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**Internship Report on**

**“A research study on undernutrition among young children at the International Center for Diarrheal Disease Research, Bangladesh (icddr,b)”**

**Submitted By:**

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**Submitted To:**

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**Date of Submission:** Spring 2024

## Declaration

I, Mubassira Binte Latif, hereby declare that that the internship report submitted to the Department of English, Daffodil International University, is a project work. I have written this internship report to complete my course entitled “**ENG 431 Project Paper with Internship**” under the program of B.A. (Hons) in English. I would like to fully acknowledge all sources of help and prepare my paper under the supervision and guidance of Ms. Irina Ishrat, Assistant Professor, Department of English, Daffodil International University.

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## Certificate of Approval

This is officially certify that this internship report, which is titled titled "Understanding research on undernutrition among young children at International Center for Diarrheal Disease Research, Bangladesh (icddr,b)", was prepared by Mubassira Binte Latif, bearing ID: 202-10-2304, in order to fulfill the requirements of the course "Project Paper with Internship" (Course Code: ENG431) for the B.A (Hons) in English from the Department of English program. I certify that I closely monitored Mubassira Binte Latif during this internship report. Furthermore, I certify, to the best of my knowledge, that the content presented in this report is original and does not replicate any previous project report or thesis, authored by either the same candidate or another individual. Following a thorough review of the report, I commend Mubassira for her excellent writing skills and commendable dedication in gathering the information. I extend my best wishes to her for her future endeavors.



**Ms. Irina Ishrat**

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## **Acknowledgement**

First and foremost, I would like to express my gratitude to Almighty Allah from the bottom of my heart for His blessings, which have given me the dedication, fortitude, intelligence, and psychological fortitude I need to successfully complete my internship task.

In particular, I would like to extend my sincere appreciation to my esteemed supervisor, Ms. Irinia Ishrat, Assistant Professor in the Department of English. Her unwavering dedication, frequent assistance, and direction have been really helpful in accomplishing this internship project. She generously provided perceptive advice, direction, and encouragement, of which had a great influence on the composition of this report. She has provided a lot to me, and I will always be grateful for it.

I also want to thank Daffodil International University's English Department for allowing me to submit my internship project paper.

In addition, I extend my heartfelt gratitude to International Center for Diarrheal Disease Research, Bangladesh (icddr,b) for proving me this kind of lifetime experience. My deepest gratitude goes to Md. Fakhar Uddin, Assistant Scientist, Nutrition and Clinical Services Division (NCSD) for selecting me and providing me with the opportunity to do the internship under his supervision.

## **Abstract**

Working as an intern at icddr,b for the past three months, I have been able to learn a great deal about the undernutrition problems that young children (ages 0 to 5) in Bangladeshi communities experience. The main goal of this project paper's is to investigate the prevalence of undernutrition in Bangladeshi communities, with a special emphasis on the community's perspectives on nutrition, economic status, eating habits, and other relevant factors, particularly in slum areas (korail and Bosila). In order to accomplish this, qualitative approaches including focus groups, participant observation, and in-depth interviews were used to get thorough understanding of children's nutritional status. Intimate discussions were facilitated via in-depth interviews, which gave participants a forum to express participants thoughts, difficulties, and experiences related to infant feeding. I was able to observe firsthand the many factors that contribute to undernutrition that are common in Bangladeshi communities through intensive participant observation. One major obstacle that has surfaced is economic limitation, which limits access to nutrient-dense food options and feeds the cycle of malnutrition brought on by poverty. Furthermore, food habits were greatly impacted by cultural norms and traditional beliefs, which resulted in worse than ideal nutritional outcomes for young children.

