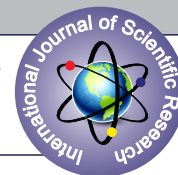


"A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE AMONG MOTHERS OF INFANTS REGARDING WEANING PRACTICES IN SELECTED RURAL COMMUNITIES", HARIDWAR, UTTARAKHAND



Nursing

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ABSTRACT

The children of today are citizens of tomorrow. During the first 4-6 months of life, infants need only breast milk or formula to meet all their nutritional needs. After that, it is essential for mothers to give supplementary foods in addition to breast feeding because several developmental milestones take place in the child. The research design adopted for this study was descriptive survey design. The sample non-probability convenient sampling technique was adopted for selection of subject. This includes 100 mothers of Infants (6-12 months) sample in selected rural communities, Haridwar. **Result:** The result of this study that knowledge and attitude had no significant difference. **Conclusion:** In this study showed that attitude score is better than knowledge score. Because majority of mothers of infants was had positive attitudes towards weaning practices.

KEYWORDS

INTRODUCTION

Breast milk is a best and safest food for young babies¹. 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 healthy². Recently, the World Health Assembly and the American Academy of Pediatrics recommended that complementary foods or iron enriched solids be given from the age of about six months³.

Weaning has crucial role in the child development. Inadequate amount of weaning lead to protein energy malnutrition⁴. PEM has been identified as a major health and nutritional problem in India. It occurs particularly during weaning and children in the first years of life. It is common among children below five years of age of lower income groups⁵.

In India 51% of all children below five years age are undernourished. It is estimated that around 50-60% of children are malnourished by the age of two years due to lack of exclusive breast feeding and improper weaning⁶.

OBJECTIVES

To assess the knowledge among mothers of infants regarding weaning practices.

To assess the attitude among mothers regarding weaning practices.

To correlate the knowledge and attitude among mothers regarding weaning practices.

To associate the knowledge and attitude of mothers of infants with the selected demographic variables.

METHODOLOGY

In order to achieve the objective of the study, A quantitative research approach was used. non-experimental descriptive design was adopted. A total of 100 mothers of Infants (6-12 months) were selected through non-probability convenient sampling technique.

RESULT

Section A:- distribution of demographic variables of mothers of infants.

The study reveals that out of 100 mothers of infants, Maximum 32 mother (32.00%) belonged to 21- 25 years . majority 70 (70.00%) were Hindus, Most of the 60 (60.00%) female were married, majority 54 (54.00%) were illiterate, Most of 41 (41.00%) female were house wives, Most of family income of rupees >4001, majority 48 (48.00%) belonged to the nuclear family, Majority of the mothers of infants 41 (41.00%) of them were having two children and maximum of the 50 (50.00%) female got information from peer group.

Section B:- Level of knowledge and attitude of mothers of infants on weaning practices

The present study shows that majority 72 (72.00%) of mothers of

infants have average knowledge on weaning practices and 98 (98.00%) of mothers of infants have positive attitude on weaning practices.

Section c:-Correlation between knowledge and attitude of mothers of infants.

The correlation between knowledge and attitude of mothers of infants. The mean score of knowledge was 17.34 with standard deviation of 2.92 and mean score of attitude 62.33 with standard deviation of 6.21. There is a positive correlation between knowledge and attitude at 5% level of significance.

Section D:- Association of demographic variables with the level of knowledge and attitude of mothers of infants on weaning practices.

The present study that the Chi- Square value computed for the age, and source of information with the level of knowledge is statistically significant at $p < 0.001$ level. The other demographic variables such as religion, marital status, educational status, occupation, family income, type of family, and number of children showed no statistical significant association with the level of knowledge. indicates that the demographic variables such as age, religion, marital status, educational status, occupation family income, type of family, number of children and source of information does not show any statistical significant association with level of attitude.

DISCUSSION

Assessment of the knowledge and practice of mothers of infants regarding weaning is very important.

1. The first objective was to assess the knowledge of mothers of infants on weaning practices

The present study shows that majority 72 (72.00%) of mothers of infants have average knowledge on weaning practices and 98 (98.00%) of mothers of infants have positive attitude on weaning practices.

The finding of the present study is supported by Mohammed Khalil (2005) on Assessment of knowledge and weaning practices among mothers of infants. He concluded that weaning practices were not adequate due to a number of reasons including low income of the family, poor educational status, lack of knowledge about how, when, what to give during weaning period.⁷

2. The second objective was to assess the attitude of mothers of infants on weaning practices

As depicted in the table 6, the assessment of attitude of mothers of infants revealed that the mean score of overall attitude was 62.33% (S.D = 6.21). The maximum level of mean score was obtained in the family regarding weaning foods 29.63 (S.D = 4.78) and the minimum score was obtained for attitude regarding care during weaning was 6.56 (S.D = 1.93)

The finding of the present study is also supported by Al Jassir on mothers' attitude towards infant feeding practices and found that solid foods tended to be introduced late because of age, educational status of the mother and nationality. Hence, there is a need to focus the attention towards educating the community.⁸

3. The third objective was to correlate the knowledge and attitude of mothers of infants on weaning practices

The present study shows that there was positive correlation between the knowledge and attitude of mothers of infants with regard to weaning practices. Hence the null hypothesis H_{01} , which stated, "There is no significant correlation between knowledge and attitude among mothers of infants on weaning practices", was rejected. This shows that efforts can be undertaken by the community health nurse to educate the community regarding weaning practices.

4. The fourth objective was to associate the knowledge and attitude of mothers of infants with the selected demographic variables

The present study show that demographic variables with level of knowledge and attitude was done using Chi- Square test. Although there was no statistically significant association found between level of knowledge and demographic variables such as religion, marital status, educational status, type of occupation, income of the family, type of family, and number of children. There was a statistically significant association found between level of knowledge and demographic variable such as age and source of information at p, 0.01 levels. Hence, the null hypothesis H_{02} is stated that "there is no significant association with selected demographic variables of mothers of infants" was rejected.

The present study shows that demographic variables were associated with the level of attitude using Chi- Square test. There was no statistically significant association between level of attitude and the demographic variables such as age, religion, marital status, educational status, type of occupation, income of the family, type of family, number of children, and source of information. Hence, the null hypothesis H_{02} is stated that "there is no significant association with selected demographic variables of mothers of infants" was accepted.

CONCLUSION

This study revealed that attitude score is better than knowledge score. Because majority of mothers of infants was had positive attitudes towards weaning practices. There is inadequate knowledge among mothers of infants on weaning practices. Hence, the individuals in community could be given health education repeatedly. Regular health education programs should be conducted by the health personnel related to weaning practices for future studies.

Nursing implications

The implications were given on various aspects like Nursing education, practice, administration and Nursing research.

Limitations

1. The sample size was limited to 100 mothers of infants. since only four villages was included in the study based on the availability of the samples. Hence possibility for wider generalization is limited.
2. The study was limited to mothers of infants.

Recommendations

On the basis of the study that had been conducted, certain suggestions are given for future studies:

1. A similar study can be done on large population.
2. A study can be done with other population
3. The selected variables in the study of socioeconomic factors, type of family number of children, nutritional status of children can be studied independently.
4. A pre test and posttest study can be conducted to study the effectiveness of self- instructional module.
5. A comparative study can be undertaken to see the differences between rural and urban areas regarding weaning practices.
6. An evaluative study may be conducted to investigate the effect of a nutrition education programme on knowledge, attitude and practices of urban and rural mothers.
7. Regular health educational programmes should be conducted by health personnel related to weaning practices.

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