



A STUDY TO EVALUATE THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING WEANING AMONG PRIMI PARA MOTHERS IN A SELECTED COMMUNITY AREA OF SAGAR, MP INDIA

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Abstract: Introduction: Weaning is the process of introducing a semi solid food to an infant in age 6 months of life. Weaning begins from the movement of supplementary food is started and continuous till the child is taking off breast feeding completely infancy is the period when the foundation of health is laid. The changes in the infant between birth and the age one year are dramatic. **Aim:** The study to evaluate the effectiveness of structured teaching programme on knowledge regarding weaning among primi para mother in a selected community area of Sagar MP''. **Research objectives:** 1) To assess the knowledge of primi para mother regarding Weaning. 2) To Develop and administer the structured teaching programme. 3) To evaluate the effectiveness of structured teaching programme on knowledge among Primi para mother regarding weaning. 3) To find an association between pre-test knowledge of primi para mother with selected sociodemographic variables. **Method:** The quantitative research approach which was evaluate through the convenient sampling technique to conducted the study to evaluate the effectiveness of structured teaching programme on knowledge regarding weaning among primi para mother in a selected community area of Sager M P. Among the primi para mother's in selected community area, 50 were selected by the convenient sampling technique. During pre-test, the primi para mother having lack of knowledge regarding weaning process for that one week duration of structured teaching programme were taken which is effective to enhance the knowledge level regarding weaning process were administered for the group. After the intervention, post-test was done on the 7th day of that week to evaluate the level of knowledge regarding weaning process among primi para mother for the data analysis collection period as in the form of structural questionnaire method. **Result:** Quantitative research approach non randomization study group pre-test, post-test design was used to evaluate the effectiveness of structured teaching programme on knowledge regarding weaning among primi para mother.

Convenient sampling technique in the study group. Structural questionnaire was used to collect the data. The collected data was analysed using descriptive and inferential statistics. To test the hypothesis chi-square were used. The majority of the study group was summarized as follows, Regarding age 17-20 year, 7 (14%) belongs to age group 20-23 year 25 (50%) belongs to 23-26 year 12 (24%), above 26 year 6 (12%). Regarding education 2 (4%) belongs to illiterate, 10 (20%) belongs to primary education, 23 (46%) belongs to secondary education, 15 (30%) belongs to degree and above education. Regarding type of family 3 (6%) belongs to nuclear family, 42 (84%) belongs to joint family, 5 (10%) belongs to extended family. Regarding occupation 0 (0%) belongs to unemployed, 5 (10%) belongs to labor, 5 (10%) belongs to Government employee, 6 (12%) belongs to private job, 34 (68%) belongs to housewife. Regarding religion 48 (96%) belongs to Hindu religion, 1 (2%) belongs to Muslim religion, 1 (2%) belongs to Christian religion, 0 (0%) belongs to other religion. Regarding language 39 (78%) belongs to Hindi language, 0 (0%) belongs to English language, 11 (22%) belongs to Local language, 0 (0%) belongs to other language. Regarding dietary habit 42 (84%) belongs to vegetarian, 1 (2%) belong to non-vegetarian, 7 (14%) belongs to mixed. Regarding source of health related information 24 (48%) belongs to Television/radio/internet, 2 (4%) belongs to newspaper/magazine, 13 (26%) belongs to family members/friends, 11 (22%) belongs to health personal.

Conclusion: It regards to compare a pre and posttest level of knowledge regarding weaning among primipara mother. The pretest mean value 10.34 and standard deviation was 7.96 and the calculated (+) value was which shows that there was a significant different between pretest and posttest level of knowledge regarding weaning among primi para mother. The calculated chi square value was 4.14, 1.58, 2.4 ,0.78 ,1.61 ,0.11 ,3.89, 5.02 respectively which showed that there was no significant association between age of mother, education of mother, type of family, occupation of mother, religion, language, dietary habit, source of health-related information.

Key Words: Weaning, Primi mothers, Knowledge

INTRODUCTION:

Weaning beings from the moment supplementary foods is started and continuous till the child is taken off the breast completely. Infants in India thrive on breast milk alone up to six months of life and their growth rate during this period is satisfactory. Breast milk alone is not able to provide sufficient amounts needed to maintain growth after the first six months. Increasing need of calories and protein of growing children cannot be met by the diminishing output of mother's milk. Milk is also a poor source of vitamin C and supplementation with fruit juice is essential. Iron stores in liver of the infant would last only up 4-6 months. Hence iron – rich foods should be given at least from six months onwards. Milk is also deficient in vitamin D .If the baby is to maintain the expected rate of growth and remain healthy and remain healthy well nourished , supplementary feeding has to be re restarted to round about the 6 months of life .

