



STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE OF MOTHERS REGARDING WEANING PRACTICE

Nursing

Mrs. Munima Perveen

Assistant Professor, AMCONST Chrare- Shareif Budgam, IUST

ABSTRACT

Descriptive study was conducted to assess the knowledge and attitude regarding weaning practices among mothers of infants. The data was collected from 100 subjects using convenient sampling technique from PHC Magam Dist Budgam J&K. The knowledge and attitude of mothers of infants was assessed by using investigator developed questionnaire and Likert scale. Assessment level of knowledge of mothers revealed the mean for overall knowledge of mothers of infants. The highest mean knowledge was for weaning foods and the lowest mean was for care during weaning. The assessment of attitude of mothers of infants revealed that the mean score of overall attitude. The maximum level of mean score was obtained in attitude regarding weaning foods and the minimum mean score was obtained for attitude regarding care during weaning practices. The correlation between the knowledge and attitude of mothers of infants showed that there was a positive correlation between knowledge and attitude of mothers of infants regarding care during weaning practices. There was a significant association found between level of knowledge and demographic variables such as age and source of information of mothers.

KEYWORDS

Knowledge, attitude infant, weaning

INTRODUCTION

Breast milk is a best and safest food for young babies. It is important that babies should be given extra foods as well as breast milk at the right age in sufficient amounts to enable them to grow and stay healthy. Weaning is practiced from the ancient period. According to Kashmiri tradition the ceremony of Aup scheup (feeding the baby first time) is performed at time of giving first feed to the baby. Generally the first food is cooked food. This can be prepared from porridge, wheat, rice, maize or raagi flour. Weaning has crucial role in the child development.

OBJECTIVES

- To assess the knowledge among mothers of infants regarding weaning practices.
- To assess the attitude among mothers of infants regarding weaning practices.
- To correlate between the knowledge and attitude among mothers of infants regarding weaning practices.
- To associate the knowledge and attitude of mothers of infants with the selected demographic variables.

MATERIAL AND METHODS

A descriptive design was adopted; convenient sampling technique was used to select 100 subjects based on certain pre determined criteria.

The data generated by using investigator developed structured interview schedule. The mothers of infants knowledge and attitude was assessed by using investigator developed questionnaire and Likert scale.

RESULTS & DISCUSSION

It is observed that the overall knowledge of mothers of infants was 17.34%. The highest mean knowledge was for weaning foods 8.37% and the lowest mean was for care during weaning 1.01%. This decrease in the total knowledge indicates that the mothers of infants need more information on weaning practices. The assessment of attitude of mothers of infants revealed that the mean score of overall attitude was 62.33%. The maximum level of mean score was obtained for attitude regarding weaning foods as 29.63% and the minimum score was obtained for attitude regarding care during weaning was 8.56%. The correlation between knowledge and attitude showed that there was a positive correlation between knowledge and attitude of mothers of infants with regard to weaning practices. This shows that efforts can be undertaken by the community health nurse to educate the community regarding weaning practices. There was a significant association found between level of knowledge and demographic variables such as age and source of information of mothers at $p < 0.01$ level. Hence proven that the knowledge of mothers of infants varies according to age and source of information. There was no significant association between level of attitude and the demographic variables such as religion, educational status, occupation, income of family, number of children type of family, marital status.

CONCLUSION

On the basis of findings of the study the following conclusions are made:

That majority of the mothers of infants had inadequate knowledge with regards to weaning practices. The study shows that there was positive attitude regarding weaning

practices and there was a positive correlation between knowledge and attitude of mothers of infants with regard to weaning practice.

NURSING IMPLICATION: The implications were given on various aspects like Nursing practice, administration and Nursing research. The present study emphasizes on enhancement regarding knowledge and developing positive attitude towards weaning practices. To achieve this, the students, nurses and all health personnel should be given the responsibility to teach the community and teaching should be repeated until they gain knowledge. The teaching helps to improve the knowledge and therefore change their behaviour. The present study has revealed that health education can be effective method to improve the knowledge of mothers of infants. So the nurse as a service provider plays an important role in imparting knowledge and helping the mothers to be aware about weaning practices. The nurse administrator plays an important role in educating the professionals and policy making such as mass health education measures to arranging in-service education and special training programmes regarding weaning practices.

RECOMMENDATIONS

There is need that regular health educational programmes should be conducted by health personnel related to weaning practices. That the efforts can be undertaken by the community health nurse to educate the community regarding weaning practices.

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