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## An experimental study to assess the effectiveness of planned teaching programme on knowledge regarding weaning diet among mothers of under five in the selected village of district Gurdaspur

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### ABSTRACT

*Weaning is a systematic process of introduction of suitable food at the right time, in addition to mothers' milk, in order to provide needed nutrients to the baby. If the baby is to maintain the expected rate of growth and remain healthy and well nourished, supplementary feeding has to be resorted to round about the 6<sup>th</sup> month of life. The present study aimed to assess the knowledge of mothers of under-five regarding weaning diet, the effectiveness of planned teaching programme regarding weaning and to find out the association between knowledge with selected demographic variables. The findings of the study revealed that the planned teaching programme was effective in increasing the knowledge level of mothers of under-five. There was significant association among education and monthly income of family. There was no significant association among age, religion, occupation, living status, type of family, frequency of meals, and source of information.*

**Keywords:** *Weaning, Knowledge of Mothers and Planned Teaching Programme.*

### 1. INTRODUCTION

All children should have the basic nutrition they need to learn and grow and to pursue their dreams, because in the end, nothing is more important than the health and well-being of our children".<sup>1</sup> Children constitute a major proportion of the global population today. They constitute the most important and vulnerable segment of our population. They are truly the foundation of a Nation. "A healthy child is a sure future" is one of the themes of WHO. The future of our Nation depends on the way in which we nurture our children today.

The word 'Weaning' is derived from Anglo-Saxon word 'Wenian' means to be accustomed to something different. As per UNICEF, weaning is defined as "Systematic process of introduction of suitable food at the right time, in addition to mothers' milk, in order to provide needed nutrients to the baby."<sup>2</sup> Weaning is the second step for self-existence, the first being cutting of umbilical cord. According to WHO, introduction of semisolids and solids should preferably be made when the baby is about 5-6 months of age. The concept of 'Weaning' has now changed to 'complementary feeding' for the simple reason that, with the introduction of other nutritious food, breast feeding needs to continue for a period of 2 years.

Having a baby at home is a wonderful experience. Looking after the baby and caring for it is an even more fulfilling experience. Health of the growing child is always a matter of great concern to the parents. Physical health is important because it is associated with mental and social development.<sup>3</sup> Good nutrition is very important to promote good physical health of the child in order to build up healthy life. There are several important stages in infant growth. But one of the most important aspects and often misunderstood stage is that of 'Weaning'. Health is an essential factor for a happy contented life. If children are healthy, future generation will be healthy resulting in a healthy nation.<sup>4</sup> One of the important factors in determining a child's health is the pattern of his growth and development, which extends throughout his life cycle.

Weaning is a process of gradual and progressive transfer of the baby from breast milk to the family diet. It does not mean discontinuing the breast feeding.<sup>5</sup> Weaning begins from the moment supplementary food is started and continues 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 of all the nutrients 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.<sup>6</sup> 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 to 4-6 months. Hence iron-rich foods should be given atleast from six months onwards.<sup>7</sup> Milk is also deficient in vitamin D. If the baby is to maintain the expected rate of growth and remain healthy and well nourished, supplementary feeding has to be resorted to round about the 6<sup>th</sup> month of life.<sup>8</sup>

## 2. OBJECTIVES

The objectives of the study are to assess the knowledge of mothers of under-five regarding weaning diet, the effectiveness of planned teaching programme regarding weaning among mothers of under-five and to find out the association between knowledge with selected demographic variables of mothers under five.

## 3. METHODOLOGY

Pre experimental design (one group pretest posttest design) is selected for the present study. The present study was undertaken at village Jaito Sarja, Gurdaspur. Sample size was 50 mothers of under-five. In the present study the sample selection was done by convenient sampling technique. The independent variable was planned teaching programme regarding weaning diet among mothers of under five in the selected village of Gurdaspur. The dependent variable was knowledge of mothers of under-five regarding weaning diet. The extraneous variable are Age of the mothers of under-five and Educational qualification of mothers of under-five. Based on objectives of the study the following data collection tool was selected in order to obtain necessary data for Socio-Demographics and Structured knowledge questionnaire.

