

Assess the Knowledge Regarding Infant Rearing Practices among Primigravida Mothers Attending Gynae OPD in Selected Hospital of District Mohali Punjab, with a View to Develop Information Booklet

Sunaina Sharma

Assistant Professor, Silver Oaks College of Nursing, Mohali, Punjab, India

Abstract: ***Background:** It is well said that if you bungle raising your children, whatever else you do will not matter much. Parents are architects of nation's future. Proper child rearing practices are key to child survival. **Aim:** To assess the knowledge regarding infant rearing practices among primigravida mothers attending Gynae OPD in selected hospital of district Mohali Punjab, with a view to develop information booklet. **Material and Methods:** A quantitative study "descriptive design." The sample of 60 primigravida mothers who are attending gynae OPD were taken by using non probability purposive sampling technique. Self - structured knowledge questionnaire consisted of 36 items used to assess the knowledge regarding infant rearing practices. **Results:** The study revealed that primigravida mothers (52%) had good knowledge regarding infant rearing practices followed by (27%) had average level of knowledge and (21%) had inadequate knowledge. **Conclusion:** Primigravida mothers must know about the child rearing practices. The finding showed that maximum primigravida mothers had good knowledge regarding infant rearing practices*

Keywords: knowledge, Infant rearing practices, primigravida mothers

1. Introduction

Infant mortality is the death of young children under the age of one. The contributing factors that lead to infant mortality are neonatal infections, malnutrition, mother's level of education, environmental conditions. Globally in 2017, 4.1 million (75% of all under five deaths) occurred within the first year of life. In India, in 2017 the infant mortality rate was at about 32 deaths per 1000 live births ⁽¹⁾.

Infant rearing practices and parenting is the process of promoting and supporting mainly all the aspects of development especially physical and psychological development of an infant ⁽²⁾

Child rearing (CR) refers to bringing - up of children by parents or parent substitutes. It consists of practices that are grounded in cultural patterns and beliefs. It is probably the most challenging responsibility for a mother during her child's infancy. Successful CR is essential for the child's overall development and realization of self - esteem. As the primary care giver for infant, mother is responsible for attending to all the needs of the infant. In India, other elder members of the family also contribute to childcare. The important components of CR are maternal activities that promote the children's physical, intellectual, and psychosocial development so that they may grow up to express their full potential. ⁽³⁾

One of the determinants of child morbidity and mortality is the child rearing practices. Socio - economic environment, nutrition and health status play a synergistic role that can alter growth and development of a child. The reasons usually cited for the poor state of infant and child health in India are

inadequate neonatal care, insufficient breastfeeding, malnutrition, low immunity and high incidence of communicable disease ⁽⁴⁾

Objectives

- 1) To assess the knowledge regarding infant rearing practices among the primigravida mothers.
- 2) To find out the association between knowledge score regarding infant practices among the primigravida mothers with their selected demographic variables.
- 3) To develop and distribute information booklet regarding infant rearing practices to primigravida mothers of selected hospital.

2. Literature Review

A Exploratory study to assess cultural child rearing practices among woman in a selected rural community Ludhiana, Punjab by Kaur H. The study sample was comprised of 100 women and was selected by purposive sampling technique. Findings revealed that 100% women were following cultural child rearing practices. 83% women did not allow mother and baby to go outside home after delivery, 53% did not give bath to baby immediately after birth, 93% women were following ghurti practices after birth of child, 89% believed in evil eye, 92% kept iron objects under the bed sheet of child after birth, 71% women applied applicant on cord stump, 67% did not give colostrum to new born and not start breast feeding immediately after birth. 81% did not apply anything on BCG scar, 96% gave massage to baby before bath. 82% women applied kajal in eyes of baby, 100% women gave immunization on schedule date, toilet training to child 53% women started supplementary feeding at the

age of 6 month. ⁽⁴⁾

A cross sectional study to assess the attitude and knowledge of practice regarding breastfeeding among primigravida mothers by Sandhya J. The study sample comprised of 35 primigravida mothers and were selected by non - probability purposive sampling technique. The study result revealed that 31.42% mothers having good knowledge and 62.85% having average knowledge and 5.17% having poor knowledge regarding breastfeeding. On the other hand, regarding the majority of mothers (57.14%) having average attitude of breastfeeding and 54.28% mothers were not using knowledge of practice giving breastfeeding to new born. ⁽⁵⁾

A descriptive study to assess child rearing practices among mothers of toddlers (1 - 3years) in selected rural areas of Punjab, India by Kaur A. The study sample comprised of 50 mothers of toddlers with purposive sampling technique from rural areas of Punjab. The results of the study shown that for toddlers 82% mothers had unsatisfactory level of child rearing practices. Among mothers of toddlers the highest mean percentage score of child rearing practices were found highest in area of play and stimulation (67.70) least in toilet training (50.50%) ⁽⁶⁾

3. Material and Methods

Research Approach:

A Quantitative research approach was adopted to accomplish the objectives of the study to assess the knowledge regarding infant rearing practices among primigravida mothers attending gynae OPD in selected hospital of district Mohali

Research Design:

Non - experimental descriptive research design was adopted to assess the knowledge regarding infant rearing practices among primigravida mothers attending gynae OPD in selected hospital of district Mohali

Research Setting

The setting is the physical location and condition in which data collection take place. The research study was conducted in gynae OPD in selected hospital of district Mohali, Punjab. The criterion for selecting this setting was:

- Familiarity with the setting.
- Availability of the subjects.
- Feasibility of conducting the study

Target Population:

The target population of study was primigravida mothers who were attending gynae OPD in selected hospital of district Mohali, Punjab.

