



A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING WEANING OF INFANTS AMONG THE MOTHER AT SELECTED HOSPITALS BANGALORE .

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ABSTRACT

Healthy children are full of energy and are active. The human milk alone, even in reasonable quantities, cannot provide all the energy and protein required for maintaining an adequate velocity of growth for the infant, after the age 6 months. It is therefore necessary to introduce more concentrated energy dense nutritional and iron supplements by this age. **Objectives:** 1. To assess the knowledge of the mother regarding weaning in infants in pretest. 2. To determine the effectiveness of structure reaching programme on knowledge regarding weaning among the mother. 3. To determine the association between the pretest knowledge score and selected demography variable of mother at selected hospital Bangalore. **Methodology:** An evaluative approach with quasi experimental one group pre test post test design the tool consist of questionnaire with two parts, part –I had item regarding the sociodemographic variables part –II had items regarding knowledge on weaning among the mother. **Result:** The result showed that 20% mother had gained moderately adequate knowledge and 80% of mother had gained adequate knowledge.

KEYWORDS : Weaning, Infants, Malnutrition, Low Birth Weight

INTRODUCTION

Healthy children are full of energy and are active. The human milk alone, even in reasonable quantities, cannot provide all the energy and protein required for maintaining an adequate velocity of growth for the infant, after the age 6 months. It is therefore necessary to introduce more concentrated energy dense nutritional and iron supplements by this age. Adequate nutrition is essential to maintain optimum health of baby at the age of 6 months. Their growth and development are according to the expected norms and show no nutritional deficiency.

Introduction of timely, adequate and balanced weaning food is per phase one of the most important single and direct remedial measures to combat infants malnutrition not only the appropriate timings, but appropriate quantity and quality in a hygienic environment's along with increased maternal interaction time also have a desired positive effect on the growth of young children.

Need For The Study

Weaning plays a major role in determining the nutrition status of a child poor weaning practice. During infancy and early childhood, resulting in malnutrition, contribute to impairment of cognitive and social development, poor school performance and reduced productivity in later life. Appropriate weaning practice was found to be 23.9% with its composite indication. Timely initiation of weaning food 61.5% dietary feeding 43.9% and feeding with the recommended meal frequency per day 69.8% childrens were breastfeed.

In general, mothers have very little knowledge about the nutritive value it is responsibility of health worker to provide appropriate formation to the mothers in the community,

hospital and clinic at various level of child development, parents should be made aware of their role in practicing healthy food habits. Through the above facts and studies the investigator has realized the incidence of problem due to non weaning and deficiency of knowledge among mothers regarding weaning. Hence the investigator felt the need to select this study and to improve the knowledge of mother regarding weaning.

OBJECTIVES

1. To assess the knowledge of the mother regarding weaning in infants in pretest
2. To determine the effectiveness of structure reaching programme on knowledge regarding weaning among the mother
3. To determine the association between the pretest knowledge score and selected demography variable of mother at selected hospital Bangalore .

Research Design

The Research Approach: Quantitative Research approach

Study Design: Selected for the present study was quasi experimental one group pre test post test design

Sampling Technique: Purposive Sampling

Sample Size: A sample of 40 mothers of selected hospital Bangalore.

Tools: the instrument used for the data collection was self structured knowledge questioners.

- Part I: sociodemographic profile investigator constructed the tool collect the socio demographic data of the study subjects .
- Part II : Various aspects of weaning practice such as general information type of foods, care during weaning and problem during weaning .

Areawise knowledge of	Max. score	Pre test				Post test			
		Range	Mean	SD	Mean %	Range	Mean	SD	Mean %
General information	5	2-4	2.75	0.34	6.8	0.5	5.25	1.16	13.2
Weaning food	14	2-12	6.5	0.92	16.25	2-13	10.5	2.11	26.25
Care during weaning	7	0-6	4.5	1.25	11.25	1-6	4.5	0.60	14.25
Problems during weaning	5	2-4	3	0.5	7.5	0-5	4	0.70	10

RESULTS

Area Wise Knowledge Scores of weaning Before and After the Structure teaching programme.

The table reveals that in the area of knowledge related information 6.8 mean score percentage of knowledge observed in the pretest and 26.25 mean score of knowledge observed in the post test care during weaning mean score percentage is 16.25% and 26.25% mean score knowledge in

post test during weaning 11.25 mean score percentage of knowledge in the pretest and 14.25 mean score percentage of knowledge observed in the post test. Problem during weaning 7.5 mean score percentage in the pretest and 10 mean score percentage of knowledge in the post test.

Analysis of Knowledge Score Regarding weaning Over all Knowledge Scores of mother Before and After the Structured Teaching Programme

Table: Reveals that Over all Mean Knowledge Score Percentage in the Pretest is 30% and 67.2% in the Posttest. the Standard Deviation During Pretest is 3.23 in the Posttest is 17.54.

Knowledge of Mother regarding weaning	Max. score	Pre-test				Post-test			
		Range	Mean	SD	Mean %	Range	Mean	SD	Mean %
Overall Knowledge Score	31	2-18	12	3.23	30%	16-18	26.8	17.54	67.2%

DISCUSSION

Here this study evaluates the effectiveness of structured teaching program on knowledge regarding weaning in infants among the mother at selected hospital Bangalore. A quasi experimental with one group pre test post-test design used to assess the effectiveness of structured teaching program regarding weaning among the mother. A structured teaching program was implemented to find out effectiveness. The investigator utilized the Purposive sampling technique to select the subjects. Pre-test was conducted prior to implementation of teaching program and post-test was conducted after a week, using a same interview schedule

CONCLUSION

The study concludes that, the pretest showed that knowledge of mother regarding weaning inadequate in all the areas. The structured teaching programme tested in this study was found effective in improving the knowledge of mothers participated in the study. The structured teaching programme is an effective method in improving the knowledge of mothers.

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