

A Study to Assess the Effectiveness of Planned Teaching Program on Knowledge Regarding Intervention of Weaning Diet among Mothers of Infant Admitted in Krishna Hospital Karad

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ABSTRACT

Background: Weaning is vital for the growth and development of infants and children. Any delay or fault of this feeding will lead to malnutrition. According to recent statistics, the rates of childhood malnutrition in India are among the highest in the world. Approximately 52% of children less than five years of age are nutritionally stunted (low height-for-age; $< - 2$ SD with respect to international reference data), 18% are wasted (low weight-for-height), and 53% are underweight (low weight for age). These figures are indicative of a severe public health problem.

Materials and Methods: Objectives are to assess the level of knowledge of weaning of infants among mothers Admitted in Krishna Hospital Karad". To find the effectiveness of planned teaching program and to determine the association between post test knowledge scores of mothers and their demographic variables. Evaluative approach. Total sample 50 and convenient sampling technique was used. Data was collected by using a self structured questionnaire. The data were tabulated and using descriptive and inferential statistics.

Results: Out of 50 Mothers of infant in pretest 15(30%) having poor knowledge, 35(70%) having average knowledge, 0(0%) having good knowledge. post test shows 0% poor knowledge, 39(78%) having average knowledge, 11(22%) having good knowledge.

Conclusion: The main outcome of the study that the Mothers of infant must have the knowledge regarding weaning diet. If providing proper education may increase their knowledge level.

Key words: Knowledge, teaching programme, Mothers, weaning.

INTRODUCTION

The basic necessities of human life like the "food, clothing, shelter, health care and love "are the same in all cultures. Yet, the infant caring practice and resources vary tremendously by culture in families and

communities. There are many misconceptions and confusions regarding the dietary requirements in most communities. [1] The human milk alone, even in reasonable qualities, cannot provide all the energy and protein required for

maintaining an adequate velocity of growth for the infant, after the age of 6 months. It is therefore necessary to introduce more concentrated energy dense nutritional supplements at this age. Infants also require iron supplements after the age of six months to prevent iron deficiency anemia. [2] 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. [3]

Need for the Study: According to the WHO and UNICEF, poor infant feeding practices and their consequences are one of the world's major problems and a serious obstacle to social and economic development. Being, to a great extent, a manmade problem, it must be considered as a reproach to our science and technology and a blot on our so called development achievements. It is not only a problem of developing world; it occurs in many parts of the developed world as well. Inappropriate feeding practices result in feeding difficulties and malnutrition ultimately leading to increased mortality and morbidity in children. More than 2.4 million deaths occur in India each year and 2/3 of these deaths is related to inappropriate feeding practices. [4] Ghosh has argued that, the high rates of PEM in India are not primarily caused by poverty; rather, the behaviors of delayed initiation of breast feeding, early introduction of water / liquids and delay in complementary feeding results in a period of "perpetual hunger for the child". This is because the child was dependent on someone else for feeding and this person did

not have the knowledge, awareness or time regarding how much food the child needed and how often. [5]

Objectives of the study

1. To assess the knowledge regarding weaning of infants among mothers Admitted in Krishna Hospital Karad".
2. To find the effectiveness of planned teaching program on weaning of infants among mothers admitted in Krishna Hospital Karad".
3. To determine the association between post test knowledge scores of mothers and their demographic variables.

RESEARCH METHODOLOGY

Research approach: A descriptive research
Study design & period: Institution based cross sectional study design was used to assess Knowledge weaning of infants among mothers admitted in Krishna Hospital Karad". From January 9th April to 15th April 2017 sample collection & up to May data analysis done.

Data Collection Method: Interview with structured questionnaire was performed by revising questionnaires developed from similar study, the objective of the present study to collect quantitative data .the questionnaire was designed in Marathi.

Research setting: The study was conducted in Krishna hospital, which is a teaching and regional hospital located in Karad city, Satara.