Statement of the problem

A study to evaluate the effectiveness of structured teaching programmer on knowledge regarding weaning among primi para mothers in a selected community area of sager, MP India.

RESEARCH OBJECTIVES

- ❖ To assess the knowledge of primi para mother regarding weaning.
- ❖ To Develop and administer the structured teaching programme.
- ❖ To evaluate the effectiveness of structured teaching programme on knowledge of primi para mother regarding weaning.
- ❖ To find an association between pre-test knowledge of primi para mother with selected sociodemographic variables.

HYPOTHESIS

RH1: -The mean posttest knowledge score regarding weaning among primi para mothers of infant age 6 to 12month will be significantly higher than their mean pretest level.

RH2: - There will be a significant association in post-test level of Knowledge score regarding weaning among primi para mothers of infant age 6-12 months after structure teaching programme with their selected demographic variables.

ASSUMPTION

Giving Knowledge will help to enhancing the knowledge of primi para mother of infant in community has to improve their Weaning practice of infant.

RESEARCH APPROACH

A quantitative approach is used to assess the level of knowledge regarding weaning among primipara mother in selected community area of Sagar.

RESEARCH DESIGN

In this study pre-experimental research with one group pretest and post design is used A pre-experimental design with pretest and posttest was used to reveal the knowledge of weaning among primipara mother in a selected community area in sager.

VARIABLES

Independent Variable

In this study the independent variable is the structured teaching programmer on weaning.

Dependent variable

In this study dependent variable is knowledge level of primi para mother.

SETTING OF THE STUDY

Setting up the physical location and condition in which data collection take place in a study. The study was conducted at the Naryawali village located under sagar. We are chosen the ward number-4 located near the gram panchayat of naryawali for pilot study and main study conducted in ward no. 5, 8, and 6 in naryawali village.

POPULATION

TARGETED POPULATION

Primi para mother in Sagar (M.P.)

ACCESSIBLE POPULATION

In this study the accessible population was the primi para mother of child 6 months to 2 years of child in selected community area naryawali village of Sagar. (M.P.)

SAMPLE SIZE

“The sample size in a population selected to participate in research study”

The sample size selected were 50 primipara mother having children between 6 month to 2 year.

SAMPLING TECHNIQUE

Sampling technique refers to process of selecting a portion of population to represent the entire population. The sampling for the present study is Non probability convenient sampling technique.

CRITERIA FOR SELECTION OF SAMPLE

Inclusion criteria

- Mother able to understand and speak Hindi
(Hindi is the most commonly spoken in India)
- Primipara mother and 6 month to 2 year child

(Chosen because, wanted to know and assess the knowledge of weaning among primipara mother. Multi para are have previous knowledge and experience about the weaning process)

- Mother who were willing to participate in the study.

Exclusive criteria

- Mothers who were not willing to participate
- Mothers of sick infant

DESCRIPTION OF THE TOOL

The tool consist of two part

Part 1- Demographic data

Part-Deals with demographic variable

(The demographic data such as age of the mother, family income, education, occupation, type of the family, religion, eating habit, source of information.

Part 2Structured teaching program was prepared based on reviewing the related literature consulting with the subject expert and investigator personal experience, number of age 30 (question and answer is divided in 6 categories bases on their importance)

1. Definition and meaning of weaning.
2. Timing of commencement of weaning.
3. The qualities of ideas weaning food item.
4. Weaning food item provide according to the age of the child.
5. Technique of the weaning feeding. (principles)
6. Common problem in weaning and its management.

SCORING PROCEDURE

A multiple choice questionnaires was used to assess the knowledge regarding weaning among primi para mothers .these were 30 questions in total .each question was prepared with one correct option and three distracters . A score of 1 was fixed for the correct answer and a 0 score for wrong once. The maximum possible score is 30. According to the score they were categorized as follows:

S.No	Score range	Interpretation
1.	1-9	Inadequate
2.	10-19	Moderate
3.	20-30	Adequate

TESTING OF THE TOOL

Validity

The validation of the tool was obtained by submitting the questionnaires was obtained by submitting the questionnaire to the experts in the field of Community Health Nursing , Pediatrician .The language, content and format of the tool were revised on their suggestions.

Reliability

Reliability of the research instrument is defined as the extent to which the instrument yield the same result on repeated measure. The reliability of the tools in measuring the effectiveness of structured teaching program regarding weaning among the primi para mother is estimate following split half method and spearman's

browns formula .Since completed correlation coefficient value, ($r=71$) reliability of the tools was established

DATA COLLECTION PROCEDURE

Data was collected from the narayawali village, sagar (m.p.) . The investigator familiarized with subject and explain the purpose of the study that is about the weaning. Knowledge regarding weaning among primi para mother assured about the confidentiality their responses.

