



“WEANING KNOWLEDGE AMONG MOTHERS OF INFANTS ATTENDING PEDIATRIC OPD OF KLES DR. PRABHAKAR KORE HOSPITAL, BELAGAVI, KARNATAKA.”

Nursing

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ABSTRACT

Background: The birth of a child is a significant event in any family. Health of the growing child is always a matter of a great concern to the parents. Physical health is important because it is associated with mental and social development. Good nutrition is very important to promote physical health of the child in order to build up healthy life. Nutritional status of infant will be based on breast feeding and weaning practices. The objectives of the study were to assess the level of knowledge regarding weaning among mothers of infants and to associate the level of knowledge of mothers of infants with their selected demographic variables. **Objective:** To assess weaning knowledge and to find association between selected demographic variables and knowledge at KLES Prabhakar Kore hospital, Belagavi. **Method and materials:** The Descriptive study was conducted on 60 mothers of infants. Data were collected using structured interview schedule. **Result:** The analysis reveals that majority 42(70%) mothers had inadequate knowledge regarding weaning whereas around 14(23.3%) mothers had moderate knowledge and minimal 04(6.75%) mothers had adequate knowledge. **Conclusion:** There is the need for effective weaning education to improve weaning knowledge among mothers of infants.

KEYWORDS

Weaning, Knowledge, mothers of infants.

INTRODUCTION

Health of a child depends upon genetic endowment, freedom from illness and adequacy of nutrition. Nutritional requirements of children are much higher compared to adults because they have to grow from average of 3kg at birth to over 10kgs in their infancy. Milk is a complete food and exclusive breast feeding is able to maintain optimum growth and development of children during first 6 months of life. After this infant must be gradually weaned off to take semi-solid or semi-liquid food for the infant. Prolonged breast feeding without timely introduction of weaning food may lead to malnourishment.

Weaning is the time when parents begin to gradually introduce foods other than breast milk, or infant formula to their baby's diet. The introduction of weaning food should not signal the elimination of milk from babies' diet. In fact, breast milk or formula or a follow-on formula designed specially to meet the nutritional needs of the child should remain the primary source of nourishment throughout the first year of their life. Weaning foods are given in addition of breast feed when the amount of breast feeding is inadequate therefore the child gets accustomed to the usual family diet other than mother's milk.

MATERIALS AND METHODS

Study setting

The study was conducted at KLEs Dr. Prabhakar Kore Hospital And MRC, Belagavi.

Study design and population

The research design is the plan, structure and strategy of investigation for answering the research questions. It is the overall plan or blue print the researcher selects to carry out the study. The research design selected for the present study is Descriptive design.

Population refers to the entire set of individuals or objects in which the researcher is interested in studying. Population in the present study was mothers of infants.

Sample size determination and sampling procedure

Convenience sampling technique was used to draw the samples, which is the type of Non-Probability sampling technique. Purpose of sampling derives from the belief that the investigators' knowledge about the population and its element can be used to handpick cases to be included in the sample.

METHOD OF DATA ANALYSIS

The data was analyzed in terms of objectives of the study. The plan for data analysis is through Descriptive statistics.

Classify the knowledge scores as follows:

Inadequate knowledge	≤ 50 % Score
Moderate knowledge	51-75 % Score
Adequate knowledge	> 75 % Score

RESULTS

Socio-demographic characteristics of participants

Characteristics	Category	Respondents	
		Number	Percent (%)
Age (years)	≤ 25 years	36	60
	> 25 years	24	40
Dietary pattern	Vegetarian	32	53.3
	Nonvegetarian	28	46.7
Religion	Hindu	32	53.3
	Muslim	18	30
	Christian	10	16.7
Education status	No formal education	4	6.7
	Primary	26	43.3
	PUC	18	30
	Diploma/Degree	12	20
Monthly family income (in rupees)	≤ 6000	34	56.7
	> 6000	26	43.3
Sources of information	Television	16	26.6
	Radio	8	13.3
	Mass media	28	46.7
	others	8	13.3
Total		60	100.0

Regarding their age, 36(60%) were ≤ 25 years old, 24(40%) were > 25 years old. About 32 (53.3%) were vegetarian, 28 (46.7%) were Non-vegetarian. Regarding the religion, 32 (53.3%) were Hindu, 18 (30%) were Muslims and 10 (16.6%) were Christians. In relation to educational status, 26(43.3%) were primary/secondary, 18(30%) were PUC, 12(20%) were Diploma/Degree and 4(6.7%). About 34 (56.7%) had a family income of ≤ 6000 and 26(43.3%) had family income of > 6000. Regarding source of information, 28(46.7%) got information through mass media, 16(26.7%) television, 8(13.3%) radio and 8(13.3%) got information through other modes.

