

KNOWLEDGE REGARDING WEANING AMONG PRIMI-PARA MOTHERS

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ABSTRACT

Background: Weaning is the term which will be familiar for every mother. Proper knowledge and training are required to perform effective weaning. Many studies have conducted on Weaning in India and abroad reveal that most of the mothers, especially primipara mothers had not have adequate knowledge regarding effective weaning, weaning foods, feeding practices, as they are following traditional feeding practices. Effective weaning in the child requires proper knowledge and good technique skills in the mothers.

Aims and objectives: The study aimed at assessing the knowledge of primi- para mothers regarding weaning, find an association between knowledge scores with their socio-demographic variables.

Material and Methods: A descriptive research design was adopted. The study was conducted among 60 primi-para mothers conveniently selected from a community area in vadodara. The content validity of the tool. The reliability of tool was established by testing the internal consistency by using SplitHalf method.

Results: The findings of the study with regard to the knowledge assessment, revealed that out of 60 primi para mothers the mean score obtained was 17.42%(58%) which is considerably low. While categorised 30(50%) are under the category of inadequate knowledge, 17(28.3%) are in moderate knowledge and the rest of 13(21.7%) are having adequate knowledge reading weaning. The obtained chi square values for Demographic variables such as age, religion, education, occupation, monthly income, Area of living, family type is found to be associated with the knowledge score at 0.05 level.

Conclusion:

The study comprised of 60 Primi Para Mothers of residing in selected villages of Vadodara. A descriptive research design was used for the study. At the end the study reveals that 30(50%) are under the category of inadequate knowledge, 17(28.3%) are in moderate knowledge and the rest of 13(21.7%) are having adequate knowledge regarding weaning. Demographic variables such as age, religion, education, occupation, monthly income, Area of living, family type is found to be associated with the knowledge score at 0.05 level. Hence it was found that there is a requirement of improvement of knowledge among primi para mothers regarding Weaning.

Keywords: Knowledge, Weaning, Primi-Para Mothers

INTRODUCTION

Infancy is the period when foundation of health is laid. The changes in the infant between birth and the age of one year are dramatic. The health and nutritional status of the infant and its subsequent growth and development through childhood depends upon successful feeding practice right from birth. Human breast milk is the most desirable diet for the first 6 months. But on reaching 6 months, breast milk alone is not able to provide all necessary nutrients to the child. Hence a process called 'weaning' is practiced from the child's second half of infancy.

Weaning was derived from an English word 'weanien' meaning 'accustom' literally means to be taken off or alienated from an accustomed pursuit. By weaning, we try to take off the baby from the accustomed feeding of breast milk and to introduce him to solid food along with breast milk. Weaning is the second most important step for independent existence. Thus, weaning is defined as the systematic process of introduction of suitable food at the right time in addition to mother's milk in order to provide needed nutrients to the baby.

The right age for weaning is around 4-6 months. The right type of food is a semi solid. The most important fact of weaning is to bridge the gap between liquid and solid diet. If weaning is not proper, children are likely to fall into the pit of malnutrition. Weaning should be a solid process of gradual replacement of breastfeed by other suitable feeds. The bridge should be built on three strong planks namely continued breast feeding, vegetable protein and animal protein with safety net beneath namely supplementary feeding.

Early weaning is often due to ignorance and leads to contamination and infection related to unhygienic preparation. Late weaning leads to malnutrition and growth faltering. Weaning foods should be cheap, easily available and acceptable to the custom. Slowly other foods can be introduced. Semi solids and fruit juices can be started from 4-6 months of age, items that can be mashed with fingers can be started from 6

months of age. Vegetables, roots, tubers, fruits, fish, meat...Etc can be added. By one year of age the child must be taking all the items that are cooked at home.

A sound knowledge and practical application of nutritional requirements must be the basis of choice of infant foods. The socioeconomic status and education of the mother have also been known to influence infant feeding practices. Sociocultural and economic aspects and prevalent feeding habits of the community also have to be taken in to account when the parents are advised regarding weaning procedures.

OBJECTIVES

- Assess the knowledge of Primi-para mothers regarding weaning.
- Find out association between knowledge of primi-para mothers with selected socio-demographic variables.

MATERIALS AND METHODS

Research Approach: Quantitative approach was used in this study.

Research Design: Researcher adopted descriptive survey research design for this study.