## 4. RESULTS

Majority of the mothers 36 (72%) belong to the age group of 21-28 years. 40 (80%) of them were Sikhs and only 1 (2%) was Muslim. 15 (30%) of them had their primary education and 19 (38%) had their secondary education. 24 (48%) had their income between 1501 -3000 rupees and only 1 (2%) had her income below 1500 rupees. 45 (90%) were housewife and 1 (2%) was self-employed. 12 (24%) mothers belong to poor status and 34 (68%) mothers having average living status. 34(68%) had joint family.

The data presented in table 1 shows that t value is significant at 0.05 levels for df 49. The computed t value,  $t(49) = (21.472)$  P.509 indicates the significant difference between the pretest and posttest knowledge score. Thus it is established that the difference obtained in the mean pretest and posttest knowledge score was true difference and not by chance. Hence, the Health Teaching Programme on knowledge regarding weaning diet is an effective method for increasing the knowledge of mothers of under-five regarding weaning diet.

The table 2 denotes the association of the level of knowledge with demographic variables. There was significant association among education and monthly income of family. There was no significant association among age, religion, occupation, living status, type of family, frequency of meals, and source of information.

**Table 1: Mean, Mean Difference, Standard Deviation of Difference, Standard Error of Mean Difference from Pretest to Posttest Knowledge Score and t**

	Paired Differences						t	Df
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 Post test-Pretest	10.920	3.596	.509	9.898	11.942	21.472	49	

**Table 2: Association of Level of Knowledge of mothers of under-five with Demographic Variables**

S. No.	Demographic Variables	Level of Knowledge of Post Test			Chi Square Test
		Average	Good	Excellent	
1.	Age				0.486 df=2 p=5.99 NS
	13 – 20	0	1	1	
	21-28	5	31	31	
	29 -36	1	12	12	
	37 – 44	0	0	0	
2.	Religion				1.705 df=3 P=7.82 NS
	Sikh	0	6	34	
	Muslim	0	0	1	
	Hindu	0	0	5	
	Others	0	0	4	
3.	Education				9.463 df=3 p=7.82 S
	Illiterate	0	0	9	
	Primary	0	5	10	
	Secondary	0	1	18	
	Graduate or above	0	0	7	
4.	Occupation				0.758 df=2 p=5.99 NS
	Housewife	0	6	39	
	Daily wages	0	0	0	
	Self employed	0	0	0	
	Professional	0	0	4	
5.	Living Status of Mother				0.934 df=2 p=5.99 NS
	Very poor	0	0	4	
	Poor	0	0	11	
	Average /satisfactory	0	5	29	
	Rich	0	0	0	

6.	Type of Family				
	Nuclear	0	0	14	0.776
	Joint	0	5	29	df=6
	Extended	0	0	1	p=7.82
	Single parent family	0	0	0	NS
7.	Monthly Income of the Family				
	Below 1500/-per month	0	0	1	32.652
	1501-3000/-per month	0	4	20	df=3
	3001-5000/-per month	0	2	10	p=7.82
	5001-10000/-per month or above	0	0	13	S
8.	Frequency of Meals				
	Eat more than 3 meals & 2 snacks per day	0	0	10	3.050
	Eat 3 meals & 2 snacks per day	0	2	18	df=3
	Eat 2 meals & 1 snacks per day	0	4	15	p=7.82
	Eat less than 2 meals & 1 snacks per day	0	0	1	NS
9.	Sources of Information				
	Mass media	0	6	29	2.922
	Relative	0	0	12	df=3
	Health	0	0	2	p=7.82
	Medical checkup	0	0	1	NS

## 5. CONCLUSIONS

The findings of the study revealed that the planned teaching programme was effective in increasing the knowledge level of mothers of under-five. There was significant association among education and monthly income of family. There was no significant association among age, religion, occupation, living status, type of family, frequency of meals, and source of information. Based on the findings of the study, it is recommended that the study can be replicated on a large sample to validate the finding and make generalization. A study can be conducted to compare the effectiveness of the PTP with strategies like self-instructions module. A descriptive study can be undertaken on knowledge regarding weaning diet. A comparative study can be carried out to assess the attitude between rural and urban mothers of under-five regarding weaning diet.

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