



A Descriptive Study To Assess Knowledge Regarding Weaning Diet With A View To Develop And Disseminate An Information Booklet Among Primigravida Mothers In Teerthanker Mahaveer Hospital And Research Centre, Moradabad

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ABSTRACT –

AIM –

The main aim of the study is to increase the knowledge of Primi Gravida Mothers regarding Weaning diet to prevent malnutrition in infant and to promote good growth and development in infants.

METHODOLOGY –

METHOD

A descriptive Research design was used to assess the knowledge regarding Weaning diet in order to develop and disseminate information booklet among Primi Gravida Mothers in Teerthanker Mahaveer Hospital and Research Centre, Moradabad. In this study Purposive sampling technique was used to select 60 Primigravida Mothers. Structured questionnaire was used to collect the data. An information booklet was prepared containing necessary information to provide important information about Weaning to Primigravida Mothers.

RESULT

The result of the study showed that out of 60 samples, 42(70%) had average knowledge 18 (30%) had good knowledge and none of the Mother had poor knowledge.

CONCLUSION

The study concluded that Maximum Numbers of Mothers had average knowledge Regarding Weaning diet but lacks excellent knowledge regarding diet therefore there is need to educate mothers about healthy Weaning Practices. Measures should be taken to Educate Mothers with relevant information about benefits of Weaning diet.

KEY WORDS –Assess, knowledge, weaning diet, Primigravida Mother, information booklet.

INTRODUCTION –

Children are the wealth of tomorrow.....take care of them if you wish to have a strong India”-Karl Menninger

Children are precious possession of the family, community, and country. A child is precious and beautiful source of joy and happiness focus of love and care subject of dreams for the future. Children represent the wealth of the country, the child's health is the corner stone of the national progress.

Adequate nutrition during infancy is vital to a healthy start in life. As per the guidelines of WHO, Infant and Young Child Feeding (IYCF) an infant should be breastfeed for the first six months of birth and thereafter semisolid and solid food need to be introduced soon while breastfeeding (WHO,2010)¹. The human milk alone, even in reasonable quantities, cannot provide all the energy and protein required for maintaining an adequate velocity of growth for infant, after the age 6 months. Adequate nutrition is essential to maintain optimal health of baby at the age of 6 months as in first year of life infant undergo rapid growth and development .where good nutrition is essential. Nutrition in the early years of life is a major determinant of healthy growth and development throughout childhood and of good health in Adulthood from an average weight of 3kg at birth baby's weight increases almost 5 kg, At the end of the 3 months. After 6 months, breast milk does not provide all the nutrients that your growing baby need, in particular iron and calories that solid food provide. Hence Weaning provides child a nutritional balance for proper growth and development

The World Health Organization (WHO) defines Weaning as Complementary feeding, beginning when breast milk alone is insufficient to meet new born 'nutritional needs and additional foods and liquids are needed in addition to breast milk. For a child's best health, growth, and development, the World Health Organization (WHO) recommends exclusive breastfeeding for the first six months of life, followed by weaning or complementary feeding from six months until the age of two years. After the first six months, breast milk still falls short of providing all the nutrients an active, growing infant needs. Weaning plays a crucial function in closing the gap between what toddlers are getting and what infant need regarding energy.

NEED FOR THE STUDY

Under nutrition is estimated to be associated with 2.7 million child deaths annually or 45% of all child deaths. Infant and young child feeding is a key area to improve child survival and promote healthy growth and development. Many children's in rural committees of developing countries die of malnutrition related causes due to lack of Nutrition education and low purchasing power of families. Which Result in low quality weaning food and poor feeding practices.

PROBLEM STATEMENT

“A Descriptive study to assess knowledge regarding weaning diet with a view to develop and disseminate an information booklet among Primigravida mothers in Teerthanker Mahaveer Hospital and Research Centre Moradabad.”

