

A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Weaning Diet among Primi Para Mothers of Infant in Selected Area of Kodoli

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Abstract: ***Background:** Infancy is the period when foundation of health is laid. The changes in the infant between birth and the age of one year are dramatic. The right practice of weaning is necessary to prevent from various health related complications like allergy, diarrhea and choking, Therefore the study is taken to create the awareness of the weaning, cooking practices, food hygiene and nutritional requirement etc. Knowledge of food and practices is an important aspect of preventive and social pediatrics. There is enough evidence to show that children can properly weaned by local foods of kind usually consumed by the older children and adults in their families. Primi Para mother not aware about children weaning diet how to give and in which month started the diet. **Aim:** Study to assess the effectiveness of planned teaching programme on knowledge regarding weaning diet among Primi Para mothers of infant. **Research methodology:** The present study non experimental descriptive, setting of study in maternity ward of Yashwant Allopathic Hospital Kodoli. Total 48 Primi Para mothers are involved in this study data collect by using purposive sampling technique. **Conclusion:** With the help of our findings, it is concluded that the urban and rural area people through they are educated and having all available health resources still is occurrence of nutritional problems and malnutrition among the infants.*

Keywords: Effectiveness Planned Teaching Programme, Primi Para Mothers, Weaning Diet, Infants

1. Introduction

Weaning is the process of introducing solid food in to the baby's diet in order to fulfill their growing nutritional needs. It is started at the age of six months of the child, however from milk, so increasingly large on frequent feed. Weaning an infant from breast feeding to complementary food is a common cultural practice followed by Nepalese people, which plays vital role in the child's milestone for growth and development. The right practice of weaning is necessary to prevent from various health related complications like allergy, diarrhea and choking (Cameron et al., 2012) furthermore delayed weaning may result in nutritional deficiency, protein energy malnutrition (Gupta et al., 2010) and, childhood illness, developmental delay (Wadgave et al. 2012) stunting (Padmadas et al., 2002) and sometimes even death¹

Infancy is the period when foundation of health is laid. The changes in the infant between birth and the age of one year are dramatic. The health and nutritional status of the infant and its subsequent growth and development through childhood depends upon successful feeding practice right from birth. Human breast milk is the most desirable diet for the first 6 months. But on reaching 6 months, breast milk alone is not able to provide all necessary nutrients to the child. Hence a process called weaning is practiced from the child's second half of infancy.

The right age for weaning is around 4-6 months. The right type of food is a semi solid. The most important fact of weaning is to bridge the gap between liquid and solid diet. If weaning is not proper, children are likely to fall in to the pit

of malnutrition. Weaning should be a solid process of gradual replacement of breastfeed by other suitable feeds. The bridge should be built on three strong planks namely continued breast feeding, vegetable protein and animal protein with safety net beneath namely supplementary feeding²

Healthy children are full of energy and are active. The human milk alone, even in reasonable quantities, cannot provide all the energy and protein required for maintaining an adequate velocity of growth for the infant, after the age 6 months. It is therefore necessary to introduce more concentrated energy dense nutritional and iron supplements by this age. Adequate nutrition is essential to maintain optimum health of baby at the age of 6 months. Their growth and development are according to the expected norms and show no nutritional deficiency³

2. Need of the study

In general, mothers have very little knowledge about the nutritive value. It is the responsibility of health workers to provide appropriate information to the mothers in the community, hospital and clinics, at various levels of child development. Parents should be made aware of their role in practicing healthy food habits. Demonstrations on the preparations of simple multipurpose food can create interest in the mothers.⁹

Through the above facts and studies, the investigator has realized the increased incidence of problems due to non weaning, and deficiency of knowledge among mothers regarding weaning. Hence the investigator felt the need to

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select this study and to prepare video assisted teaching to improve the knowledge of mothers with infant.

It is our responsibility of the health professional to assess the knowledge of mothers regarding weaning, cooking practices, food hygiene and nutritional requirement for their children.¹⁰ Therefore the study is taken to create the awareness of the weaning, cooking practices, food hygiene and nutritional requirement etc.

Knowledge of food and practices is an important aspect of preventive and social pediatrics. There is enough evidence to show that children can properly weaned by local foods of kind usually consumed by the older children and adults in their families. Primi Para mother not aware about children weaning diet how to give and in which month started the diet. The study objective to develop awareness and given the knowledge regarding weaning diet of Primi Para mothers.

Aim of the study

Study to assess the effectiveness of planned teaching programme on knowledge regarding weaning diet among Primi Para mothers of infant.

Objectives

- 1) To assess the knowledge regarding weaning diet among Primi Para mothers of infants.
- 2) To assess the knowledge about weaning food and its practices.
- 3) To assess the association between pre test score and post test score

3. Research methodology

The present study non experimental descriptive, setting of study in maternity ward of Yashwant Allopathic Hospital Kodoli. Target population is those mothers came for delivery in Maternity ward and data collect by using Purposive sampling technique. Total 48 mothers are enrolled in this study, data collected by using structured interview questionnaire.

4. Result

Total 48 Primi Para mothers enrolled in this study, despite the table according to the variables and questionnaire.

