMITTED TO WOLKITE UNIVERSITY COLLEGE OF MEDICINE AND HEALTH SECNCES, DEPARTMENT OF PUBLIC HEALTH IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR BACHLOR DEGREE IN PUBLIC HEALTH

NOVEMBER, 2021

WOLKITE, ETHIOPIA

ABSTRACT

Background: Regular and adequate sunlight exposure serves an important purpose in human body and has health benefit for infant, one of the biggest benefit is it helps the body to produce vitamin D that helps the body to absorb calcium which in turn which strengthens of bones and teeth the immune system work efficiently and the body is protected from diseases. Assessment of knowledge, attitude and practice of mothers, identifying gaps and creating awareness of mothers regarding proper exposure of sunlight has a paramount importance. It enables them to understand and save their children from the major public health problems such as Rickets.

Objective: The main objective of this study was to assess knowledge, attitude and practice of adequate sunlight exposure of infants among mothers attending wolkite Health Center.

Methods: An institutional based descriptive cross-sectional study design was employed from September to October, 2014 E.C. The study population was sampled from mothers who have infants which were drawn from the source population by determining the sample size. The sample size was calculated using a single population proportion formula and the estimated sample size was 367. Regarding sampling, first, we selected one health centres among all health FDQWHU¶WWKURXJKVLPSOHUDQGRPVDPSOLQJWHFKQLTXH)LQDOOVLPSOHUDQGRPVDPSOI was used to select the required number of participants.

Result: From total respondents, 305 (83 %) of mothers had good knowledge about sunlight exposure of infants, and most of them know at least one of the benefit for infants. From the study it was found that 239 (65%) had positive attitude regarding sun exposure of infants, while the rest had negative attitude. The study also revealed that 155 (42.3%) of mothers had good practice of infant sun light exposure, whereas the rest, 212 had no good practice.

Conclusion and recommendation:Although majority of the respondents had good knowledge about importance of sunlight exposure for the infants, most of them had gap on appropriate exposure to their infants. Therefore, the policy makers, health sectors and other stakeholders better to work on practie of sun light exposure of infants among mothers.

1.3. Significanceof the study

As vitamin D dificiency can cause serious health problems especially in the developing world, studies associated with it has a paramount importance. Thus, this study targeted on one of the most and reliable method of preventing Vdd, infants sun light exposure. The results of the study help health care facilities and health care professionals for delivering specific infant related interventions, which helps them to improve health care services for children

Besides, conducting this research will stimulate the investigators to conduct a deeper and methodologically sound study on their future career. Not only those mentioned above, but also the study subjects, academicians, programmers, project managers will be benefited from the findings of the study. In addition, this research may serve as a base line data for other governmental and non- governmental organization for further investigation, treatment guideline preparation and policy making.

Vitamin D like oily fish, eggs and fortified food products and vitamin D supplements which come in the form of vitamin D2 and vitamin D3 to get their daily intake of vitamin 11(5.5%) of believes in exposing infants more than 30 minutes (20).

Study done in Governmental Health Facilities in Farta District, South Gondar Zone showed if the total respondents, 46% agreed with an advantage of sunlight exposure of their infants. More than half, 176 (51.98%) of respondents were happy when they exposed/if they exposed their child to sunlight and the remaining, 163 (48%) felt anxiety and other. About 156 (46%) of respondents perceived consequences after they exposed or if they exposed their child to sunlight were to become strong and the remaining, 183 (54%) were to be healthy, helps to sleep, and others. (21)

Study done in aleta wendo southern Ethiopia Practice of mothers about sunlight exposure of infants Out of the total respondents, 250 (80.1%) of mothers exposed their infants to sunlight. Among the reasons for not exposing their infants to sunlight, 62 (19.9%) of mothers said it is due to fear of cold and 19 (30.7%) responded due to fear of evil eyes, Age of infants for first sunlight exposure From all mothers who exposed their infants to sunlight, 75 (30%) of mothers started exposing their infant to sun light at age of 45 days and above. (22)

Mothers general practice level about adequate sunlight exposure of infants the mean score value of mothers who had practice of sunlight exposure of infants was 5 of the total score 10. More than half 145 (58%) of the study participants.