OBJECTIVE OF THE STUDY

- 1- To assess the knowledge regarding weaning diet among Primi Gravida mothers.
- 2- To find out the association between the knowledge regarding weaning diet among Primi Gravida mothers with their selected demographic variables.
- 3- To develop and disseminate information booklet regarding weaning diet.

MATERIALS AND METHODS –

This Descriptive study was conducted in the Teerthanker Mahaveer hospital Research Centre at Moradabad .Purposive sampling technique was used to select the 60 Primigravida Mothers . Who are able to understand Hindi and English language.

Instruments –

Tool 1-Demographic proforma –

TOOL 1: Socio demographic Variables.

Socio demographic variables was developed by the investigator for the Purpose of selecting the samples and to assess the sample characteristics. Items on demographic variable include age, education, occupation, religion, type of family, dietary pattern, and previous source of information

TOOL 2: A structured questionnaire on Knowledge regarding weaning diet among PrimiGravida mothers of infants.

To assess the knowledge regarding weaning diet among PrimiGravida Mothers in Teerthanker Mahaveer Hospital and Research Centre, this section consists of structured knowledge questionnaire of 18 items. Each item had multiple choices in nature with four responses in each question. The score was measured by the numerical value 0 and 1. Correct response carrying one mark and the wrong response carried zero mark. The greater value indicates the good knowledge regarding weaning diet among PrimiGravida mothers. It was arbitrarily labelled into three degrees 1-7 poor knowledge, 8-15 average knowledge and 16-18 good knowledge.

Data collection method

Permission was obtained from the Nursing Superintendent of Teerthanker Mahaveer Hospital and Research Centre to conduct the study. The verbal permission was also taken from the mothers after explaining the Purpose of the study. The investigator had selected 60 samples by using non-probability sampling technique. Self-developed questionnaire implemented to assess the knowledge regarding weaning diet among PrimiGravida Mothers in Teerthanker Mahaveer Hospital and Research Centre, Moradabad, U.P.

SECTION-1 Percentage wise distribution of demographic characteristics of samples.**TABLE 1.**Frequency and percentage distribution of sample characteristics

S.No.	Demographic Variables	Frequency	Percentage
1	Age of mother- 1. 20-25 years 2. 26-30 years 3. 31-35 years 4. 36- 40 years	37 22 1 0	61.66% 36.66% 1.68% 0
2	Education- 1. Illiterate 2. Primary school 3. Higher secondary school 4. Any graduation	9 11 19 21	15% 18.33% 31.7% 35%
3	Occupation- 1. Home maker 2. Private job 3. Government job 4. Self Business	43 11 6 0	71.7% 18.3% 10% 0
4	Age of infant (in months)- 1. 6-8 months 2. 9-12 months	40 20	66.7% 33.3%
5	Religion- 1. Hindu 2. Muslim 3. Christian 4. Sikh	23 27 3 7	38.3% 45% 5% 11.7%

6	Dietary pattern- 1. Vegetarian 2. Non vegetarian 3. Eggitation	29 29 2	48.3 48.3 3.3
7	Type of family- 1. Nuclear family 2. Joint family 3. Extended family	17 43 0	28.3% 71.7% 0
8	Residential area- 1. Rural 2. Urban	29 31	48.3% 51.7%
9	Marital status- 1. Married 2. Widow 3. Divorced	56 0 4	93.3% 0 6.7%

Figure 1. Distribution of mothers by age in years

Frequency and percentage distribution of Primigravida Mothers according to demographic data. In the present study, data given table 1 show that the demographic characteristics of Primi Gravida Mothers according to age group,- shows that out of the 60 samples, majority of Mothers 37(61.66%) belong to the age group 20-25 years, 22(36.66%) belong to age group 26-30 years, 1(1.68%) belong to age group 31-35 years and no Mother is from age group 36-40 years.