Analysis of knowledge scores of mothers regarding weaning.

Distribution of knowledge scores obtained were tabulated in the master sheet. The data analyzed in the term of frequency, percentage and finding are presented in the table.

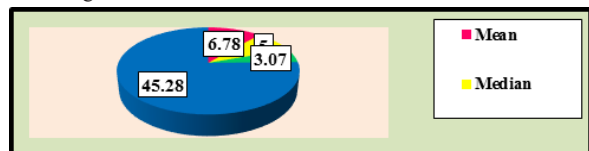
N = 60

Knowledge Level	Category	Respondent	
		Numbers	Percentage
Inadequate	< 50% score	42	70%
Moderate	51-75% score	14	23.3%
Adequate	> 75% score	4	6.75%
Total		60	100%

Analysis of the data shows that 42(70%) of the mothers had inadequate knowledge regarding weaning whereas around 14(23.3%) of mothers had moderate knowledge and minimal 04(6.75%) of mothers had adequate knowledge.

Findings related to the Mean, Median and Standard deviation of the knowledge of mothers regarding weaning.

In this study, mean score was (6.7), mean percentage (45.2%), median (5), standard deviation was (3.07) and coefficient variance (45.28). There are almost 42(70%) of the mothers had inadequate knowledge regarding weaning whereas around 14(23.3%) of mothers had moderate knowledge and minimal 04(6.75%) of mothers had adequate knowledge.



Association between the knowledge scores of weaning and selected socio-demographic variables.

Chi-Square of knowledge level of mothers in order to age is ($X^2=0.23$, $df=1$), dietary pattern ($X^2=0.3$, $df=1$), religion ($X^2=1.00$, $df=2$), education status ($X^2=0.86$, $df=3$) monthly family income ($X^2=0.84$, $df=1$), source of information ($X^2=0.37$, $df=3$). Previous source of knowledge were less than the tabulated chi square value so it reveals that there is no significant association between socio demographic variables and knowledge of mothers regarding weaning.

DISCUSSION

The maximum number of subjects 36 (60%) belongs to the age group of $\leq$ years and 24(40%) belongs to the age group of >25 years. Among all the subjects 32 (53.3%) were vegetarian and 28 (46.7%) were non-vegetarian. Maximum number of subjects 32(53.3%) belongs to Hindu religion, 18(30%) to Muslim and 10(16.7%) belongs to Christian religion. Maximum number of subjects 26(43.3%) educated up to primary level. Maximum number of subjects 28 (46.7%) were exposed to Mass media as a source of information. It is evident that the maximum number of subjects 42(70%) had average knowledge, 14(23.3%) had poor knowledge and 4(6.75%) had good knowledge regarding Weaning.

Weaning knowledge among mothers in present study was 42(70%) of the mothers had inadequate knowledge regarding weaning whereas around 14(23.3%) of mothers had moderate knowledge and minimal 04(6.75%) of mothers had adequate knowledge. A cross sectional study on mother's knowledge and practice related to weaning was conducted in Butajira in 1994. A total of 1,543 mothers-child pair were included in the study. The most important reasons for mothers to start weaning were reduction of amount of breast milk and mothers belief that the child is at the right age to start weaning food. The study demonstrated the presence of inappropriate weaning practice in the area which needs appropriate intervention. So this study concludes that the mothers have inadequate knowledge regarding weaning thus effective education measures and long term motivating activities should be taken to improve their knowledge.

CONCLUSION

Present study stated that knowledge regarding weaning was found to be inadequate while practices were not up to the recommended standard. The study suggests that behavior change education is important to improve weaning knowledge in the long run.

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