

# Effectiveness of Structured Teaching Programme on Weaning among Mothers of Infants

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**Abstract:** Background: Infancy is the base of human's life healthy childhood paves the way for a healthy adulthood. Our children inherit their future from us and their best equipment to meet the challenges ahead consists of a healthy body, an inquiry mind and stable personality. Methods: Quasi experimental, pre and post test design was adopted. Convenient sampling technique was used to select 60 Mothers of Infants as per inclusion criteria. Results: The standard deviation of pretest and post test knowledge was 1.73. Conclusion: The paired t test value of 14.67 are highly significant  $P < 0.05$  level.

**Keywords:** Effectiveness, Structured Teaching Programme, Weaning, Mothers of Infants

## 1. Introduction

Every new born has the right to best possible condition for the growth and development on 20th Nov 1959 declaration of the rights of the child to meet the special need of the child. Malnutrition is also big problem in India. It takes its toll about million children under five years of age. The infants mortality rate is 60/1000 birth is on indicator of the dismal status of children and nutrition in our country.

### 1.1 Need For Study

In 2022 the infant Mortality rate in India was at about 25.5 deaths per 1000 live births. The common cause of death in under fives are preventable through simple, timely intervention by proper nutrition and immunization. Administrative committee on co - ordination and subcommittee on nutrition emphasis that satisfactory growth and development of infants depends upon.

- Good maternal nutrition
- Adequate breast feeding
- Appropriate weaning

### 1.2 Statement of the Problem

"Effectiveness of Structured Teaching Programme on Weaning Among Mothers of Infants"

## 2. Materials and Methods

A quantitative, quasi experimental one group pre, post test design was adopted. The convenient sampling technique was used to select 60 mothers of infants who satisfied the inclusion criteria in the study. The structured interview method was used to collect data from mothers of infants 15

to 30 minutes without having any possible interaction with other mothers of infants.

### 2.1 Tools and Techniques

After extensive and systemic review of literature the investigator developed a demographic profile and knowledge of weaning on mothers of infants.

**Part- 1** The information on demographic data were collected from selected mothers of infants such as age, order of the child, religion, type of family, educational status, occupation, income, residence, health information. The data were collected by interviewing the mothers and based upon their answers.

**Part- II** The data was collected through well prepared multiple choice questionnaire. It consist of 25 questionnaire over all score was 25. Each correct response are given a score of one and wrong response are given a score of zero.

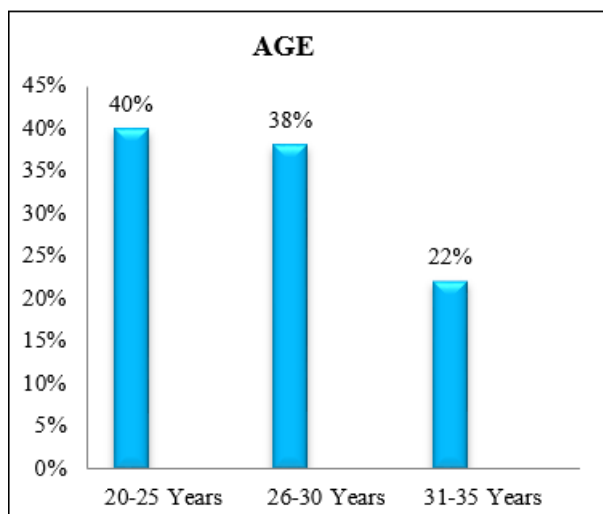
### 2.2 Data collection procedure:

The necessary ethical and administration permission and informed consent was obtained. The study was conducted at Karpaga Vinayaga Institute of Medical Sciences and Research Centre, Chengalpattu. The main study was done for six weeks. After the getting the demographic from the mothers pre test was done with the help of the prepared tools. Seven days after the structured teaching programme given post test was done to evaluate the effectiveness of weaning among the mothers of infants by using same evaluation tool Based on the collected data effectiveness was found by comparing the pre test and post test score.