Distribution of Mothers by education. According to the education shows that majority of Mothers 21(35%) were holding any graduation, 11 (18.33%) were having primary school education, 19 (31.7%) were having higher secondary level education, 9 (15%) were illiterate. According to occupation .Shows that majority of Mothers 43(71.7%) were home maker, 11 (18.3%) were having private jobs, 6 (10%) were having government job and no mother was self-employee. According to Distribution of Mothers by age of infant in month's shows that majority of infants 40 (66.7%) were from age group 6-8 months and 20 (33.3%) were from age group 9-12 months. According to Distribution of mothers by religion shows that majority of Mothers 27(45%) were Muslim, 23(38.3%) were Hindu, 3(5%) were Christian and 7(11.7%) were Sikh. According to Distribution of mothers by dietary pattern Shows that majority of 29 (48.3%) Mothers were vegetarian, 29(48.3%) were non vegetarian and 2(3.3%) eggitation. According to Distribution of Mothers by type of family shows that majority of mothers 43(71.7%) belong to joint family, (28.3%) belong to nuclear family and no Mother belong to extended family. According to Distribution of Mothers by residential area shows that majority of Mothers 29(48.3%) were from rural areas and 31 (51.7 %) were from urban areas According to Distribution of Mothers by marital status shows that majority of mothers 56 (93.3%) were married, 4 (6.7%) were divorced and no Mother was widow.

Frequency and percentage distribution of level of knowledge regarding weaning diet among Primi Gravida Mothers.

Reveals that majority of Mothers 42 (70%) were having average knowledge regarding weaning diet, 18 (30%) were having good knowledge and no Mother were having Poor knowledge regarding weaning diet.

Observation	Poor knowledge		Average knowledge		Good knowledge	
	F	%	F	%	F	%
Pretest	0	0	42	70%	18	30%

TABLE 3. Association between the knowledge regarding Weaning diet among Primi Gravida Mothers with their selected demographic variables.

Demographic variables	Poor knowledge		Average knowledge		Good knowledge		P value	df	inference
	f	%	f	%	f	%			
Age of mother(in years)							0.006	2	S
20-25 years	0	0	31	51.66%	6	10%			
26-30 years	0	0	10	16.66%	12	20%			
31-35 years	0	0	1	1.66%	0	0			
35-40 years	0	0	0	0	0	0			
Education							0.000	4	S
Illiterate	0	0	9	15%	0	0			
Primary school	0	0	11	18.33%	0	0			
Higher secondary school	0	0	19	31.66%	0	0			
Any graduation	0	0	3	5%	18	30%			
Occupation							0.000	2	S
Home maker	0	0	39	65%	4	6.66%			
Private job	0	0	2	3.33%	9	15%			
Government job	0	0	1	1.66%	5	8.33%			
Self –business	0	0	0	0	0	0			
Age of infant(in months)							0.55	1	NS
6-8 months	0	0	29	48.33%	11	18.33%			
9-12 months	0	0	13	21.66%	7	11.66%			
Religion							0.031	3	S
Hindu	0	0	15	25%	8	13.33%			
Muslim	0	0	21	35%	6	10%			
Christian	0	0	0	0	3	5%			
Sikh	0	0	6	10%	1	1.66%			
Dietary pattern							0.545	2	NS
Vegetarian	0	0	19	31.66%	10	16.66%			
Non vegetarian	0	0	21	35%	8	13.33%			
Eggitation	0	0	2	3.33%	0	0			
Type of family							0.070	1	NS
Nuclear family	0	0	9	15%	8	13.33%			
Joint family	0	0	33	55%	10	16.66%			
Extended family	0	0	0	0	0	0			
Residential area							0.000	1	S

Rural	0	0	1	1.66%	46	76.66%			
Urban	0	0	1	1.66%	12	20%			
Marital status							0.002	1	S
Married	0	0	42	70%	14	23.33%			
Widow	0	0	0	0	0	0			
Divorced	0	0	0	0	4	6.66%			

