



A STUDY TO EVALUATE THE EFFECTIVENESS OF THE EDUCATIONAL MODULE ON WEANING AMONG THE MOTHERS.

Sheeliya White N

University of Bisha, KSA.

ABSTRACT **Introduction:** Weaning is the process of introducing liquid to semi-solid foods along with breast milk. Weaning starts at the 6 months of age as per the World Health Organization in 2015. Supplemented diet is essential to meet other nutritional needs for infants because the first 12 months very rapid growth and development happens. **Objectives:** To assess the knowledge and attitude of mothers. To evaluate the effectiveness of the instructional module on mothers on weaning. **Research Approach:** Quantitative descriptive approach. **Research Design:** One group pre-posttest quasi-experimental research design. **Sample:** A convenience sample of 100 Mothers who have children aged between 3 months to 3 years. **Results:** Result showed that the rate of poor awareness was decreased from 12% to Zero after reading educational module. Attitude on weaning also become 80% positive after educational module. There was a significant increase in the average of the knowledge score from 10.51 to 15.13. There was a significant difference in the knowledge and attitude on weaning, before and after training ($p < 0.001$). **Conclusion:** Weaning is a complex process involving nutritional, immunological, biochemical and psychological adjustments. Malnourished infants who survive are more often sick and suffer the lifelong consequences because of poor feeding practices. As per the findings of this study, the education on the weaning practice through various media can help to improve the knowledge of mothers.

KEYWORDS : Weaning; Knowledge; Attitude; Mothers; Educational Module.

INTRODUCTION

'Investment in children is an investment in future of nation'. According to WHO report mothers are not having adequate awareness of the nutritional needs of the infant, and may not know how to prepare weaning foods. Weaning often begins too early or too late in thirty-five percent of infants worldwide. Weaning an infant is a common cultural practice, which plays a vital role in the infant's milestone for growth and development. The right practice of weaning is necessary to prevent from various health related complications. Malnutrition is responsible, directly or indirectly for about one-third of deaths among children under five. Nutrition plays a very important role in physical, mental, social development of children and emphasis on good nutrition to growing populations especially in the early years of life.

Weaning is often varies across societies, but is always determined by the mother's knowledge and attitude related to feeding. Additionally, mothers hold the responsibilities for the children health and mothers' knowledge can be the barrier for weaning practice. Appropriate weaning practice depends on accurate information and support from the family, community and health care system. Inadequate knowledge about right foods and weaning practices is often a greater cause of malnutrition during infancy and early childhood.

REVIEW OF LITERATURE

The study assessed the weaning knowledge and practice of mothers attending infant welfare clinics at primary health care centers in Ikenne Local Government Area, Nigeria. 100 mothers attending infant welfare clinic is selected as a sample by simple random sampling. The result showed that majority 50% of participants had moderate knowledge while majority 66% had low practice concerning infant weaning. This study recommended that nurses should frequently train mothers on weaning to advance their knowledge and practice about infant weaning.

The study assessed the knowledge of mothers of the high-income group of urban Baroda, related to breastfeeding and weaning. Forty mothers with children aged 4 to 18 months were studied. Results indicated that only half the mother has breast-fed their babies on the first day. Breastfeeding was stopped when the child was 3-6 months and solid supplements were initiated in 4-6 months. Mainly commercial baby foods were used for weaning. Fifty percent of the mothers were not in favour of feeding the sick child with small frequent meals.

A study was conducted to determine the feeding practices through semi structured interviews with mothers of 1-year-old infants. Results showed that infants weaned early were heavier at 7 and 14 months, and gained more weight between 8 weeks and 14 months, even after breastfeeding was controlled. This concludes that early weaning was related to rapid weight gain in infancy.

The study was conducted on weaning practices among mothers who has infants aged 4-9 months of two hundred Idoma women residents in Makurdi. Most mothers, 97% fed milk formula, which they claimed was used to supplement breast milk and was good for their babies. The majority of the mother's 73% using corn in its preparation, with 91% of them storing in flask. More than half of the mothers used a bottle in feeding their infants while a similar proportion, 65.5% fed legumes to their infants in addition to fruits. Based on these findings, health workers should give nutrition education, advice, and demonstration to teach appropriate and timely introduction of supplementary foods, methods of food preparation, and use of local fruits and vegetables.

OBJECTIVES:

To assess the knowledge and attitude of mothers regarding weaning. To evaluate the effectiveness of the instructional module on mothers regarding weaning.