Population: mothers of infants admitted in different wards in Krishna Hospital, Karad.

Sampling Size: A total of 50 infant's mothers were taken.

Criteria for Selecting Samples Inclusion

Criteria: Mothers who are between the age group of 20-32

Admitted mothers at least 7 days who are having infants, Mothers who are available at the time of study,

Exclusion Criteria: Mothers with unsoundness of mind, who were severely ill, age less than 18 years were excluded from the study.

Development of tool: After an extensive review of literature and with the help of expert the structured questionnaires were prepared to assess the knowledge regarding weaning of infants among mothers Admitted in Krishna Hospital Karad

Section 1: Demographic variable related to mother: age, sex, religion, Occupation, education, Baby Age, baby gender.

Section 2: Structured questionnaires for assessing knowledge. It contains 30 questions. The tool which was developed in English was translated into Marathi, retranslation was done and language validity was established.

Pilot study: The study was conducted with 10% samples. The purpose to conduct the pilot study is to verify the feasibility to conduct main study and design on plan of statistical analysis

Data collection procedure: Formal permission was obtained from the nursing college principal, Medical Director of K.I.M.S D.U. KARAD and total of 50 infant mothers. The objective of study was explained to all infant's mothers and written informed consent was obtained. Structured Interview method used. **Plan for data**

analysis: The data collected, organized, tabulated, and analyzed by using descriptive and inferential statistics and in stat software.

ANALYSIS AND INTERPRETATION

Table: 1 Frequency and percentage distribution according to socio demographic data N=50

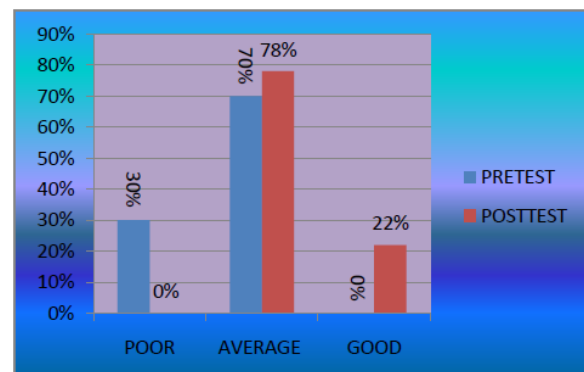
Sr. No	Variables	Frequency	Percentage
1	Age of Mother		
	20 to 24 Yrs	30	60%
	25 to 28 Yrs	15	30%
	29 to 32 Yrs	5	10%
2	Religion		
	Hindu	45	90%
	Christian	0	0%
	Muslim	1	2%
3	Education		
	Educated	45	90%
	Non Educated	5	10%
	Occupation		
4	House Wife	40	80%
	Other	10	20%
5	Type of Family		
	Nuclear	6	12%
	Joint	42	84%
6	Income		
	4000 to 9000	6	12%
	10000 to 20000	38	76%
	25000 to 35000	2	4%
7	Age of infant		
	1 to 3 day	28	56%
	4 to 6 day	13	26%
	7 to 9 day	8	16%
8	Gender of infant		
	Male	32	64%
	Female	18	36%

Distribution of frequency and percentage of pretest and post test knowledge in mothers of infants regarding weaning diet.

Level of Knowledge	Score	Pre Test		Post Test	
		Frequency	Percentage	Frequency	Percentage
Poor	0-10	15	30%	0	0%
Average	11-20	35	70%	39	78%
Good	21-30	0	0%	11	22%
Total		50	100%	50	100%

Table 2: Shows Mean, Median, Standard deviation N=50 Paired 't' value is 9.310, p<0.0001

Area of Analysis	Mean	Median	Standard Deviation
Pre Test	12.64	13	4.16
Post Test	18.9	19	2.30
Difference	6.26	6	1.86



Graph 1 shows Distribution of knowledge level N=50

RESULT

By above we can conclude that in overall 50 patients participated in study, the knowledge level of patient is assessed good, average and poor. In post test 0% having poor knowledge, 78% having average knowledge, 22% having good knowledge.