My internship has changed me profoundly and given me a deeper appreciation for the intricate relationships that undernutrition in Bangladeshi community entails. I've discovered that successful interventions require a comprehensive strategy that includes community involvement, socioeconomic empowerment, and cultural sensitivity. Furthermore, it is critical to promote cooperative collaborations among stakeholders in order to ensure the welfare of future generations and to spark significant change. When I think back on my journey, the communities I had the honor to work with inspire me with their tenacity and courage, which strengthens my resolve to fight for fair access to nourishment and promote a better future for everybody.

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## **Chapter – 01**

### **Introduction**

The English Department at Daffodil International University is dedicated to closing the gap that exists between theoretical understanding and real-world application. The department provides internship programs with the purpose of giving students valuable real-world job experience in order to accomplish this goal. These internships provide as a crucial bridge, allowing students to apply their academic understanding to concrete real-world scenarios. Students can enhance their learning experience by putting their theoretical understanding into reality through internship participation. A variety of national institutions host internships as part of Daffodil International University's English program. I recently finished my internship at International Center for Diarrheal Disease Research, Bangladesh (icddr,b) under the division of Nutrition Research Division, is a prime example of this experiential learning methodology.

In Bangladesh, child undernutrition is still a major public health concern, particularly among children under the age of five living in urban slums. According to the most recent Urban Health Survey of 2021, undernutrition is still much more common in these marginalized populations than in non-slum regions, even with the advances in child nutrition over the last ten years. The distinctive characteristics of urban slums, including overcrowding, inadequate sanitation, limited access to clean water, and substandard housing, create an environment conducive to the proliferation of diseases and infections, further exacerbating the challenge of malnutrition. Economic constraints within these communities often impede families' ability to afford nutritious food, while the necessity for mothers to work outside the home can hinder their capacity to provide adequate care for their children. Moreover, access to essential healthcare services, such as prenatal and pediatric care, is often limited in urban slum settings. Cultural beliefs, superstitions, and traditional practices related to food, feeding habits, and child-rearing also play a significant role in shaping nutritional outcomes. Occasionally, these factors perpetuate unhealthy behaviors that lead to the continuation of childhood undernutrition. Addressing these multifaceted challenges demands a comprehensive approach encompassing healthcare access, economic empowerment, and cultural sensitivity to effectively combat childhood undernutrition in both urban slum and non-slum settings in Bangladesh.

## **Chapter - 02**

### **Objectives**

The aim of the project paper is to determine the under nutritional condition of the young children (ages 0 to 5) in Bangladeshi communities. This based on community's perspective about nutrition, economic status, food intake practices and other factors especially in slum areas. Through internship journey, I am gathering knowledge about in this aspect. The specifics objectives of this study are-

1. To maintain under nutritional status among young children in Bangladesh.
2. To understand the community perception and practices in this issue.
3. To asses the nutritional knowledge and food security in households of young children (under 5 years) in Bangladesh.



## **Chapter-03**

### **Methodology**

The study is conducted by the three most common qualitative methodologies, explained in detail in their respective modules are- participant observation, in-depth interviews, and focus groups. Each method is particularly suited for obtaining a specific type of data. The types of data these three methods generate are field notes, audio (and sometimes video) recordings, and transcripts.

- Participant observation is appropriate for collecting data on naturally occurring behaviors in their usual contexts.
- In-depth interviews are optimal for collecting data on individuals' personal histories, perspectives, and experiences, particularly when sensitive topics are being explored.
- Focus groups are effective in eliciting data on the cultural norms of a group and in generating broad overviews of issues of concern to the cultural groups or subgroups represented.

## **Chapter - 04**

### **Description of the Institution**

Based in Dhaka, Bangladesh, icddr,b is one of the world's leading institutes for global health research, which started its journey in the 1960s. It is committed to solving public health problems facing low-and middle-income countries through innovative scientific research-including laboratory-based, clinical, epidemiological and health systems research. Their aim is to improve the health and wellbeing of people living in the world's poorest nations through the development, testing and assessment of the implementation of interventions specifically designed for resource-poor settings. They have been performing outstanding research and promoting the uptake of evidence-based interventions, for more than 50 years. Although diarrheal disease was their primary concern, now they study multiple infectious diseases, other threats to public health, and healthcare delivery approaches. Their key objective for the future is to develop to create a positive impact on public health policy and practice both locally and globally.

