

INVESTIGATION OF THE EFFECTS OF MALNUTRITION

ECDE

LEARNERS GROWTH AND DEVELOPMENT IN

DANDORA ZONE, NAIROBI COUNTY

JANE .K. ATORI

REG NO BECD/112/03768

**A RESEARCH PROJECT SUBMITTED IN PARTIAL
FULFILLMENT FOR THE REQUIREMENT FOR THE AWARD
OF A BACHELOR DEGREE IN EARLY CHILDHOOD
EDUCATION OF MOUNT KENYA UNIVERSITY.**

2015.

ABSTRACT

This study seeks to establish effect of malnutrition on learners' growth and development. The effect of malnutrition on young children aged (0-6 years) can be devastating and enduring. In the areas of cognitive development, when there isn't enough food, the body has to make decision about how to invent the limited food stuffs available. Proper nutrition and good health are powerful influences on a child's learning and how well a child performs in school.

The researcher carried out the study in Dandora Zone, Nairobi County. The research was guided by three objectives that is: *effect of malnutrition on learner's cognitive development, the effects of malnutrition on learner's physical development and effects of malnutrition learners social development.* Purposive sampling technique was used to determine the respondents who held vital information. The researcher used questionnaire to collect data from parents and teachers. The number of participants involved in the study was ten teachers and ten parents. Therefore the total number of participants was forty. From the study it was found out that malnutrition affect children in all aspects of growth and development. Cognitive effects included learners lower IQ, impaired learning abilities among others. Physical effects include stunted growth underweight and skinny children among other effects. Malnourished children are usually introvert they fear to interact with strong children. They mainly keep to themselves. Among the recommendations made by the researcher included active participation of all stakeholders in the education system. National and counties governments should come to the rescue of poor parents by providing preschools with food. Also NGOs have a role to play especially on poverty stricken areas.