

MATERNAL AND CHILD HEALTH CARE PRACTICES IN THARU COMMUNITY

Presented By:

Kalpana Regmi

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Faculty of Education
Sukuna Multiple Campus
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DECLARATION

I declare that, this research has taken in Koshi-Haraincha municipality in Morang district entitled in maternal and child health care practices in Tharu community. 122 was the sample size of population by using simple random sampling method. This research has completed according to the format. It has taken out from as like as my own origination written on the study. I have done myself and i have not represented anywhere before for other use.

.....
Kalpana Regmi

RECOMMENDATION

This is to certify that Mis. Kalpana Regmi has prepared the thesis entitled **Maternal and Child health Care Practices in Tharu Community** under my guidance and supervision.

I recommend this thesis for acceptance.

.....

Mr. Krishna Prasad Bhurtel
Supervisor and Lecturer
Sukuna Multiple Campus

APPROVAL

This is to certify that Mis. Kalpana Regmi has carried out this research entitled **Maternal and Child health Care Practices in Tharu Community**.

This research has been accepted as partial fulfillment of the requirement for the Master degree of Health Education from Tribhuwan University, Sukuna Multiple campus, Indrapur, Morang, Nepal. This research report is accepted & recommended for final approval.

Approved by

Mr. Janardan Guragain
Sukuna Multiple Campus
Koshiharincha, Morang Nepal

.....
(H.D. Health Education Department)

Mr. Krishna Prasad Bhurtel
Sukuna Multiple Campus
Koshi Harincha, Morang Nepal

.....
(Research supervisor)

.....
External Examiner
Date:

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Kalpana Regmi

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ABSTRACT

Maternal and child health care practice from mother herself and other members of family is the key for the better health of both mother and child keeping this fact in the mind a study entitled "Maternal and Child Health Care Practices in Tharu Community" was done among 122 respondents of ward no 15 of Koshi Haraincha municipality, Morang . The main objectives of this study were to identify the practices of antenatal care in Tharu community, to analyze the natal care practices in Tharu community.

This study has been descriptive type of study based on quantitative nature. The populations of this study were married Tharu women 15-49 having at least one child within the 5 year. The number of population where 610 among them 122 or 20% in the sample size of study by using simple random sampling method. Interview schedule is prepared for collection of data. Researcher is has been presented with respondents and conducted interview with the help of interview schedule and collected data information. The data is analyzed and interpreted with the help of table and figure.

The study revealed that 77.86 percentage of respondents. Married less than 20 years, while only 3 percentages got it after 40 years. About 42.85 percentage respondents had first pregnant in less than 20 years. Majority 50 percentage respondents had done antenatal check -up 4 times. Most of the respondents had received T.T. vaccine and iron tablets while being pregnant. Most of the respondents had more or same as usual during pregnancy. About 25 percentage respondents had delivery cases were assisted at home by untrained TBAS and 18.3 percentage respondents had used safe delivery kit. Practice of supplementary food has not positive 9.83 percentage respondents mother used to feed surbottam pitho ko lito to the children . More over all women were found having Brest-feeding to their children.

About 92.61 percentage women had taken vaccination. 58.19 percentage respondents were all works to be done in house of pregnancy period. Furthermore 68.85 percentage couples have used temporary contraceptive device and 29.50 percentage respondents couples used permanent contraceptive device.

The maternal and child health care practices Tharu community in the study area were satisfactory. Therefore it is necessary to improve the practice of MCH care for improving the situation, education to mother should be prioritized to eliminate bad social norms and values. Effective and accessible program should be launched.

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ACRONYMS

ANC	-	Antenatal care
CBS	-	Central Bureau of Statistics
FOE	-	Faculty Of Education
MCH	-	Maternal and child health
MMR	-	Maternal Mortality Rate
MOH	-	Minister of Health
NDHS	-	Nepal Demographic Health Services
No	-	Numbers
NPC	-	National planning Commission
TU	-	Tribhuwan University
UNFPA	-	United Nations Fund For Population Activities
USAID	-	United States Agency For International Development
VDC	-	Village Development Committee
WHO	-	World Health