As an intern, I got the opportunity to work at the Nutrition and Research Division, where the purpose of the research to investigate and address undernutrition in mothers, adolescents and children.

## **Chapter: 05**

### **Internship Activity**

Working in the Nutrition Research Division (NRD) at icddr,b, provided with extensive experience in conducting qualitative research covering aspects such as me a vast knowledge how to conduct a research work in a qualitative way including- data collection, transcription, coding, interpretation and compile interpretation. During my internship I dealt with the children who was suffering from undernutrition whose age of two to twenty-three months. As an intern I am doing field work- like in-depth interviews, recording, observation and after that I transcribe those interviews, coding them, interpretation and also compile interpretation. I can explain the procedure here with several sub-themes-

- **Field Experience-**

The primary step the research is data collection, where in-depth interviews are conducted and children's mothers are interviewed. I was sent to the field with a senior research officer so that I could better understand and learn the process of data collection. It was totally a different experience for me for the first time to see how to take interviews in a slum area. As the research area deals with children's undernutrition, the majority of the interviews are conducted in slums-like Basila and Korail, where I visited. We worked with two types of undernourished children which is- Severe Acute Malnutrition (SAM) and Moderate Acute Malnutrition (MAM). The interviews last from 1 to 1.30 hours, maximum. Respondents for the interview are selected mainly in two ways; hospital discharge patients and finding out from the slums. In order to find out undernourished children from the slum, we used a measurement tape on the presumptive child with the instructions.

To learn more about the causes of their children's undernutrition and their perspectives on this problem, in-depth like, open-ended interviews are done with caregivers. Maintaining coherence during the interview is crucial; otherwise, data analysis will be challenging. With the respondents' full cooperation, an interview recorder is utilized to capture the conversation. Flexible methods are used to conduct inquiries, and force is not permitted in any kind of response.

- **Transcriptions**

After the interviews are complete, the next step is to do the transcription of the audio file. At first, it was challenging for me because I had never attempted this type of work before, where I had to write exactly the conversation in Bangla that was held in the interview. Though it took some more time to write but later I got adjusted and can able to reach the target time.

- **Coding**

In qualitative research, coding is the process of defining a passage in the text or any other data searched, identifying concepts and finding relations between them that we can analyze. Coding is not just labeling; it is linking data to the research idea and back to other data. After the transcription, the next step is coding where the data are subjected to related coding. The main objectives of the coding are- family members' perceptions about nutrition and undernutrition and perceived influences of undernutrition among young children. Some relatable coding lists are organized for the data and it can be modified according to the new data. The lists contain many codes and they also have sub-codes. For example- economic influence is the main code; lack of job opportunities and food price hike are the sub codes. I can share an example of how we put data under a code; "A caregiver reported that her child was born undernourished (low birth weight) due to her ability to only intake lentils or potatoes and rice which did not provide proper nutrition. She couldn't spend extra money for buying nutritious food because it would impact buying necessary daily goods." So, this statement would be fall under the economic influence code. This is the procedure of how a coding performed through this way.

- **Interpretation**

Interpretation is the process of interpreting and making meaning from the collected data in a systematic way in a research study. It is a crucial aspect of the research process, which helps in evaluating the significance of findings, linking them to the current state of knowledge, and guiding potential avenues for investigation. For an example, when I interpret data that is under the economic influence code, I have to make sure that this interpretation justifies the code. One thing we need to keep in mind is that in order to perform the interpretation, we cannot conceive the data, instead, we must write down the information exactly as provided by the caregiver. Most of the caregivers who were interviewed were in grade five or uneducated, and they speak

in their native language, which is sometimes a bit difficult to understand. And when they are asked a question about nutrition or their economic condition, they are not able to give an organized way or complete answer. Which creates difficulties in interpreting. That's why I have to read the data very carefully and try to understand what she said. Then I tried to include every significant word that caregivers mentioned regarding undernutrition in children.