3. OBJECTIVES

3.1. General Objective

To assess knowledge, Attitude and practice of mothers on adequate sunlight exposure to infants at Wolkite Health Center, Gurage Zone, SNNPRS, Ethiopia, 2021G .C.

3.2. Specific objectives

- ; To assess the level of knowledge about sunlight exposure to WKHLULQIDQWV among mothers attending governmental health facilities in Wolkite Health Center, Gurage Zone on oct 2014
- ; To assess the level of attitude about sunlight exposure to WKHLULQIDQWV among mothers attending governmental health facilities in Wolkite Health Center, Gurage Zone on oct 2014E.C
- ; To assess the practice about sunlight exposure to WKHLULQIDQWV among mothers attending governmental health facilities in Wolkite Health Center, Gurage Zone on oct 2014 E.C.

- ¾ Good Practice: Those mothers who scored more than the mean value of response for practice related questions
- ¾ Attitude: - a mother was said to have positive attitude when she answers two or more TXHVWLRQVDERXWDWWLWXGHRIPRWKHUV¶DWWLWXGHWRZDUGVDGHTXDWHVXQ
- ¾ Completely covered: Infant wearing clothes that cover the whole body except the face
- ¾ Unclothed: Infant wearing no clothes except pants.
- ¾ Partly covered: Infant wearing minimal clothing (pants and vest) and not long shorts such that legs, arms and face are not covered.
- ¾ Adequate sunlight exposure: Those mothers who exposed their infants to sunshine at morning 8±10 a.m. for 15±30 minute

4.9. Dataquality assurance

Data collection tool was checked for internal and external content of validity and accuracy of the study. Questionnaire prepared in English version and translated in to Amharic and back to English to check its consistency to assess its clarity, length, completeness and consistency.

After the pretest based on the response the questionnaire was modified. Data collection was carried out by public health officers (group members). The collection of data was checked by the supervisor daily for completeness and finally the principal (advisors) was monitored the overall quality of data collection.

4.10. Data processing and Analysis

The questionnaire was checked for completeness and consistency of information at the end of every data collection day and before storage. The data from the completed questionnaires was cleaned, re-coded and entered into the computer using the statistical package for social sciences (SPSS) version 23.0 for Windows for analysis. The data was described using frequency distribution tables, percent, texts, and graphs.

4.11. Ethical Considerations

Official letters was written from Wolkite University College of medicine and health science department of public health to Wolkite health center. Indicating the purpose and objective of the research and requesting their necessary cooperation. After the objective & purpose of the research and the data collection process is explained to each respondent, their verbal consent was obtained by participating on voluntary basis, they have skipped and another respondent to taken alternatively. Data was collected anonymously and privacy of individuals kept secure throughout the study process.

4.12. Utilization and Dissemination of the Result

The finding of the study will be presented to Wolkite University College of health science & medicine, department of public Health and will be disseminated to Wolkite town, health office, and Gurage zone health department and for others who need it for further investigation & policy making through providing soft copies. Publishing of the study findings in a peer reviewed journals will be considered.

Others	129	35.1%
Family size		
1-3	102	27.8%
4-6	216	58.9%
>6	49	13.4%
0RWKHU¶HGXFDWLRQDOVWDWX		
unable to read and write	9	2.5%
Primary completed	127	34.6%
Secondary completed	85	23.2%

0RVW RI UHVSRQGHQWV DUH PRWKHUV DOPRVW DOO RI UHVSRQGHQWV¶PDUUHG DUH orthodox by religion, 97(26.4) follower of Muslim about, 146(39.8) of respondents have diploma and above and127 (34.6) are completed primary school, about 212(57.8) of respondent get LQIRUPDWLRQ IURP WKHLU QHLJKERUV¶DQG HOGHUV WKH RWKHU JHW LQIRUPDWLRQ IURP professional.