The obtained chi-square value for age of mother ($X^2 = 10.088$, $p < 0.05$), education ($X^2 = 47.755$, $p < 0.05$), occupation ($X^2 = 30.964$, $p < 0.05$), age of infant ($X^2 = 0.357$, $p > 0.05$), religion ($X^2 = 8.851$, $p < 0.05$), dietary pattern ($X^2 = 1.215$, $p > 0.05$), type of family ($X^2 = 3.287$, $p > 0.05$), residential area ($X^2 = 14.267$, $p < 0.05$), marital status ($X^2 = 10.000$, $p < 0.05$). Thus it is noted from table 3 that p value is greater than 0.05 for age of infant, dietary pattern and type of family and statistically significant for age of mother, education, occupation, religion, residential area and marital status at the 0.05 level so it is concluded that there is significant association found among age of mother, education, occupation, religion, residential area and marital status.

DISCUSSION

We aimed to study the knowledge Regarding Weaning diet among primigravida Mothers in Teerthanker Mahaveer Hospital and Research Centre Moradabad. Our analysis of collected data revealed interesting findings.

Major findings of the study are discussed under following sections:

1. Demographic characteristics of Primi Gravida Mothers
2. Level of knowledge of Primi Gravida Mothers.
3. Association between levels of knowledge regarding weaning diet among Primi Gravida Mothers with their selected demographic variables.

1. Demographic characteristics of Primi Gravida Mothers

Age of mother (in years) - Out of the 60 samples, majority of Mothers 37(61.66%) belong to the age group 20-25 years, 22(36.66%) belong to age group 26-30 years, 1(1.68%) belong to age group 31-35 years and no mother is from age group 36-40 years.

Education - Majority of Mothers 21(35%) were holding any graduation, 11 (18.33%) were having primary school education, 19 (31.7%) were having higher secondary level education, 9 (15%) were illiterate.

Occupation - Majority of Mothers 43(71.7%) were home maker, 11 (18.3%) were having private jobs, 6 (10%) were having government job and no mother was self-employed.

Age of infant (in months) - Majority of infants 40 (66.7%) were from age group 6-8 months and 20 (33.3%) were from age group 9-12 months.

Religion - Majority of mothers 27(45%) were Muslim, 23(38.3%) were Hindu, 3(5%) were Christian and 7(11.7%) were sikh.

Dietary pattern - 29 (48.3%) Mothers were vegetarian, 29(4.3%) were non vegetarian and 2(3.3%) eggitation.

Type of family - Majority of Mothers 43(71.7%) belong to joint family, 17(28.3%) belong to nuclear family and no Mother belong to extended family.

Residential area - Majority of Mothers 29(48.3%) were from rural area and 31(51.7%) were from urban areas.

Marital status - Majority of Mothers 56 (93.3%) were married, 4 (6.7%) were divorced and no Mother was widow.

2. Demographic characteristics of primigravida mothers

The present study showed that out of 60 samples, 42(70%) had average knowledge 18 (30%) had good knowledge and none of the Mother had poor knowledge.

3. Association between levels of knowledge regarding weaning diet among Primigravida Mothers with their selected demographic variables.

The present study shows that there is no significant association between level of knowledge with age of infant, dietary pattern and type of family and statistical significant association is found between level of knowledge and age of Mother, education, occupation, religion, residential area and Marital status.

The findings of the present study was consistent with a study conducted by Dr Laishram Dadashini Devi descriptive study to assess the knowledge regarding Weaning diet among Primigravida Mothers in selected community areas, Bangalore was conducted. Their results showed that majority of respondents (45%) have adequate knowledge on weaning practices.

CONCLUSION

The study concluded that maximum numbers of Mothers had average knowledge regarding weaning diet but lacks excellent knowledge regarding diet therefore there is need to educate Mothers about healthy weaning practices. Measures should be taken to educate mothers with relevant information about benefits of weaning diet. The Nurse administer should plan to conduct health education programs in Community to educate Mothers about healthy weaning diet to ensure better growth and development of children.

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