- **Compile Interpretation**

In research, compile interpretation is a methodical process of carefully going over the data that has been initially interpreted in order to extract valuable information that improves the study.

This process is vital for uncovering significant information that adds depth to the research findings. Typically, interpretation entails organizing data using a coding list within a matrix table, which helps in structuring and analyzing the information effectively.

During interpretation, researchers usually encounter a variety of initial interpretations, ranging from similar to diverse. When a majority of caregivers provide similar information, it is important to group it together, as this indicates a pattern or consensus among participants. However, it's crucial to maintain fidelity to the assigned code and accurately reflect the perspectives of caregivers without injecting personal biases or opinions. By adhering to a systematic interpretation process, researchers can ensure that their analysis is rigorous and that the insights derived are valid and reliable, thereby enriching the overall research endeavor.

## **Chapter-06**

### **Learning from my journey**

Working as a research intern at icddr,b for three months was an enriching experience for me, providing invaluable insights into the research process and professional development. Although I had never worked in the research field before, in just these three months it was time for me to gain lifelong experience.

While starting my journey, the task at hand appeared to be quite challenging. My biggest challenging part was figuring out where to start and how to do it. However, my mentors made an effort to explain everything clearly so I could understand the issues. I also started reading the published articles, samples which helped the challenge become gradually less daunting and more manageable. To become a better researcher, I have acquired new methods, techniques, and resources for carrying out literature reviews, gathering information, or deciphering findings. Internships are a great way to grow soft skills in along with technical ones, which helped to improve my research skills, data analysis abilities. I was also able to recognize my areas of weakness and where I ought to concentrate to develop. This internship has been instrumental in shaping me into a more confident and competent individual, equipping me for the challenges that lie ahead.

- Developed communication skills.
- Learned to ability to work under pressure
- Learned corporate culture, and environment.
- Learned to handle problem-solving situations.
- Learn to adapt to any situation.
- Improved networking skills.

## **Chapter-07**

### **Obstacles during the internship**

During my three-month of internship, I faced multiple obstacles as a newcomer in the research field. At first, it was challenging to adapting to new work environments, team dynamics, and cultural differences. Additionally, lacking experience in research methodologies, data analysis techniques, and specific tools made it hard to effectively carry out research tasks.

One of the primary obstacles I faced which was the unfamiliarity with transcription work. Transcribing recorded audio files was particularly challenging because participants spoke in their native language, sometimes with low volume, making it difficult to meet tight deadlines. Coding the transcription file was also confusing as selecting the appropriate codes was crucial to ensure the accurate interpretation. When interpreting the data, I encountered difficulties in structuring the narrative coherently and ensuring that the initial sentence justified the chosen code, identified malnutrition indicators, and maintained a logical sequence.

In qualitative research, precision was important, which often led to struggles in providing specific details. It turned out that the compilation of the interpretation was even more difficult than the initial step of interpretation. This required careful alignment of the first sentence with the designated code in order to bring together the final findings from multiple interpretations. Overall, overcoming these obstacles required patience, attention to detail, and a willingness to learn which I tried to gather.

## **Chapter-08**

### **Over all findings**

The three months that I spent as an intern at icddr,b was incredibly enriching and valuable for my professional development. I got the chance to pick up practical skills and acquire knowledge about efficient research techniques. Facing challenges during internships is common, but I have used them as learning opportunities to identify my knowledge gaps and enhance my skills. Understanding the nuances between qualitative and quantitative research methodologies is a crucial aspect of research, that I have gained clarity on this during my time at icddr,b. This is an important part of the research. This field of study has equipped me with research methodology skills. I am able to distinguish qualitative research approaches from quantitative research methods.

