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## A Study to Assess the Knowledge of Mothers of Infants Regarding Weaning from Selected Area of Karad, Taluka

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### **Abstract:**

*The aim of the study is to improve the knowledge regarding weaning among mothers in karad, Taluka. 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 Karad. 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  $\chi^2$  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.*

**Keywords:** Assess, Knowledge, weaning.

### **1. 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.<sup>1</sup>

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<sup>2</sup>.

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.

### **2. Literature Survey**

A study conducted by Panday, Asha, Subramaniam 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.<sup>5</sup>

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, 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 knowledge.<sup>8</sup>

### 3. Material and Method

The descriptive approach was used; pre test, post test control group design was used. Study was conducted on 30 subjects from Karad. 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.

S.NO.	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 %
	Up to 10th	24	50 %
	Up to Degree	19	39.58 %

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

The above table reveals that the maximum no. Of mothers are from age group 18-22 years having knowledge regarding the weaning diet (47.91%).

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

S. NO	AGE	GOOD	AVERAGE	POOR	TOTAL
I	18-22	7	11	5	23
II	23-27	3	9	5	17
III	28-32	3	5	-	8
	TOTAL	13	25	10	48
S. NO.	EDUCATION	GOOD	AVERAGE	POOR	TOTAL
I	Illiterate	2	2	1	5
II	Up To 10 <sup>th</sup>	10	11	3	24
III	Up To Degree	4	10	5	19
	TOTAL	16	23	9	48

Table 2: Showing the level of knowledge and socio-demographic variables.

- 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 10<sup>th</sup> std.

S. NO.	Variables	Level of Knowledge						Total	Chi-sq	Df	P Value
		Good		Average		Poor					
I	Age in years	Freq	%	Freq	%	Freq	%	23	18.501	4	9.49
	18-22	7	3.36	11	5.28	5	2.4				
	23-27	3	1.44	9	4.32	5	2.4				
	28-32	3	1.44	5	2.4	-	-				
II	Education	Freq	%	Freq	%	Freq	%	24	80.758	4	9.49
	Illiterate	2	0.96	2	0.96	1	0.48				
	Up To 10 <sup>th</sup>	10	4.8	11	5.28	3	1.44				
	Up To Degree	4	1.92	10	4.8	5	2.4				

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

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 chiq value is 80.758 greater than tabulated value hence h is accepted. Hence there is association between education and knowledge.

#### 4. Discussion

Nutritional deficiency & malnutrition is a 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 infants properly. We observed in our study that a majority of mothers are having average knowledge about the weaning diet, its importance, its practices and food hygiene.

#### 5. Conclusion

With the help of our findings, it is concluded that 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 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 among the primiparous mothers regarding weaning through IEC activities.

#### 6. Future Scope

##### 6.1. Nursing Administration

Nurses are in the pivotal role of the health care delivery system and have many responsibilities on their shoulders, such as planning, organizing, supervision and health education. The administrator should organize child's care classes for the mothers in the antenatal period.

##### 6.1.1. Nursing Service

Community health nurses are the link between the community and the health care system. She is a direct care provider, a change agent in the community, and is also a health team member who 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 the Primary Health Centre in the community. Therefore, nurses need to update their knowledge regarding weaning practices which will be beneficial for the community.

##### 6.1.2. Nursing Education

The findings of the study proved that the use of a 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 important to the group.

##### 6.2. Nursing Research

Based on the findings, 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 a similar study on a large scale. Further investigators can use the findings & the methodology as reference material.

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