



A STUDY TO ASSESS THE KNOWLEDGE, PRACTICE AND ATTITUDE OF MOTHERS REGARDING SUPPLEMENTARY FEEDING FROM OF KOTLI, PATHANKOT, PUNJAB

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Abstract

Supplementary feeding, defined as the provision of meals, drinks, or snacks to children or families additional to their normal diets, in comparison to either normal diet or placebo (e.g., low energy drinks). The goal of **supplementary feeding** is the development of lifelong eating patterns which will maintain optimal health. The introduction of **supplementary foods** is based upon both nutritional need and developmental readiness. Well-being of child is directly related to the nutritional status of the baby. Malnutrition rate increases between 6 and 18 months—the period of Supplementary feeding. Appropriate Supplementary feeding promotes growth and prevents stunting among children aged between 6 and 24 months. To document the knowledge, attitude, and practices pertaining to Supplementary feeding among the mothers of Kotli, Pathankot, Punjab India.

This community based cross-sectional study was conducted among in a rural area Kotli, Pathankot having at least one child less than 2 years of age. This community based cross-sectional study was conducted among in a rural area Kotli, Pathankot having at least one child less than 2 years of age. The study sample consisted of 150 women who have a youngest child aged 2 years or less. The Results of the study was Cow's milk was most common (44.4%) introductory food item. Around 58% mothers fed their children less than five times a day. Around 75% mothers fed their children by themselves; 17% were unaware about measures for maintaining hygiene. Most common illnesses associated with poor feeding as described by mothers were diarrhea (30%) and vomiting (22%). Literate mothers were observed to feed their children 2.4 times more if they had developed diarrhea ($X^2 = 9.2986$, $df = 1$, $p < 0.01$; $OR = 2.4209$; 1.3610–4.3063) and 3 times more during the episode of fever ($X^2 = 6.8517$, $df = 1$, $p < 0.01$; $OR = 3.3962$; 1.3002–8.8713).

Background

Desirable growth and development of breast-fed infants necessitates correct nutrition and proper dietary habits. Unawareness of mothers in this regard is among the most important reason of malnutrition in breast-fed infants.

Appropriate nutrition has an essential role in the child's normal growth and development. In the 6th month of the infant's life, the chewing skill is developed, and since Fe reserves in the body reduce, breast milk is not sufficient to meet the needs of the infants. Infants and young children are at an increased risk of malnutrition from six months of age onwards, when breast milk alone is no longer sufficient to meet all their nutritional requirements and Supplementary feeding should be started.

Well-being of child is directly related to the nutritional status of the baby. Malnutrition rate increases between 6 and 18 months—the period of Supplementary feeding. Appropriate Supplementary feeding promotes growth and prevents stunting among children aged between 6 and 24 months.

This study was conducted to describe the knowledge, attitude, and actual practices of mothers in rural area regarding supplementary feeding and weaning and to explore the effect of educational background and age on these views.



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Objective

To document the knowledge, attitude, and practices pertaining to Supplementary feeding among the mothers of Kotli. Pathankot, Punjab India.

Materials and Methods

This community based cross-sectional study was conducted among in a rural area Kotli, Pathankot having at least one child less than 2 years of age.

The study sample consisted of 150 women who have a youngest child aged 2 years or less. Mothers were selected using systematic random sampling. During visit to houses, if there was no child of 2 years or less, next house satisfying this criterion was included.

The study was conducted during the period from April 2017 to August 2017. Verbal consent was obtained after the participants had been informed about the study objectives.

Data were collected by using designed well-structured questionnaire completed during face-to-face interviews with the mothers.

Data collected included information regarding participants' demographics, knowledge, attitudes, and practices towards Supplementary feeding

This questionnaire also had been tested on a small number of eligible mothers as a pilot study to test the reliability of the questions and the time needed to conduct an interview with a mother. Then, proper corrections and adjustment had been fulfilled.

Results

Cow's milk was most common (44.4%) introductory food item. Around 58% mothers fed their children less than five times a day. Around 75% mothers fed their children by themselves; 17% were unaware about measures for maintaining hygiene.

Most common illnesses associated with poor feeding as described by mothers were diarrhea (30%) and vomiting (22%). Literate mothers were observed to feed their children 2.4 times more if they had developed diarrhea ($X^2 = 9.2986$, $df = 1$, $p < 0.01$; $OR = 2.4209$; $1.3610-4.3063$) and 3 times more during the episode of fever ($X^2 = 6.8517$, $df = 1$, $p < 0.01$; $OR = 3.3962$; $1.3002-8.8713$).

Conclusion

Improper feeding practices were associated with education status of mothers. Knowledge about hygiene practices and illnesses related to poor feeding was also found less and both required more attention

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