Sample and Sampling Technique: The sample of the study comprised of 60 Primi para Mothers of residing in selected villages of Vadodara Non-probability convenience sampling technique was used for selecting the sample.

Tool for data collection:

It consists of 2 parts: -

Part 1: - The first section of the tool consists of 7 items (Demographic Variables)

seeking information about age, religion, education, occupation, monthly income, Area of living, family type.

Part 2: - Structured knowledge questionnaire was used. Total 30 (questions) developed for assessing the knowledge.

RESULTS

Findings are Organized in the Following Sections

SECTION I: Analysis of level of knowledge of Primi-para mothers regarding weaning

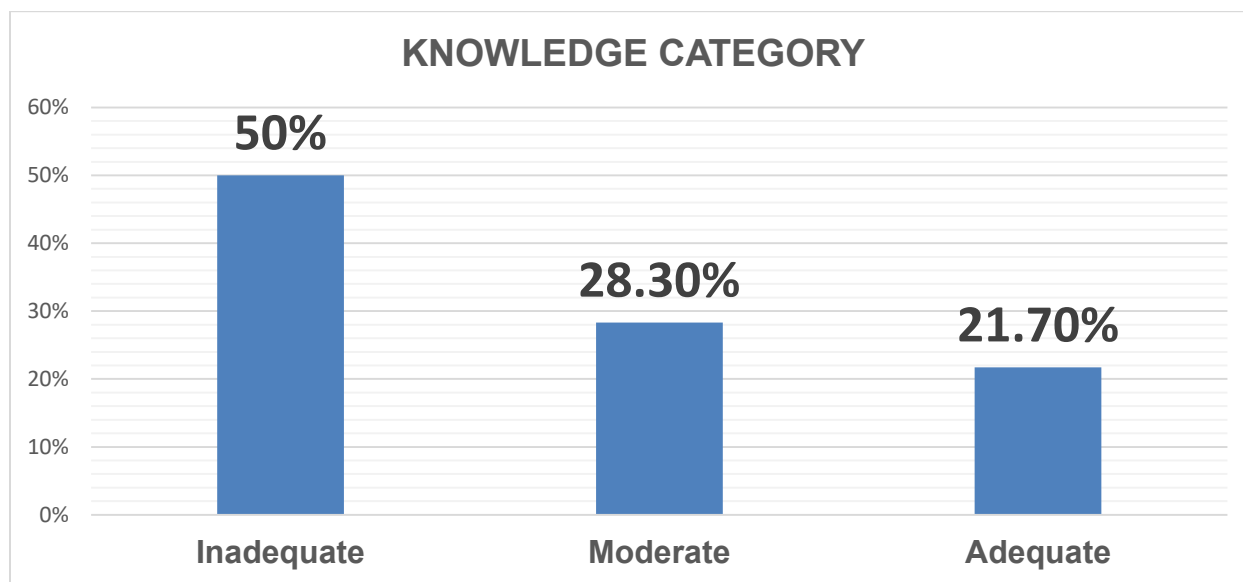
ASPECT	MAX. SCORE	MEAN SCORE	%
Knowledge	30	17.42	58%

Table shows out of 60 primi para mothers the mean score obtained was 17.42(58%) which is considerably low.

Grading of knowledge score among mothers

GRADE	SCORE	FREQUENCY	PERCENTAGE
Inadequate	00-10	30	50%
Moderate	11-20	17	28.3%
Adequate	21-30	13	21.7%

Among 60 primi para mothers 30(50%) are under the category of inadequate knowledge, 17(28.3%) are in moderate knowledge and the rest of 13(21.7%) are having adequate knowledge regarding weaning.



SECTION II: Association between selected demographic variables and knowledge score.

The obtained chi square values for Demographic variables such as age, religion, education, occupation, monthly income, Area of living, family type are found to be associated with the knowledge score at 0.05 level.

DISCUSSION

The study comprised of 60 Primi Para Mothers of residing in selected villages of Vadodara. A descriptive research design was used for the study. At the end the study reveals that 30(50%) are under the category of inadequate knowledge, 17(28.3%) are in moderate knowledge and the rest of 13(21.7%) are having adequate knowledge regarding weaning. Demographic variables such as age, religion, education, occupation, monthly income, Area of living, family type is found to be associated with the knowledge score at 0.05 level. Hence it was found that there is a requirement of improvement of knowledge among primi para mothers regarding Weaning.

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