



A Comparative Study To Assess The Knowledge And Attitude Of Mothers Regarding Importance Of Weaning Diet Among Their Under Five Year's Children In Selected Rural And Urban Areas, Ludhiana, Punjab

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Introduction

The youth of today will either be the father or the citizens of tomorrow. Although there was a global outcry against this phrase, children everywhere were denied access to several resources. The abrupt removal of a kid from the breast is not weaning. Since the mother's milk is insufficient to support growth above the age of six months, it is a slow process that begins at six months. Appropriate meals high in protein and other nutrients should be added to it. We refer to these as supplemental foods. Children's Day is observed globally on November 14 of each year and was established by the UN General Assembly. The goal of celebrating Children's Day is to provide children the freedom to enjoy life and develop into literate, healthy citizens of the nation. Park K. (2011)

Need of the study

The World Health Organization advises a gradual weaning phase that spans from six months to two years, allowing the child to benefit from breast milk while also gaining the nutrients they need from complementary meals. Mothers in underdeveloped countries often believe that introducing complementary meals before the prescribed duration of exclusive breastfeeding would result in an increase in the child's weight and height. A 1996 WHO research claims that moms are unaware of their infant's unique demands and may not know how to prepare weaning foods at this time. WHO (2018)

Objectives of the study

- i. To assess the knowledge of mothers among under five years children regarding importance of weaning diet.
- ii. To assess the attitude of mothers among under five years children regarding importance of weaning diet.

Methodology

Comparative research design was used for the study. The study was conducted in the rural area i.e. village Bassian and urban area i.e. Jagraon. The sample is of 100 mothers (50 rural and 50 urban mothers). Convenient sampling technique was used for selecting sample. The level of knowledge was assessed by self structured knowledge questionnaire comprised of 30 items.

Pilot study

Pilot study was conducted on 10 mothers of children in village Chakar and Raikot, to assess the reliability and feasibility of the study. The reliability of tool was 0.94% for knowledge questionnaire.

Results

Section 1: Socio demographic data

This section consider of 8 items for obtaining personal information about respondents i.e. age of mother in years), education of mother, occupation of mother, number of children, dietary pattern, type of family, family monthly income, source of information.

Section 2: Self structured knowledge questionnaire

In this questions were framed to assess the knowledge of mother regarding importance of weaning diet among their children. It consists of total 30 questions in 5 subareas.

Section 1: Socio demographic data

Table1: Frequency and percentage distribution of sample characteristics

Demographic variables	Rural mothers		Urban mothers			
	n	%	n	%	df	X ²
Age of mother (in years)						
• <21	02	04	02	04	3	2.242
• 22-25	13	26	11	22		
• 26-28	14	28	21	42		
• More than 28	21	42	16	32		
Education of mother :	02	04	03	06	3	8.845
• 1 st to 5 th standard						
• 6 st to 10 th standard	17	34	07	14		
• 11 st to 12 th standard	20	40	17	34		
• Graduation and above	11	22	23	46		
Occupation of mother	35	70	32	64	3	1.824
• Housewife						
• Laborer	08	16	13	26		
• Self employed	05	10	03	06		
• Any Others	02	04	02	04		
Number of children	11	22	22	44	3	9.687
• One						
• Two	25	50	24	48		
• Three	10	20	02	04		
• More than three	04	08	01	02		
Dietary pattern	43	86	33	66	1	5.482
• Vegetarian						
• Non-vegetarian	07	14	17	34		
Family monthly income (in Rs)	10	20	04	08	3	5.970
• ≤5000						
• 5001-10000	17	34	15	30		
• 10001-15000	15	30	14	28		
• ≥15001	08	16	17	34		
Type of family	22	44	14	28	2	5.880
• Joint						
• Nuclear	20	40	32	64		
• Extended	08	16	04	08		
Source of information	30	60	31	62	3	2.029
• Television						
• Newspaper	13	26	09	18		
• Magazine	05	10	05	10		

• Heath personnel	02	04	05	10		
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NS- Non significant at $p < 0.05$ level

Table 1 Illustrates that the frequency and percentage distribution of rural and urban mothers based on demographic variables i.e. Age of mother, Qualification, Occupation, Number of children, dietary pattern Type of family, Family monthly income, Source of information. The findings were as follow-

The majority of rural mothers were between 22-28 years old, while in urban areas, most mothers were in the 26-28 age group. According to the data, a higher percentage of urban mothers had a higher education level compared to rural mothers. Additionally, most rural mothers were housewives, while the majority of urban mothers were also housewives.

According to number of children 25(50%) were having two under five children, 11(22%) of rural mothers had one under five child, 10(20%) were having three under five children, 4(8%) were having more than three under five children. Whereas in urban mothers maximum 24(48%) were having two under five children, 22(44%) had one under five children, and remaining 2(4%) were having three under five children, 1(2%) were having more than three under five children According to the survey, 86% of rural mothers and 66% of urban mothers have a vegetarian diet. Most rural mothers' family income distribution: 17 (34%) had Rs 5001-10,000 monthly income, 15 (30%) had Rs 10,001-15,000, 10 (20%) had \leq Rs 5000, and 8 (16%) had \geq Rs 15,001. In urban areas, the majority of mothers belonged to families with different income levels. Most rural mothers were from joint families, followed by nuclear families, and the remaining were living in extended families. In rural areas, 60% of mothers got information from television, 26% from newspapers, 10% from magazines, and 4% from health personnel. In urban areas, 62% got information from television, 18% from newspapers, 10% from magazines, and 10% from health personnel.

