

“Assess the knowledge regarding Weaning among Mothers of under Five Year Children, Admitted At Dr. Ram Manohar Lohia Hospital, Gomti Nagar, Lucknow (U.P)”

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ABSTRACT

Non-experimental, descriptive research approach was used for this study. An objective of the study was to assess the knowledge of mothers of under 5-year children regarding weaning and to find out association between knowledge score of mothers under 5-year children regarding weaning with their selected demographic variables. Sample size was 30 selected through purposive sampling technique in the maternity ward of Dr R. M. L. hospital, Lucknow (U.P). Tools used for this study under section A-demographic variables consist of education, age, occupation, religion, type of family residential area, family income and Section B- consist of 30 closed ended knowledge based structured questionnaire related to introduction, initiation preparation and benefits of weaning. The study reveals that most of the mothers of under 5-year children had average knowledge that is 17 (56.67%) regarding introduction of breast feeding and weaning, 10(33.32%) regarding initiation and preparation and 14 (46.67%) regarding benefits of weaning. No significant association seen between knowledge score of mothers of under 5-year children and their related demographic variables.

1 Introduction

Nutrition plays a major role for the growth and development of child. If children get nutritious diet, supplementary feeding followed by breast feeding on particular time period they will have good health, strong immunity and will be helpful for the development of healthy nation. Nutritional deficiency such as PEM constitutes a major public health problem in India and other developing countries of the world [1].

Govt. has taken these nutritional problems in a priority basis and started various nutritional programs to improve the nutritional status of poor and needy children. Poor infant feeding practices (IFP) directly or indirectly contribute to under nutrition, morbidity and mortality in infants [2]. The most vulnerable period of malnutrition is first 3 years. Infant feeding practices constitute a major component of child caring practices [3]. Despite global efforts for improving maternal and child health and specific efforts like integrated child development services (I.C.D.S.), malnutrition among children remains a significant problem in India [4].

2 Objectives Of The Study

1. To assess the knowledge among mothers of under 5-year children regarding weaning.
2. To find out association between knowledge score of mothers of under 5-year children regarding weaning with their selected demographic variables.

3 Assumptions

Mothers of under five- year children will have some knowledge regarding weaning.

There will be significant association between knowledge score of mothers under five-year children regarding weaning and their demographic data.

4 Research Methodology

Research Approach and Design:

Non- experimental research approach and descriptive design was used.

Setting: Dr. Ram Manohar Lohia Hospital, Lucknow

Population: Mothers of under 5-year children.

Sample and Sample Size: Sample size- 30.

5 Variables

Research Variables: knowledge of mothers of under 5-year children regarding weaning

Demographic Variables: consist of education, age, occupation, religion, type of family residential area, family income.

6 Sampling and Sampling

Technique: Purposive Sampling technique.

Inclusion Criteria–

The study includes mothers of under five-year children, those who are:

- In the age group of 18-45 years.
- Admitted in Dr. Ram Manohar Lohia Hospital, Lucknow

- Willing to participate in the study
- Available at the time of data collection.
- Able to read and write

Exclusion Criteria-

- Less than 15 and more than 45 years of age.
- Mothers not having children.

7 Development of the Tool

Section A: it Deals With Demographic Variables Such As Education, Number of Children, Age, Occupation, Religion, Type of Family, Residential Area, Family Income.

Section B: consist Of 30 Structured Knowledge Questionnaire Of various Categories Such As Introduction of Weaning and Breast Feeding, Initiation and Preparation, Benefits of Weaning.

Scoring Key:

Very Poor-0-25%

Poor- 26-50%

Average- 51-75%

Good- 76-100%

8 Data Collection Procedure

After obtaining formal written permission from medical officer, the main study was started Investigators personally visited each respondent, introduced themselves to mothers who were having children of under 5 year and explained the purpose of the study and ascertained the willingness of the participants. The knowledge was assessed by structured knowledge questionnaire (multiple choice questions).

