

**A STUDY ON MALNUTRITION STATUS OF PREGNANT
WOMEN IN DALIT COMMUNITY**

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August, 2015**

DECLARATION

I hereby declare that to the best of my knowledge this thesis is my original no part of it was earlier submitted for the candidature of research to any University.

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Ishwari Niraula

August, 2015

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ABSTRACT

This study focuses on "A Study of Malnutrition Status of Pregnant Women in Dalit Community" of Ramkot VDC, Kathmandu District. The main aim of this study was to find out the existing nutritional status of pregnant women of the study area. The study was quantitative as well as descriptive in nature.

The study was mainly based on primary source of data. Descriptive research design was adopted for study. This study was conducted among the total number of 120 pregnant women. They were selected by simple random sampling, questionnaire related to family background which was used to collect the necessary information.

82.5 percent of respondents were found illiterate, where as the percentage of literate respondents were found 17.5 percent. To make a diving, the different sources of income had been found some respondents were dependent on their farming. The source of income from the laboure is high 65 percent, 28.3 percent were farming and the minorities of the 67 percent were found job holders. Regarding the occupation of the respondents, hundred percent of respondents were engaged in housewife.

The respondents having dal only added to their usual foods were 5 percent, 15 percent of respondents added only tarkari in their regular meal in addition to rice most of respondents having both dal and tarkari in their meal were 60 percent, 20 percentage were found having some other things in addition to rice. The respondents having food thrice a day were 66.6 percentage, four times a day were 16.6 percent and two times is a day were also 16.6 percent. It has been found that the majority of respondents had their food thrice a day.

Most of respondents (97.5 percent) were found having sexual relationship in this period and 2.5 percentages were not found having sexual relationship in this period. 50 percent respondents were suffering from oedema. The researcher had found that the respondents not suffering from the odema problem were also same (50%). The majority the respondents 55.8 percent were suffering from the problem of vasricosa and the respondents not suffering from the problem of varicose is 44.2 percent.

In conclusion regarding complication in previous pregnancy out of 90 respondents, the majority of respondents 30 percent were facing problem of lower abdomen pain and the minority of respondents 0.8 percent were facing from the headache in the pregnancy period.

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ABBREVIATIONS

ADB	-	Asian Development Bank
AHW	-	Auxiliary Health Worker
ANC	-	Antenatal Check up
BMI	-	Body Mass Index
CBR	-	Community Based Rehabilitation
CBS	-	Columbia Broadcasting System
CMR	-	Child Mortality Rate
DOHS	-	Department of Health Services
FCHV	-	Female Community Health Volunteer
GNP	-	Gross National Product
HB	-	Haemoglobin
HDR	-	Human Development Report
HMIS	-	Health Management and Integrated System
IAISP	-	Intensification of Antenatal Iron Supplementation Program.
ICMR	-	Indian Council for Medical Research
IDA	-	Iron Deficiency Anemia
IMR	-	Infant Mortality Rate
MCHW	-	Maternal Child Health Worker
MMR	-	Maternal Mortality Rate
MOHP	-	Ministry of Health and Population
NFHS	-	National Food Health Survey
NDHS	-	National Demographic Health Services
NHEICC	-	National Health Education Information Communication Center
NMNSS	-	Nepal Micro Nutrient Status Survey
P	-	Percent
TBA	-	Traditional Birth Attendance
UNICEF	-	United Nations International Children's Emergency Funds
UNICEF	-	United Nations Children Emergency Fund
USAID	-	United States Agency for International Development
V.D.C.	-	Village Development Committee
VHW	-	Village Health Worker
WB	-	World Bank
WHO	-	World Health Organization