Sample and Sampling Technique

In present study, the sample of 60 primigravida mothers was selected from gynae OPD in selected hospital of district, Mohali, Punjab. A purposive sampling technique was used in this study to select a group who was representative of the population under study.

Development of Research Tool:

The tool was developed after thorough review of literature and in consultation with experts in the field of Research and Nursing.

Description of Tool:

The tool comprised of two sections:

Section: 1

Socio - Demographic data

It comprises of 7 items related to demographic profile of women in civil hospital Kharar, Mohali such as age, religion, family type, education, occupation, area of residence, source of information.

Self - structured knowledge questionnaire

It consisted of 36 knowledge questions regarding infant rearing practices

Criterion Measure:

The child rearing practices of each area was assessed by frequency percentage method.

Reliability of tool

Reliability of tools was calculated by using split half method and the reliability of tool was 0.9 which indicates tool was reliable.

Data Collection Procedure

The data was collected after obtaining permission in the last week of February 2020. The investigators explained the purpose of the study to each respondent. Written permission was taken and they were assured that their responses would be kept confidential and used for research purpose only. Time taken by each respondent to fill the questionnaire for data collection was 30 - 40 minutes. Paper pencil method was used to collect the data. So, in all together the researchers spend an average of total time 40 - 45 minutes to collect the data.

Plan of data analysis

Analysis of data was done in accordance with the objectives of the study. The data analysis was done by using descriptive and inferential statistics.

4. Results

Table 1: Frequency and Percentage Distribution of Socio Demographic Characteristics of Primigravida Mothers Attending Gynae OPD in Selected Hospital N=60

S. No	Demographic characteristics	Frequency (f)	Percentage (%)
1	Age		
1.1	19 – 24	40	66.07
1.2	25 – 30	18	30
1.3	31 – 35	02	03.3
2	Religion		
2.1	Hindu	21	35
2.2	Sikh	32	53.3
2.3	Muslim	07	11.7
2.4	Christian	00	00
3	Type of family		
3.1	Nuclear	28	46.7

3.2	Joint	29	48.3
3.3	Extended	03	05
4	Educational status		
4.1	Primary	22	36.7
4.2	Secondary	24	40
4.3	Graduate and post graduate	10	16.6
4.4	Non formal education	04	06.7
5	Area of residence		
5.1	Rural	41	68.3
5.2	Urban	19	31.7
6	Occupation		
6.1	Housewife	45	75
6.2	Private	01	1.6
6.3	Govt	10	16.7
6.4	Self employed	04	6.7
7	Source of information		
7.1	Mass media	22	36.7
7.2	Friend, family	20	33.3
7.3	Newspaper	11	18.3
7.4	Health personal if any (specify)	07	11.7

Table 1; shows that according to age it was found that maximum of women (66.7%) were in age group of 19 - 24 years where as majority (53.3%) of women were belong to Sikh religion. On the other hand, maximum (48.3%) women belong to joint families and Maximum (40%) of women education was secondary education. In relation to area of residence maximum of (68.3%) were from rural area. Regarding women occupation majority (75%) were homemaker. In relation to source of information maximum women (36.7%) had gained information from mass media

Table 2: Assessment of Knowledge Regarding Infant Rearing Practices among Primigravida Mothers Attending Gynae OPD

Level of knowledge	Frequency (f)	Percentage (%)
Poor (0 - 9)	00	00
Average (10 - 18)	27	45
Good (19 - 26)	33	55
Excellent (27 - 36)	00	00

Table 2; Shows that (55%) mother had good level of knowledge followed by (45%) had average level of knowledge, (00%) had poor knowledge and (00%) had excellent knowledge.

5. Discussion

The main focus of the study is to assess the knowledge.60 samples were selected by purposive sampling technique. The study findings were discussed based on the objective.

The 1st objective of study was to assess the knowledge regarding infant rearing practices among primigravida mothers. It showed that primigravida mothers (52%) had good knowledge followed by (27%) had average level of knowledge and (21%) had inadequate knowledge. The findings of the study were consistent with A comparative study to assess the knowledge on child rearing practice among working and non - working pregnant women conducted by G Bhuvaneshwari, M Abilashya. The study sample size was 100, 50 were working pregnant women 50 were non - working pregnant women selected by purposive sampling technique. The data was collected by using socio

demographic variable and structured questionnaire was provided to the selected samples to assess the knowledge on child rearing practice. It showed that 16% of the working pregnant women's had inadequate on child rearing practice, 52% of pregnant women's had moderately adequate knowledge on child rearing practice and only 32% of the pregnant women having adequate knowledge in. On other hand it showed that 70% of the nonworking pregnant women had inadequate knowledge on child rearing practice, 25% of pregnant women had moderately adequate knowledge, 3% of the pregnant. ⁽⁷⁾

6. Conclusion

Primigravida mothers must know about the child rearing practices. The finding showed that maximum primigravida mothers had good knowledge regarding infant rearing practices.

7. Further Scope

A similar study can be undertaken by utilizing other domain like practice with large sample and different sample and A quasi experimental study can be carried out to assess the effectiveness of structured teaching program regarding infant rearing practices.

Ethical Considerations

- 1) Ethical approval of study was obtained from ethical committee SOCON.
- 2) Written permission was taken from College research committee.
- 3) Consent from the participants was asked.
- 4) Women were explained about purpose of study.
- 5) Confidentiality was maintained while conducting this study

Source of Funding: Self

Conflict of Interest: Nil

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