The subject were first interview and their demographic and baseline information that is age , religion ,education type of family , income ,eating habits , source of information were collected -there after the knowledge regarding weaning among primi para mother were obtained .On the first day , pretest data was collected using the structured questionnaire and planned with the help of lecture cum discussion method about healthy weaning process programmer was administered and audio visual aids and flipchart , flash card on the 7 days 1.

PLAN FOR DATA ANALYSIS

Data analysis is systematic organization and synthesis of research data and testing of research hypothesis using data. Data were entered into the master sheet .The data were analyzed by using both inferential and descriptive statistics.

Data analysis and interpretation of data

Section A- Description of data demographic variables among the primipara mothers

S.NO.	Demographic variable	Frequency	Percentage (%)
1	Age 17-20 Year 20-23 Year 23-26 Year 26 above	7 25 12 6	14% 50% 24% 12%
2	Education Illiterate Primary Education Secondary Education Degree and above	2 10 23 15	4% 20% 46% 30%
3	Type of family Nuclear family Joint family Extended family	3 42 5	6% 84% 10%
4	Occupation Unemployed	0	0%

	Labor	5	10%
	Government employee	5	10%
	Private job	6	12%
	House wife	34	68%
5	Religion		
	Hindu	48	96%
	Muslim	1	2%
	Cristian	1	2%
	Other	0	0%
6	Language		
	Hindi	39	78%
	English	0	0%
	Local	11	22%
	Other	0	0%
7	Dietary habit		
	Vegetarian	42	84%
	Non-vegetarian	1	2%
	Mixed	7	14%
8	Source		
	Television/radio/internet	24	48%
	Newspaper/magazine	2	4%
	Family members/friends	13	26%
	Health personal	11	22%

Section B- Assess the level of knowledge regarding weaning among primipara mothers of 6 month to 2 year of child.

Table-2 Frequency and percentage distribution of the demographic variable to pre-test level of knowledge regarding weaning among primi para mothers of 6 month to 2 year child.

PRE-TEST

S. No.	Level Of Knowledge	Frequency	Percentages
1	Inadequate	28	56
2	Moderate	22	44
3	Adequate	0	0

Table-3. Frequency and percentage distribution of the demographic variable to post-test level of knowledge regarding weaning among primipara mothers of 6 month to 2 year child.

S. No.	Level of knowledge	Frequency	Percentage
1	Inadequate	0	0
2	Moderate	33	66
3	Adequate	17	34

Section C- Comparison of the mean and standard deviation of the pre-test and posttest level of knowledge regarding weaning among primipara mothers of 6 month to 2 year child.

Table-4. Comparison of the mean and standard deviation of pre- test and post-test level of knowledge regarding weaning among primipara mothers of 6 month to 2 year child.

Pre-test value		Post-test value		Mean difference
Mean	SD	Mean	SD	7.96
10.34	0.432	18.3	2.96	Df = 15

Section-D Association of the pre-test level of knowledge regarding weaning among primipara mothers of 6 month to 2 year child.

Table -5 depicts association of pre-test level of knowledge regarding weaning among primipara mothers of 6 month to 2 year child.

S. No.	Demographic Variable	Moderate		Adequate		Chi-square
		Frequency	Percentage	Frequency	Percentage	
	Age					4.14
	17-20 Year	4	8%	3	9%	Df=3 S
	20-23 Year	18	36%	7	14%	
	23-26 Year	6	12%	6%	12%	
	26 above	0	0%	6%	12%	
	Education					1.58
	Illiterate	1	2%	1	2%	Df=3 S
	Primary Education	7	14%	3	6%	
	Secondary Education	12	24%	6	12%	
	Degree and above	9	16%	7	14%	
	Type of family					1.34

	Nuclear family	1	2%	2	4%	Df=2	
	Joint family	25	50%	17	34%		
	Extended family	2	4%	3	6%		S
Occupation						0.78	
	Unemployed	0	0%	0	0%	Df=4	
	Labor	3	6%	2	4%		
	Government employee	2	4%	3	6%		S
	Private job	3	6%	3	6%		
	House wife	20	40%	14	28%		
Religion						1.61	
	Hindu	26	42%	22	44%	Df=3	
	Muslim	1	2%	0	0%		
	Cristian	1	2%	0	0%		NS
	Other	0	0%	0	0%		
Language						0.11	
	Hindi	22	44%	17	34%	Df=3	
	English	0	0%	0	0%		
	Local	6	12%	5	10%		NS
	Other	0	0%	0	0%		
Dietary habit						3.89	
	Vegetarian	21	42%	21	42%	Df=2	
	Non-vegetarian	1	2%	0	0%		
	Mixed	6	12%	1	2%		S
Source						5.028	
	Television/radio/internet	15	30%	9	18%	Df=3	
	Newspaper/magazine	1	2%	1	2%		
	Family members/friends	9	18%	4	8%		NS
	Health personal	3	6%	8	16%		