The strength of qualitative research is its ability to provide complex textual descriptions of how people experience a given research issue. It provides information about the “human” side of an issue – that is, the often-contradictory behaviors, beliefs, opinions, emotions, and relationships of individuals. Qualitative methods are also effective in identifying intangible factors, such as social norms, socioeconomic status, gender roles, ethnicity, and religion, whose role in the research issue may not be readily apparent. When used along with quantitative methods, qualitative research can help us to interpret and better understand the complex reality of a given situation and the implications of quantitative data. Although findings from qualitative data can often be extended to people with characteristics similar to those in the study population, gaining a rich and complex understanding of a specific social context or phenomenon typically takes precedence over eliciting data that can be generalized to other geographical areas or populations. In this sense, qualitative research differs slightly from scientific research in general.



## **Chapter -09**

### **Recommendations**

I've been working at icddr,b for three months, and during that time I've seen that it is a very positive place to work. Since it's an internationally recognized place, many of us want to make progress in our careers there. I want to highlight a few important areas where we can improve from the beginning and raise the standard of our professional work for those who are interested in pursuing a career in this kind of field:

- Research-based activities can be a part of our university, if we gather this experience from the beginning, then it will prepare us to work for this kind of research organization.
- Adopt a growth mentality and see obstacles as chances to improve and learn.
- Ask for constructive criticism from coworkers or managers to help us identify areas for growth and hone our approach.
- Understand that overcoming obstacles in research is a gradual process. Stay resilient in the face of challenges and maintain a positive attitude towards learning and improvement.

## **Chapter- 10**

### **Conclusion**

I have always had a desire to learn new things since I am a lifelong learner. Through internships, we can put their academic knowledge to use in practical settings. By putting theoretical knowledge into practice, this practical experience helps us understand its practical applications and makes ready for working life. We can gain industry-specific skills including project management, teamwork, problem-solving, and communication by participating in internships. These abilities provide us an advantage over our peers and improve our employability. It helps us to determine our professional route, test our interests, and make informed choices regarding our next academic endeavors.

On this learning journey, I am very grateful to be a part of icddr,b because it has taught me many new valuable things. Some of the lessons I got in icddr,b made me realize that I am very interested in working with this organization. Therefore, I am always enthusiastic about doing every task given to me and always try to give my best in every task that I do. Icddr,b enlightened me on getting to know myself better and helped me to plan my career. When I first started out as an intern, I had no idea what to expect. It wasn't always easy. It took a lot of time and was stressful. Another thing my internship taught me is how capable and have so much more to offer than what I thought I did. My GPA or my major doesn't define who I am or what I can do. I was able to discover more of my interests in research that I had never thought about doing before. Everything is possible for us to achieve and learn when we have confidence in ourselves and are prepared to work hard.

## **Chapter – 11**

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### **Website Link-**

1. <https://en.wikipedia.org/wiki/ICDDR,B>

## Appendix



12 April, 2024

### TO WHOM IT MAY CONCERN

This is to certify that **Mubassira Binte Latif (TTU 9739)** has successfully completed a three-months internship program at International Center for Diarrheal Disease Research, Bangladesh (icddr,b) from 01 January to 31 March 2024.

Throughout her internship, Mrs. Mubassira demonstrated remarkable dedication and competence in her assigned tasks. She exhibited strong work ethic and willingness to learn new things from the research institution included literature review, data analysis, assist in editing and writing research paper. Despite being unknown research institution, she showed remarkable performance in grasping and adopting herself with new tasks and work environment. During her internship, Mrs. Mubassira consistently delivered quality work in a timely manner.

Mrs. Mubassira exhibit punctuality, hard work, and an inquisitive mindset. I extend my heartfelt best wishes to Mrs. Mubassira Binte Latif and am confident that she will achieve remarkable success in all her future endeavors.