5.2 Maternal knowledge about sunlight exposure

From total respondents, 305 (83 %) of mothers had good knowledge about sunlight exposure of infants, and all of them know at least one of the benefit for infants and from those mothers Majority 296(80.7) of ZRPHQ¶V LQGLFDWHG WKDW VXQOLJKW LV XVHIXO to strength body, 223(60.8%) strength teeth, 85(23.2%) keep child warm, 61(16.6%) provide vitamin D.

Mentioned vitamin D production as a benefit of sunlight exposure	Yes	61	16.6
	No	306	83.4
	Total	367	100
Mentioned sunlight exposure had harmful effect	Yes	81	22.1
	No	286	77.9
	Total	367	100
Mentioned skin cancer was a harmful effect of sunlight exposure	Yes	4	1.1
	No	363	98.9
	Total	367	100

Majority of the study participants were knowledgeable about sunlight exposure.

Figure 2: Knowledge of Study participants about the benefit of infant sun light exposure, wolkite, Ethiopia, 2014 E.C

5.3. Attitude of mother towards sun light exposure

From the study it was found that 239 (65%) had positive attitude regarding sun exposure of infants, while the rest had negative attitude. Out of the total respondents,130(35.4%) agreed with

Where do you expose	Outdoor	343	93.5
	Indoor	24	6.5
	Total	367	100
3Time of sunlight exposure	Morning 8-10 AM	354	96.5
	Midday 11AM-1PM	13	3.5
	Total	367	100
Condition of closing during exposure	Unclothed	95	25.9
	With diapers and eye protection only	126	34.3
	Partly covered	146	39.8
	Total	367	100
For how much minute do you expose	5-10 minute	130	52.8
	10-15 minute	201	54.8
	15-30 minute	166	45.2

Majority of respondents 275(74.9%) use lubricants, most of them 227(61.9%) use during exposure, 138 (37.6%) apply Vaseline, 109(29.7%) apply baby lotion, 29(7.9%) apply butter.

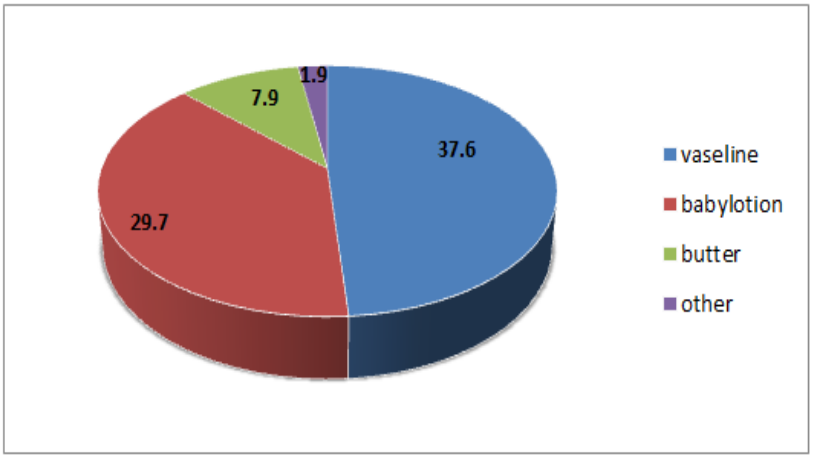


Figure 5: Proportions study participants who applied different types of lubricants, wolkite, Ethiopia, 2014 E.C

6. DISCUSSION

The aim of this study was to assess knowledge, alttitude and practice about adequated sunlight exposure of infants among mothers live in Addis Kifle ketema and attending wolkite health center for immunization and care for their infants in. Current approach of the Ethiopian government has been decreasing child morbidity and mortality. Therefore, assessment of knowledge, alttitude and apractice of sunlight exposure of infants among mothers are one LPSRUWDQWDVSHFWLQPDLQWDLQLQJ.KLOGUHQ¶VKHDOWK

