



“A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE REGARDING IMPORTANCE OF WEANING AMONG PRIMI MOTHERS AT BHELSAI, MAHARASHTRA.”

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Abstract:

Introduction: Weaning is a critical stage in infant nutrition, significantly impacting their health and development. The level of knowledge among primi mothers regarding the importance of weaning can influence the success of this transition.

Objective: This study aimed to assess the level of knowledge among primi mothers regarding the importance of weaning in Bhelsai, Maharashtra, and to explore any associations between their knowledge levels and demographic variables.

Methods: A descriptive research was conducted among 30 primi mothers in Bhelsai, Maharashtra. A structured questionnaire was used to assess the mothers' knowledge levels regarding the importance of weaning. Data were analyzed using descriptive statistics and chi-square tests to explore associations between knowledge levels and demographic variables.

Results: The study found that among the primi mothers surveyed, 76.66% demonstrated excellent knowledge, 20% exhibited good knowledge, and 3.33% had poor knowledge regarding the importance of weaning. However, no significant association was found between knowledge levels and selected demographic variables.

Conclusion: The majority of primi mothers in Bhelsai, Maharashtra, demonstrated a high level of knowledge regarding the importance of weaning. However, despite this overall positive trend, there remains a small proportion with inadequate knowledge. This underscores the importance of continuous education and support programs to ensure optimal infant feeding practices. Further research is recommended to explore factors contributing to knowledge disparities and to develop targeted interventions to address them.

Index Terms – Weaning. Primi Mother, Knowledge

Introduction

Weaning, the transition from exclusive breastfeeding to complementary foods, is a critical phase in infant nutrition. The knowledge level of primi mothers, those experiencing motherhood for the first time, regarding the significance of weaning can greatly influence infant feeding practices. Understanding their knowledge and any associated demographic factors is vital for promoting optimal infant health. This study aimed to assess

the level of knowledge among primi mothers regarding the importance of weaning in Bhelsai, Maharashtra, and to explore potential associations with demographic variables.

Objective:

The objective of this study was to evaluate the level of knowledge among primi mothers regarding the importance of weaning in Bhelsai, Maharashtra, and to investigate any correlations between their knowledge levels and selected demographic variables.

Method:

This descriptive study was conducted among primi mothers in Bhelsai, Maharashtra. A sample of 30 primi mothers was selected for the study. A structured questionnaire was utilized to assess their knowledge regarding the importance of weaning, covering various aspects such as timing and types of foods to introduce. Data analysis involved descriptive statistics to depict knowledge distribution and chi-square tests to explore associations between knowledge levels and demographic variables, including age, education level, and socio-economic status.

Result:

Among the primi mothers surveyed, 76.66% exhibited excellent knowledge regarding the importance of weaning, demonstrating a comprehensive understanding of the timing and types of foods to introduce during this critical phase. Additionally, 20% demonstrated good knowledge, indicating a solid grasp of essential concepts but with some room for improvement, while 3.33% had poor knowledge, highlighting the need for targeted educational interventions. Despite these variations in knowledge levels, no significant association was found between knowledge levels and demographic variables such as age, education level, and socio-economic status. These findings suggest a widespread awareness of the importance of weaning among primi mothers in Bhelsai, Maharashtra, albeit with some variations in knowledge depth. Continuous efforts to provide comprehensive education and support regarding optimal infant feeding practices are crucial to ensure the well-being of infants in the community. Further research may explore specific factors influencing knowledge levels and design interventions tailored to address the needs of primi mothers with inadequate knowledge regarding weaning.

Conclusion:

The majority of primi mothers in Bhelsai, Maharashtra, demonstrated a commendable level of knowledge regarding the importance of weaning. Nonetheless, there remains a small proportion of inadequate knowledge. Continuous educational efforts are essential to ensure optimal infant feeding practices. Further research is recommended to explore underlying factors contributing to knowledge disparities and to develop tailored interventions to address them.

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