In rural areas, the majority of mothers were aged 28 or older, had an education level of 11-12th standard, were housewives, had two children under five, consumed vegetarian food, had a monthly family income of Rs 5001-10,000, and relied on television for information. In urban areas, the majority of mothers were aged 26-28, had a graduation or higher education, were housewives with two children under five, usually consumed vegetarian food, had a monthly family income of Rs \geq 15,000, lived in nuclear families, and also relied on television for information.

Section 2: Self structured knowledge questionnaire

Objective1: To assess the knowledge among mothers of under five year's children regarding importance of weaning.

Table:-2 Frequency and percentage distribution level of knowledge of rural and urban mothers regarding importance of weaning diet among their under five children

			N=100			
			Rural mothers n=50		Urban mothers n=50	
Level of knowledge	Percentage criteria	score	n	%	n	%
Excellent	>81	>25	4	08	09	18
Good	61-80	19-24	27	54	25	50
Average	41-60	13-18	17	34	14	28
Poor	<40	<12	02	04	02	04

Maximum score = 30

Minimum score = 0

Table 2 reveals that most of rural mothers 54 % (27) had good level of knowledge, 34 % (17) had average level of knowledge, followed by 3%(06) had excellent level of knowledge and 4(8%) had good level of knowledge. Most of urban mothers 31%(62) had good level knowledge, followed by 12% (24) had average level of knowledge, 12%(6) had excellent level of knowledge and remaining 1% (2) had poor level of knowledge.

Hence, it concludes that majority of urban mothers had good level of knowledge as compared to rural mothers regarding importance of weaning diet among their under five children

Table- 3: Mean, mean percentage distribution and rank order of area wise knowledge of rural and urban mothers regarding importance of weaning diet among their under five children.

N=100

Area of knowledge	Max. score	Rural mothers n=50			Urban mothers n=50		
		Mean	Mean %	Rank	Mean	Mean %	Rank
Introduction of weaning	04	2.26	56.6	5	2.34	58.5	5
Principles of weaning diet	13	8.14	62.61	3	9.06	69.6	2
Importance of weaning diet	07	4.34	62	5	4.46	63.71	4
Introduction of supplementary diet	04	2.6	65	2	27	67.5	3
Principles of supplementary diet	02	1.6	80	1	1.66	83.00	1

Maximum score = 30

Maximum score = 0

Table 3 reveals that rural mothers had highest mean knowledge score 80.00 % in the area of principles of supplementary diet, followed by 65 % in area of introduction of supplementary diet, 62.61 % in the area of principles of weaning diet, 62% in the area of importance of weaning diet and lowest 56.6 % in the area of introduction of weaning diet, while urban mothers had highest 83.00 % in the area of principles of supplementary diet followed by 69.6 % in area of principles of weaning diet, 67.5 % in the area of introduction of supplementary diet 63.71% in the area of importance of weaning diet and lowest 58,5% in the area of introduction of weaning diet.

Hence, it concluded that majority of urban mothers had better knowledge as compared to rural mothers regarding importance of weaning diet among their under five children.

Objective-2 To assess the attitude among mothers of under five years children regarding importance of weaning diet.

Table-4: Frequency and percentage distribution level of attitude of rural and urban mothers regarding importance of weaning diet among their under five children.

N=100

Level of attitude	%	score	Rural mothers n=50		Urban mothers n=50	
			n	%	n	%
Positive	>60	>60	43	86	46	92
Negative	<60	<60	07	14	04	08

Maximum score = 100

Minimum score = 20

Table 4 signifies that 86% (43) rural mothers had positive attitude towards importance of weaning diet and only 14% (07) had negative attitude. Whereas 94% (47) Urban mothers had positive attitude and only 6% (03) had negative attitude towards importance of weaning diet. Thus, it concluded that majority of rural and urban mothers had similarly positive attitude towards importance of weaning diet among their under five children.

Discussion

According to first objective to assess the knowledge among mothers of under five year's children regarding importance of weaning.

The findings show that the majority of rural mothers had good knowledge (54%), followed by those with average knowledge (34%), excellent knowledge (3%), and poor knowledge (8%). For urban mothers, 31% had good knowledge, 12% had average knowledge, 12% had excellent knowledge, and 1% had poor knowledge. These results differ from a previous study by Pattan Abhay (2014) where rural mothers had an average knowledge score of 41% and urban mothers had a satisfactory knowledge score. The division of area-wise knowledge regarding the importance of weaning diet shows that rural mothers had a mean knowledge score of 80.00% in principles of supplementary diet and 56.6% in introduction of weaning diet. Urban mothers had a

mean knowledge score of 83.00% in principles of supplementary diet and 58.5% in introduction of weaning diet. This suggests that urban mothers have better knowledge compared to rural mothers regarding the importance of weaning diet among their children.

The second objective was to assess the attitude of the rural and urban mothers regarding importance of weaning diet among their under five year children.

The study found that 36% of rural mothers and 94% of urban mothers had a positive attitude towards the importance of weaning diet for their under-five children. This aligns with a similar study by Maheswary Ekambaram in 2012 which reported 84% positive attitude among rural mothers.

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