### 3. Results and Discussion

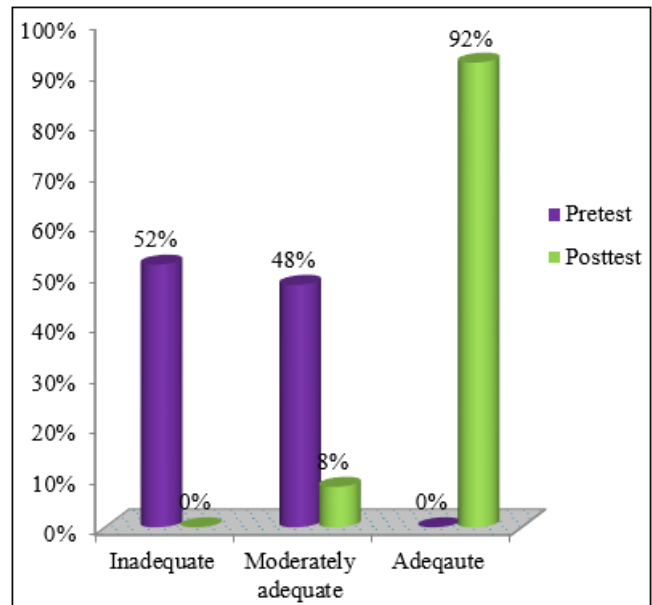
#### 3.1 Regarding demographic and background of variables

Out of 60 mothers of infants among them 24 (40%) were aged between 20 to 25 years and 13 (22%) were 30 - 35 years. Regarding order of the child 30 (50%) were having two children and Eight (13%) having three or more children. Regarding religion out of 60 mothers most of the mothers 22 (37%) were belonging to Hindu and 18 (30%) were christians. Regarding type of family 36 (60%) mothers were living in joint family and 24 (40%) of mothers were living in nuclear family. Regarding education status in education status 21 (35%) were higher school and two (3%) were illiterate. Regarding occupation status in occupation status out of 60 mothers 20 (33%) were self employee, and nine (15%) were private employee. Regarding income Out of 60 mothers 29 (48%) were having family income Rs.5000 and 10 (6%) were having the family income between the Rs.3000. Regarding residence of family 32 (53%) of mothers living in rural area and 28 (47%) mothers living in urban area. Regarding source of health information 31 (52%) in health personnel, and seven (12%) family.



#### 3.2 Comparison of pretest post test level of knowledge on weaning among mothers of infants

The distribution of level of knowledge on weaning in pretest 52% had inadequate, 48% had moderately adequate. in post test 8% had moderately adequate and 92% had adequate knowledge for mothers of infants



#### 3.3 Comparison of Pre Test and Post Test Mean and Standard Deviation

S. NO	Description	Mean	Standard Deviation
1.	Pre Test	12.28	3.79
2.	Post Test	21.17	1.73

It reveals that mean and standard deviation regarding the overall mean 12.28 with standard deviation 3.79 in the pre test but in the post test improvement was there, the overall mean was 21.17 with standard deviation 1.73 statistically there was significant between the weaning among mothers of infants.

#### 3.4 Comparison of Pre and Post Test Mean and Standard

S. No	Description	Mean	Std. Deviation	Std. Error Mean	Paired "T" Value
1.	Improvement score	- 8.88	4.72	0.61	14.67

Shows that the over all improvement score mean was - 8.88 with 4.72 standard deviation. The 't' value was 14.67. Statistically there was significant ( $P < 0.05$ ) between the level of knowledge regarding weaning among mothers of infants.

### 4. Conclusion

In pre test score 48 (60%) mothers possessing inadequate knowledge and 32 (40%) had moderately adequate knowledge. In post test 10 (12.5%) had moderately adequate knowledge and 70 (87.5%) had adequate knowledge. The paired t value 14.67 was compared with tabulated table value at the level of  $P 0.05$  was significant the study concluded that the structured teaching programme on weaning was effective for the mother with infants.

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