9 Plan of Data Analysis

The data collected from subject was grouped and analysed by using statistical measures in terms of the objectives. The plan for data analysis was as follows:

The collected data was coded and transformed to master sheet for statistical analysis. The response to items in section -1 demographic variable was planned to be summarized in terms of frequency and percentage. Knowledge scores of participants were planned to be summarized in Mean, Standard Deviation. The chi-square values used to find out the association between the knowledge scores of mothers of 5-year children regarding weaning and their selected demographic variable. The findings presented in the form of tables, diagrams and figures.

10 Result**Section A: Highlights Demographic Variables of Mothers of Under 5-Year Children in Form of Frequency and Percentage Distribution.**

Majority of Mothers were graduate i.e. 10(33.33%), most of the Mothers were having 2 children i.e. 22(73.33%), 23(76.66%) mothers were

in age group of 23-30 years, 26 (86.6%) mothers were house wives, most of the mothers belongs to Hindu religion i.e. 22 (73.3%), 18 (60%) were having joint family, most of them belongs to village area i.e. 17 (56.6%) and Majority of mothers were having family income below 1 lakh per year i.e. 25(83.3%).

Table 1: Shows Frequency and Percentage Distribution of Demographic Variables of Mothers of Under 5-Year Children. N=30

Demographic Variables	Categories	F	%
Education	Primary	6	20%
	Secondary	3	10%
	High school	7	23.33%
	Intermediate	4	13.33%
	Graduation	10	33.33%
No of Children	1	0	0
	2	22	73.33%
	3	8	26.66%
	>4	0	0
Age	18-22 years	6	20%
	23-30 years	23	76.66%
	31-38 years	1	3.33%
	39-45 years	0	0
Occupation	House wife	26	86.6%
	Private job	3	10%
	Government job	1	3.33%
Religion	Hindu	22	73.3%
	Muslim	8	26.6%
	Christian	0	0
Family type	Joint	18	60%
	Nuclear	12	40%
Residential Area	Village	17	56.6%
	City	13	43.3 %
Income of Family	< 1 Lakh/yr.	25	83.3%
	1-3 Lakh/yr.	3	10 %
	3-5 Lakh/yr.	2	6.66 %
	> 5 Lakh /yr.	0	0 %

Section B: Aspect wise frequency and percentage distribution of knowledge scores of Mothers of under 5-year children regarding weaning:

Introduction of weaning and breast feeding: 2(6.67%) had good knowledge, 17(56.67%) had average knowledge score and 11 (36.67%) had poor knowledge score.

Initiation and preparation: 2(6.67%) had good knowledge, 10 (33.32%) had average knowledge score, 17 (56.67%) had poor knowledge score and 1(3.33%) had very poor knowledge score.

Benefits of weaning: 9(30%) had good knowledge, 14 (46.67%) had average knowledge score, 6 (20

%) had poor knowledge score and 1(3.33%) had very poor knowledge score.

- [4] Bhuvnesh shukla, pankaj shukla, "the text book of paediatric nursing".firstedition,lotus publisher.jalandhar city.p.104

Table 2: Aspect Wise Mean and Standard Deviation of Knowledge Scores of Mothers of Under 5-Year Children Regarding Weaning

S.No.	Component	Mean	Standard Deviation
1	Introduction of weaning	5.93	31.41
2	Initiation and preparation	4.93	26.12
3	Benefits of weaning	6.86	36.35
	TOTAL	17.72	93.88

Section C: The Findings Of The Present Study Describe That There Was No Significant Association Between The Knowledge Scores Of Mothers Of Under 5-Year Children With Their Selected Demographic Variables Regarding Weaning.

11 Conclusion

This study reveals that out of 30 samples 11 mothers were having poor knowledge about introduction of weaning and breast feeding, 17 of them had poor knowledge and 1 had very poor knowledge about initiation and preparation of weaning, 6 of them obtained poor knowledge score and 1 obtained very poor knowledge score regarding benefits of weaning. As we know mother is the backbone of the family if we educate a mother means we are educating whole family so it is very important for all the mothers they should have this information for the wellness of baby, for preventing mortality and morbidity of children due to malnutrition etc. This type of study can be done for a large group of people and also time to time feedback is to be taken from the society.

Reference

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