Result In the above table P value is 0.0002 which is <0.5 knowledge and have significantly associated. Age of Mother, Religion, and Education, occupation, type of family, income & age of infant has found significant association between knowledge of mothers of infants regarding weaning diet.

Table 3: Shows association between socio demographic variables and knowledge of mothers of infant regarding weaning diet

Sr. No	Variables	Pre Test Knowledge Level	X ²	DF	P Value	Inference	
1	Age of Mother	20 to 24 Yrs	30	12.939	4	0.0116	Significant*
		25 to 28 Yrs	15				
		29 to 32 Yrs	5				
2	Religion	Hindu	45	17.593	4	0.0015	Significant*
		Christian	0				
		Muslim	1				
		Other	4				
3	Education	Educated	45	17.593	2	0.0002	Significant*
		Non Educated	5				
4	Occupation	House Wife	40	8.907	2	0.016	Significant*
		Other	10				
5	Type of Family	Nuclear	6	22.222	4	0.0002	Significant*
		Joint	42				
		Extended	2				
6	Income	4000 to 9000	6	22.261	6	0.0011	Significant*
		10000 to 20000	38				
		25000 to 35000	2				
		40000 to 50000	4				
7	Age of infant	1 to 3 day	28	14.143	6	0.0281	Significant*
		4 to 6 day	13				
		7 to 9 day	8				
		Above 9 day	1				
8	Gender of infant	Male	32	0.7914	2	0.6732	NS
		Female	18				

DISCUSSION AND SUMMARY

The major findings of the study were as follow: Findings related to demographic variables were as follows: out of 50 mothers of infants maximum number of mothers belongs to the age of 20 to 24 Yrs i.e.60%. Majority of samples 90% were from Hindu religion. Maximum mothers are educated i.e. 90%.but 80% of mothers are house wife. 84% mothers were from join family.76% of mothers having 10000 to 20000 of income. 64% of infants are in male sex. 56% of infants are in the age of 1 year.

Findings related to knowledge were as follows:

Data analysis of knowledge of mothers of infants majority of samples 70% of mothers are having average knowledge and 30% of mothers are having poor knowledge and no one has the good knowledge about weaning diet in pretest but in post test 0% having

poor knowledge, 78% having average knowledge, 22% having good knowledge.

- Findings related to Mean,median and standard deviation of pre test knowledge scores of mothers regarding weaning diet the mean pretest knowledge score was 12.64. The median pretest knowledge score was 13Then the standard deviation pretest knowledge score was 4.16. where as in post test the mean 18.9,median 19& the standard deviation 2.30. The findings of post test revealed a significant increase in the knowledge score of infants mothers after the administration of planned teaching programme.

Findings on association: It is evident that there is an association between demographic variable educational status and knowledge level of infants mothers.as well as Age of Mother, Religion, occupation, type of

family, income & age of infant has found significant association between knowledge of mothers of infants regarding weaning diet. It is also evident that there is no association between demographic variable; Gender of infant.

DISCUSSION

A similar study was conducted by Mrs. A. V. Katti; DR. Vaishali R. Mohite et al. [6] maximum no. Of mothers are from age group 18-22 years having knowledge regarding the weaning diet (47.91%). In community setting during 2008. There is association between the age and knowledge. Also χ^2 value is 80.758 greater than tabulated value hence h is accepted. Hence there is association between education and knowledge. We observed in our study that majority of mothers are having average knowledge about the weaning diet, its importance, its practices and food hygiene. In my study significant association between demographic variable educational status and knowledge level of infants mothers.as well as Age of Mother, Religion, occupation, type of family, income & age of infant has found significant association between knowledge of mothers of infants regarding weaning diet.

CONCLUSION

The main outcome of the study is that the increase in the knowledge score of infants mothers after the administration of planned teaching programme.If providing proper education may increase their knowledge.

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