

**A STUDY TO ASSESS THE KNOWLEDGE OF MOTHERS OF INFANTS REGARDING WEANING FROM SELECTED AREA OF DADWAN, GURDASPUR****Mrs Rachana Kumari* & Mrs Balwinder Kaur Butter**

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DOI: 10.5281/zenodo.1291894**Keywords:** Assess, Knowledge, weaning.**Abstract**

The aim of the study is to improve the knowledge regarding weaning among mothers in dadwan gurdaspur. Objective of doing this study is to assess the knowledge about weaning and its importance. To assess the knowledge about weaning food & its practices. To find out association between socio-demographic variables and knowledge of mothers regarding weaning. Material & Methods used for the study is the Descriptive approach with pre & post test control group design was used. Study was conducted on 48 subjects from dadwan. Using Purposive sampling technique with randomly allocation of groups, it was observed that Overall Mean knowledge regarding weaning among the subjects was (23%) had good knowledge, (17%) had average .2) The overall Mean knowledge regarding weaning food and its practices are having average knowledge. 3) It was evident that maximum number of subjects had good knowledge regarding weaning. 4) Calculated χ^2 values showed there is association between the socio-demographic variables of subjects and level of knowledge regarding weaning diet at $p=0.05$ level of significance.

Introduction

Weaning is a process of introducing solid foods into the baby's diet in order to fulfil their growing nutritional needs. It is started at the age of six months of the child, from 4-6 months' baby may not get all the calories, iron & other nutrients from milk. Weaning is a gradual process starting around the age of six months, because mother's milk alone is not sufficient to sustained growth beyond six months. Weaning which is often referred to as "mixed feeding" proceeds in stages from liquids to solids and from one method of feeding to another, weaning is a gradual process, extending from the time when baby is solely breast fed, until he/she is feeding entirely on the adult diet

Knowledge of foods and practices is an important aspect of preventive and social pediatrics. During the childhood the overall growth and development of the children totally depends upon mother or parents. If the mother is not aware about the nutritional status, nutritional needs of her child according to his requirements the child may leads to nutritional deficiency disorders.

Therefore, the mother should know the basic things regarding the nutrition of the child. & to create awareness about the nutrition & its importance to prevent and control the nutritional disorder.

Literature Survey

A study conducted by Panday, Asha, Subramanian on "Child rearing practices in an urban field practice" in 1999, to study the existing breast feeding & weaning practice. Result shows that 87 % mother had given breast feeding, 42.85 % giving supplementary feed, 42.85 % mother had introduced complementary feeds. So health education should be given regarding breast feeding and weaning practices.

5 Muhammed Khalil, Junaid Rashid, Malik Study conducted on "Assessment of knowledge and practice regarding weaning among mothers of infants 4-12 of months of age in semi urban population." in March 2005, to assess the knowledge of mothers about weaning practices of infants a cross sectional study was conducted, A total 100 mothers of infants aged 4 months to 1 year were interviewed for weaning practices 24 % house wives,



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78 % working women, 20 % used homemade foods for weaning , 97 started weaning at 6 month.45 started at 4-6 month. It was concluded that weaning practices were not adequate due to no of reasons including poverty, poor education and lack of knowledge8.

Material and Method

The descriptive approach was used; pre test, post test control group design was used. Study was conducted on 30 subjects from dadwan. By using Purposive sampling technique with randomly allocation of groups. Data were collected, tabulated and analyzed in terms of objective of the study using descriptive and inferential statistics.

Table 1: Table showing the socio-demographic variables & its frequency and percentage .

S.N	VARIABLES	FREQUENCY	PERCENTAGE
I.	Age in years		
	18-22	23	47.91%
	23-27	17	35.41%
	28-32	8	16.66%
II.	Education		
	Illiterate	5	10.41%
	Upto 10th	24	50%
	Upto degree	19	39.58%

The above table reveals that the maximum no of mothers are from age group 18-22 years having knowledge regarding the weaning diet.

The above table also reveals that maximum no. Mothers who are educated up to 10th std is 24 (50%).

Table 2: Table showing the knowledge and socio-demographic variables

S.N	AGE	GOOD	AVERAGE	POOR	TOTAL
1	18-22	7	11	5	23
2	23-27	3	9	5	17
3	28-32	3	5	-	8
	TOTAL	13	25	10	48
S.N	Education	GOOD	AVERAGE	POOR	TOTAL
1	Illiterate	2	2	1	5
2	Up to 10th	10	11	3	24
3	Up to degree	4	10	5	19
	Total	16	23	9	48

- The above tables explain that the (11) mothers from age group 18-22 years are having average knowledge.
- Maximum mothers are having average knowledge who are educated up to 10th std.

Table 3: Table showing the association between level of knowledge and socio-demographic variables

S.N	VARIABLES	LEVEL OF KNOWLEDGE						TOTAL	Chi -sq	Df	P value
		GOOD		AVERAGE		POOR					
i	AGE IN YEARS	Freq	%	Freq	%	Freq	%		18.501	4	9.49
	18-22	7	3.36	11	5.28	5	2.4	23			
	23-27	3	1.44	9	4.32	5	2.4	17			
	28-32	3	1.44	5	2.4	-		8			



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ii	EDUCATION	Freq	%	Freq	%	Freq	%		80.758	4	9.49
	Illiterate	2	0.96	2		1	0.48				
	Up to 10 th	10	4.8	11		3	1.44				
	Up to Degree	4	1.92	10		5	2.4				

The above table depicts that the chq value is 18.501 is greater than tabulated value. Hence H1 is accepted. There is association between the age and knowledge. Also chi value is 80.758 greater than tabulated value hence h is accepted. Hence there is association between education and knowledge.

Discussion

Nutritional deficiency & mal nutrition is worldwide problem with the highest prevalence in developing countries. It is found especially among women of child bearing age and during pregnancy, Lactation due to improper weaning diet. Due to traditions and customs in society of rural areas mothers are not giving weaning diet to infant properly. We observed in our study that majority of mothers are having average knowledge about the weaning diet, its importance, its practices and food hygiene

Conclusion

With the help of our findings it is concluded that the weaning is an important process of introducing new food to the child at a proper age. If it is done in a proper way by using proper food and practices, then it becomes a helpful for the child. Hence it is 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 infant. The study concluded that there is a strong need to create awareness amongst the primi mothers regarding weaning through IEC activities.

Future Scope

- 1. Nursing Administration** Nurses are in the pivotal role of the health care delivery system and have many responsibilities to their shoulders, such as planning, organizing, supervision and health education. The administrator should organize child's care classes for the mothers in antenatal period. Nursing Service Community health nurses are the link between community and the health care system. She is direct care provider, a change agent in the community, and is also a health team member works in close association with subjects and plays an important role in giving information regarding weaning diet. Health teaching can be organized in the OPD as well as in Primary Health Centre in community. Therefore, nurses need to update their knowledge regarding weaning practices which will be beneficial for community.
- 2. Nursing Education** The findings of the study proved that use of planned teaching programme is an effective means to improve knowledge. A nurse educator needs to assess the existing level of knowledge & impart more insights into subjects that are importance to the group.
- 3. Nursing Research Based** on the findings, the professional and student nurses can conduct further studies on knowledge, attitude and practices (KAP) regarding weaning diet & food practices. Many changes are occurring day by day and the health care professional must be aware of these changes in order to provide knowledge regarding weaning practices. The research study will motivate the beginning researchers to conduct the similar study in large scale. Further investigator can use the findings & the methodology as reference material.

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