Table 1: Distribution of according to frequency and percentage.(n=48)

variables	Frequency	Percentage
Age of Primi Para mother		
18-22	23	47.91%
23-27	17	35.41%
28-32	8	16.66%
Education of Primi Para Mother		
Illiterate	5	10.41%
Up to 10 th	24	50%
Up to graduate	19	39.58%

Above table reveals that, maximum age group 18 to 22 of

Primi Para mother was 23(47.91%) having knowledge about weaning diet. Maximum mothers was taken up to 10th standard education were as 24 (50%).

Table 2: Distribution of according to level of knowledge and socio demographic variables, (n= 48)

Age	Average	Good	Poor	Total
8-22	11	7	5	23
23-27	9	3	5	17
28-32	5	3	0	8
Total	25	13	10	48
Education	Average	Good	Poor	Total
Illiterate	2	2	1	5
Up to 10 th	11	10	3	24
Up to Graduate	10	4	5	19
Total	16	23	9	48

Above table reveals that, 11 Primi Para mother from age group of 8 to 22 year was having average knowledge about weaning diet. In age group 28 to 32 Primi Para mothers no one the poor knowledge about weaning diet. Maximum 11 Primi Para mothers were having good knowledge those are taken up to 10th standard education. Only one Primi Para mother those are illiterate.

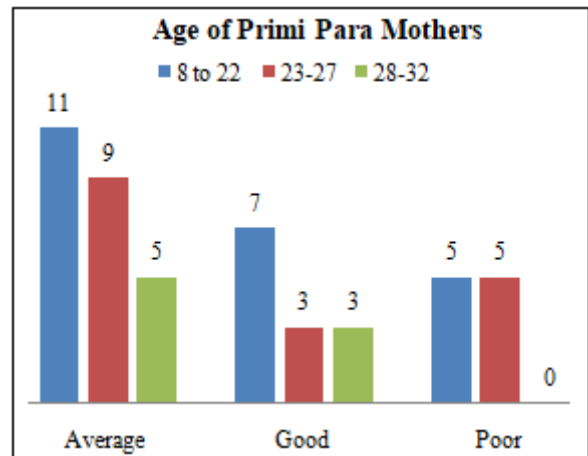


Figure 1: Distribution of level of knowledge according to age of Primi Para Mother

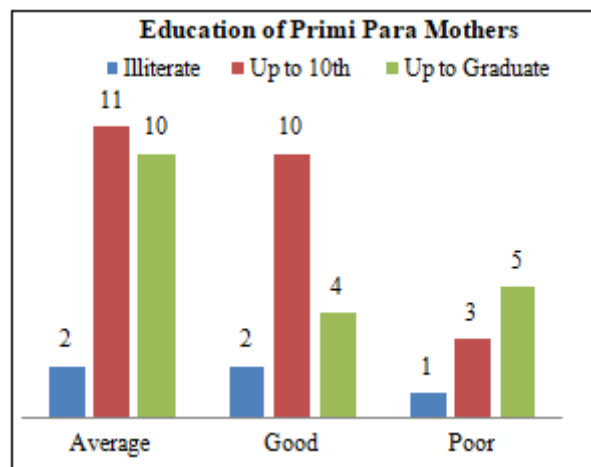


Figure 2: Distribution of level of knowledge according to education of Primi Para Mother

Table 3: Association between level of knowledge and socio demographic variables (n= 48)

Variables	Level of knowledge			Total	Chi Square	Df	P value
	Average	Good	Poor				
Age of Mothers	F (%)	F (%)	F (%)				
8-22	11	7	5	23	18.501	4	9.49
23-27	9	3	5	17			
28-32	5	3	0	8			
Education	Average	Good	Poor	Total			
Illiterate	2	2	1	5	80.758	4	9.49
Up to 10 th	11	10	3	24			
Up to Graduate	10	4	5	19			

Above table despite the chi square value 18.501 greater than tabulated value. Hence H_1 was accepted, there is association between age and knowledge, and 80.758 chi square value greater than tabulated value. Accepted H_2 there is association between education and knowledge of Primi Para mother regarding weaning diet of infant.

5. Discussion

Nutritional deficiency and mal-nutrition is worldwide problem with the highest prevalence in developing countries. It is found especially among women of child bearing age and also during pregnancy, lactation, due to improper weaning diet. Majority of the children in India who live below the poverty lines in an environment of multi deprivation and starvation have physical and developmental retardation. It has been estimated that in India 65% that is nearly 80 million children's under 5 year of age suffer from degree of malnutrition.

In the present study maximum age group 18 to 22 of Primi Para mother was 23(47.91%) having knowledge about weaning diet. Maximum mothers was taken up to 10th standard education were as 24 (50%), And 11 Primi Para mother from age group of 8 to 22 year was having average knowledge about weaning diet. In age group 28 to 32 Primi Para mothers no one the poor knowledge about weaning diet. Maximum 11 Primi Para mothers were having good knowledge those are taken up to 10th standard education. Only one Primi Para mother those are illiterate. There was association between age and knowledge and education and knowledge regarding weaning diet of infant. Out of 48 Primi Para mother in that only one mother were as illiterate. Remain 47 mother have same of the level knowledge about the weaning diet.

6. Conclusion

With the help of our findings, it is concluded that the urban and rural area people through they are educated and having all available health resources still is occurrence of nutritional problems and malnutrition among the infants. Area people through are educated and having all available health resources still there is occurrence of nutritional problems the infants. It's our responsibility to educate the mothers about weaning diet and its importance its practices and food hygiene to prevent and control the nutritional deficiencies and malnutrition among the infants.

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