

Impact of Take Home Ration on Complementary Feeding Practices Among Children from 6 Months to 23 Months of Age From The State of Gujarat

A Thesis For the Degree of Doctor of Philosophy in Home Science

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Abstract:

This study explores the impact of Take Home Ration (THR) on complementary feeding practices among children aged 6–23 months in Gujarat, India. The research involved 608 participants, using purposive sampling across four geographic clusters in the state. Objectives included assessing socio-economic factors, acceptance of THR, correlations between malnutrition awareness and parental attitudes, and the influence of geographic and socio-economic conditions on THR acceptance. Statistical methods, including chi-square analysis, were used to evaluate data. Findings reveal significant correlations between THR consumption and improved nutritional outcomes, breastfeeding practices, and complementary feeding among mothers. Socio-economic factors such as gender, education, and income levels influenced infant feeding practices. The study highlights gaps in Information, Education, and Communication (IEC) dissemination, suggesting a need for enhanced education and outreach to promote THR benefits effectively. Limitations include restricted geographic focus, sample size, and reliance on specific variables. Recommendations emphasize broader research scope, additional variables, and enhanced nutrition education using diverse platforms. The study underscores the need for targeted interventions addressing socio-economic disparities to ensure optimal infant feeding and nutrition.

Keywords: Socio-Cultural status. Health, Nutritional Status, Malnutrition among the Children, Underweight, Stunting, Wasting, THR.