HYPOTHESIS:

Mothers will have higher knowledge and attitude regarding the weaning process after receiving instructional module than before.

RESEARCH METHODOLOGY:

Research Approach:

Quantitative descriptive approach.

Research Design:

One group pre-posttest quasi-experimental research design.

Target population:

Mothers of children between 3 months to 3 years residing at Al-Namas, KSA.

Sampling technique:

Non-probability purposive sampling technique.

Sample size:

The sample size was 100 mothers.

Inclusion criteria:

Mothers who have children aged between 3 months to 3 years.

Exclusion criteria:

Mothers who have Infant with any illness and congenital anomalies.

RESULTS

Table: 1

Sl. No	Variable	Level	%
1	Age	<20	20
		21-30	74
		>31	6

2	Educational level	Illiterate	8
		Only read and Write	23
		Intermediate	39
		University	30
3	Employment	Employed	17
		Unemployed	83
4	Family Income	<5000 /Month	20
		5001-10000 /Month	63
		>10001 /Month	17
5	Place of residence	Rural	18
		Urban	82
6	Number of children	1	19
		2	63
		>3	18

Demographic data of the sample N=100

Table 1: In this study, 74% of the sample age are between 21-30 years. 83% of them were unemployed and 17% were employed. The education level of the majority was Intermediate (39%) and just 8% illiterate. 63% of the studied persons have 2 children.

Table 2

Distribution of knowledge and attitude	Knowledge			Attitude		
	Poor	Moderate	Good	Negative	Neutral	Positive
Before instructional module	12	87	1	7	34	59
After instructional module	0	72	28	3	17	80

Distribution of knowledge and attitude of mothers regarding weaning, before and after the instructional module N=100

Table 2, indicates that 87% of the samples had moderate knowledge about weaning, 12% were weak and 1% had good knowledge. However, after educational module, 28% got good knowledge and 72% had moderate knowledge. Result showed that the rate of poor awareness of people was decreased from 12% to Zero after reading educational module. Attitude regarding weaning also become 80% positive after educational module.

Table 3

Variables	Before Educational Module Mean± SD	After Educational Module Mean± SD	Significant
Knowledge	10.51 ± 2.42	15.13 ± 2.2	p<0.001
Attitude	47.48 ± 7.38	49.91 ± 7.12	p<0.001

Comparison between knowledge and attitude of samples before and after training N=100

Table 3, There was a significant increase in the average of the knowledge score from 10.51 to 15.13 and attitude from 47.48 to 49.91. There was a significant difference in the knowledge and attitude regarding weaning, before and after training (p less than 0.001).

DISCUSSION

The study was conducted among 50 mothers of the Jhanged community to assess the knowledge on weaning practice on the infant. Although the findings showed that most of the mothers had heard about weaning practices, only 76% mothers knew about ideal weaning time. There was a difference between the time for the initiation of weaning and choice of the food items. 92% used foods for weaning from local sources like rice and pulses (34%) because of its easy availability. A considerable number had a concept that proper weaning helps in overall growth and development of the child. 8% replied that it helps to prevent malnutrition.

A study to determine the prevalence of weaning, and the factors related to early weaning in young infants of rural communities of Mexico. This study concludes that early weaning is typical of small families, with a high educational level of the mothers, better living conditions and contact with medical personnel, it is therefore deemed necessary to implement health programs which promote gradual weaning after 4th or 6th month of life among the infant population of Mexican rural.

The findings of the present study states that 28% of mothers had good knowledge and 72% mothers had average knowledge regarding weaning. Regarding attitudes, 59% of the samples were positive before training and negative 7%, but it got to 80% in positive attitude and just 3% had a negative attitude after training. There was not any significant relation between the knowledge of samples and their demographic variables such as age, education level, occupation and income. Moreover, there was not any relation between attitude and age, education level and income before and after training.

CONCLUSION:

Mothers must be educated about the importance and effectiveness of weaning, age at which weaning starts and the types of weaning diets. The importance of continued breastfeeding after weaning should be emphasized. Factors that affecting weaning vary according to the socioeconomic conditions of the population like education, culture, norms and beliefs and taboos. Weaning food prepared in unhygienic conditions by using contaminated water that causes diarrhea in Children.

The intention of this study was to assess and improve knowledge regarding weaning among mothers of children. The mother's knowledge and attitude wear improved after educational module. Therefore, formal and informal teachings, media, health education programmes should be organized to educate mothers about satisfactory weaning practices.

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