In our study majority of the mothers were knowledgeable about sunlight exposure which accounts (85%) the same study done in Debere Markos East Gojam town showed that 86.1% of mothers had information about sunlight exposure. Our finding was relatively similar to this study, the possible reason for this may be know lege of the two community are similar .(24)

From the total respondent those who have awareness on positive health benefit of sunlight exposure for infant accounts 93.1%. it was relatively higher when compared to the study done in Debere Markos East Gojam town which was 91.1%.The reason behind may be due to mothers in Debere Markos East Gojam town as mentioned above had 86.1% information about sunlight exposure and this finding was higher compared to the study done in Sakarya which was 64.1%(26) .The possible reason for this may be mothers in Sakarya educated about harmful effect of sunlight exposure rather than benefit of sunlight exposure because they live in a high temperature region and they had fear of skin cancer. (80.7%) of the respondents mentioned the most benefit of sunlight exposure was strengthening body; our finding was relatively similar when we compare to the study done in Jimma town which was 74.62% (24) but also this finding was greater than in Debere Markos East Gojam town which was 50.4%. The reason behind may be due to mothers in Debere Markos East Gojam town had less information about the benefit of sumlight exposure which was 91.9% (24).

Regarding harmful effect of sunlight exposure (22.1%) of mothers believed that sunlight exposure had harmful effect, it was lower than the same study done in Sakarya which was 64.1% (25).The reason behind may be due to Sakarya was found in tropical region in which there was

8. STRENGTHS AND LIMITATIONS

8.1. Strengths

The study has the following advantages

1. The study include all the illegible respondents in selected health center
2. Recall bias was minimized since the questionnaire emphasizes only on mother with child.

8.2. Limitations

Since the study design was cross-sectional, it referenced only a single point and suggesting the evidence of dependent variable and its causal risk factors sufficiently is impossible and the study was only focused on maternal knowledge and practice regarding sunlight exposure status of the infants.

10. ANNEXES

Annex I: Consent form for mother of infant (English Version)

I, the undersigned, have been informed about the purpose of this particular research project. I have been informed that I am going to respond to this question by answering what I know concerning the issue. I have been informed that the information we give will be used only for the purpose of this study and my identity as well as the information I give will be treated confidentially. I have also been informed that you can refuse to participate in the study or I can stop responding to the questions at any time in the process. Based on the above information I agree to participate in this research voluntarily.

Signature: _____

Date: _____

Are you willing to participate in this study?

1. Yes 2. No

Annex II: Questioner (English Version)

Part I: Socio demographic characters

0 R W K H U ¶ V D J H B B B B B B B B B B B B B \ H D U V

102 Child age _____ months

103 Religion 1. Orthodox 2. Muslim 3. Protestant 4. Others

104 Ethnicity 1. Amharic 2. Oromo 3. Tigray 4. Others

105 Marital status 1. Single 2. Married 3. Divorced 4. Widowed

0RWKHU¶V HGXFDWLRQDO VWDWXV 1RIRUPDO HGXFDWLRQ 2. Grade 1-8 3. Grade 9-12 5. Diploma and above

107 Occupation 1. Student 2. House wife 3. Government employee 4. Others (specify) _____

302 Sunlight exposure makes infant gets well sleep.

303 Sunlight exposure makes infant healthier?

304 Sunlight exposure makes infant grow faster?

305 Excessive sunlight exposure of infant causes skin cancer

306 Excessive sunlight exposure of infant cause sunburn

(FHVVLYHVXQOLJKWHSRVXUHRILQIDQW¶VHHSUHGLVSRVHWREOLQGQHVV

308 Infant exposure to sunlight has no evil eye effect

309 Sunlight exposure of infant not predispose to pneumonia

Thanks!!