The calculated chi-square value was age $\chi^2 = 4.14$ df = 3 ,education $\chi^2 = 1.58$ df =3,type of family $\chi^2 = 1.34$ df =2 ,occupation $\chi^2 = 0.78$ df =4,religion $\chi^2 = 1.61$ df=3,language $\chi^2 = 0.11$ df=3,diatytery habit $\chi^2 = 3.89$ df=2,source of health related information $\chi^2 = 5.028$ df=3, respectively, Df = 23 , H1 there will be the significant different between the pre-test and post-test level in knowledge regarding weaning among primi para mothes of infant age 6-12 months after structure teaching programme .

IMPLICATIONS OF THE STUDY

Weaning food include all the nutrition that require for the growth and development of the child. Lack of weaning practice can affect child growth and development. So it is important to arrange for health education programme for all the primipara mother. So that it will be helpful for mother to provide proper weaning food at right time and perform proper weaning practice. The findings of the Study have implication in various areas nursing such as nursing practice, education, administration and research.

NURSING PRACTICE

This finding suggests that there is a need for regular health education programme to be carried out by the nursing personnel. As a care provider nurses play a major role in planning and implementing effective health education programme for them Counselling centre may be organized by nurse in the community to provide counselling and education for public on weaning. It is the responsibility of nurse to teach the primi para mothers about weaning and prevention of their practice. The primi para mothers may not be aware about the weaning. So the health education must focus on causative factors such as lack of knowledge, poor socio-economic status, poverty evidence such as poor growth and development of child and also seek counselling. The nurse educator should focus on improve the knowledge of primi para mothers about weaning.

NURSING EDUCATION

Education helps the individual to learn new things and there by Play in important role in changing behaviour of the learner there for nurse need to equal themselves with the knowledge regarding weaning during basic nursing education, student nurse can be assigned to identify knowledge of weaning among primi para mothers. Nurse at post graduate level need to develop skill in preparing material for health education to primipara mothers regarding weaning and important measures according to mothers level of understanding.

NURSING ADMINISTRATOR

The nurse administer should plan to organize educational program for nursing personal regarding weaning among primipara mothers so that it will be helpful for them to import knowledge to other mothers. Nurse andminister should motivate nursing personal to participate and conduct health education program and in-service program on knowledge among primipara mothers about weaning. The nurse administrator should plan to program and camp for primi para mothers.

NURSING RESEARCH

This is a need for nursing research in the area of community as a little is known about the prevalence, identification, specific nursing care as per on strategies to improve the knowledge of weaning among primi para mothers in India. Similarly, therapeutic intervention based on the study finding can be provided. Nurse researcher focus conducting research find they are knowledge regarding weaning among primipara mothers involve in the study to identified role in primi para mothers production. Nurse researcher should also conduct the research and provide health education for mothers so that it will be helpful for them in later year.

RECOMMENDATIONS

On the basis of the findings of the study it is recommended that

1. A similar study may be replicated on large sample with different demographic variables
2. A similar study maybe conducted to assess the knowledge attitude and behaviour of primipara mothers regarding weaning.
3. The study can do among primipara mothers to evaluate their knowledge regarding weaning.
4. A study may be conducted to identify the effectiveness of structure teaching program in modifying of primipara mothers behaviour on weaning.
5. A Similar comparative study can be conducted to find the prevalence of weaning.
6. A Study can be done to assess the effect of weaning among health care provider.
7. A Study can be done to assess the knowledge regarding weaning among health care provider.

LIMITATIONS

1. The external variables like mother age, education of mother, type of family, occupation, religion, language and previous knowledge gain through where investigator is controlled.
2. Due to time constraints only 50 sample from each primipara mother. Therefore generalization is limited.

CONCLUSION

Weaning has immediate as well as long-term effect on infant. Safety from complementary feeding was the prime cause for weaning followed by pregnancy of the primi para mother and then by breast refusal by the body. The Study Showed lack of adequate knowledge by primi para mother towards the procedure practice and time of weaning and the importance of breast feeding. We recommend use of health of access and Support the proper feeding Practices among primi para mothers. Based on the finding of the present study. It was concluded to the primipara mothers who's subjected to instructional program about neonatal care had improved in their knowledge at the part intervention program then pre intervention.

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