Kind regards,

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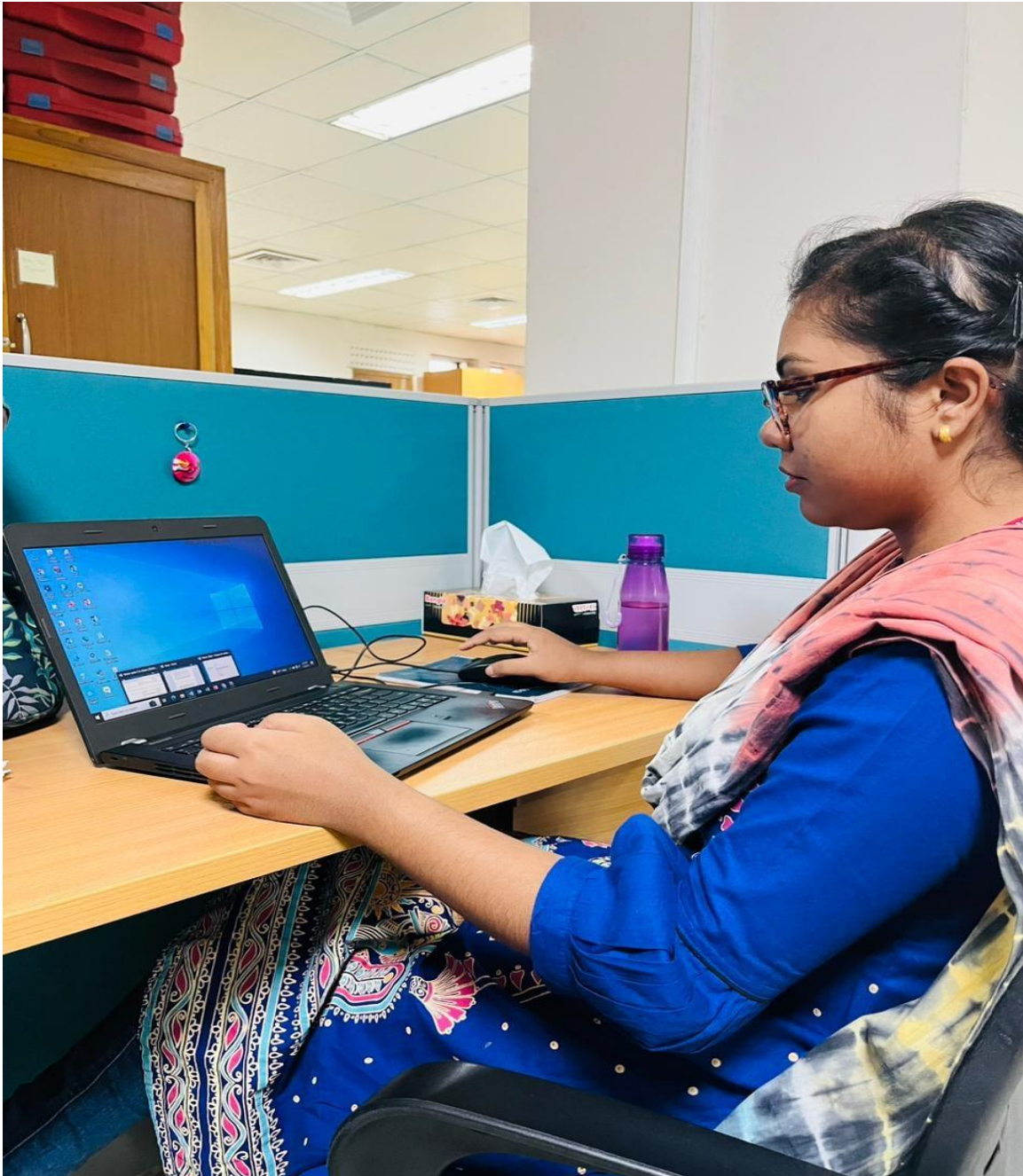
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**Identifying malnourished child**





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