

A Descriptive Study to Assess the Knowledge and Attitude among Mothers of Infants Regarding Weaning Practices in Selected Rural Communities, Bharatpur

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Abstract

Introduction : Weaning is practiced from the ancient period. According to Indian tradition the ceremony of 'Annaprasanam' (feeding the baby first time) is performed at time of giving first food to the baby. Generally the first food is cooked food. This can be prepared from porridge, wheat, rice, maize or ragi flour. Weaning has crucial role in the child development.¹

Methodology : A descriptive survey research approach was for current study. non-experimental descriptive design was used in present study. Setting of the study was villages were chosen from Fhulwara, Sewar & Bharatpur. The target population in the present study included mothers who are having 6-12 months infants residing at rural communities, Bharatpur. Sample size is 100 & Non- probability convenient sampling technique was used for the study.

Results : The mean score of knowledge was 17.34 with standard deviation of 2.92 and mean score of attitude 62.33 with standard deviation of 6.21. There is a positive correlation between knowledge and attitude at 5% level of significance.

Conclusions : Majority of the mothers of infants had inadequate knowledge with regards to weaning practices.

Keywords : Descriptive Study; Knowledge; Attitude; Weaning Practices

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Introduction

During the first 4-6 months of life, infants need only breast milk or formula to meet all their nutritional needs. After that, it is essential for mothers to give supplementary foods in addition to breast feeding because several developmental milestones takes place in the child, such as good control of head and neck, birth weight doubles. Apart from nutritional

requirements, by the age of 6 months, something to bite upon is helpful in teething. The child is also ready to develop the skills of eating from a spoon and drinking from a cup. Difficulties may be experienced later if the opportunity to learn these skills is not given at this stage.²

Children under the age of five years are considered biologically vulnerable and needs special attention from the

health workers. Almost one half of the total deaths in our country occur in this age group. Although the iron content of breast milk is low, few exclusively breast fed infants become anemic in first six months of life. The high bioavailability of iron in breast milk and infant iron reserves help to meet the needs of these young babies.³

Protein energy malnutrition has been identified as a major health and nutritional problem in India. It occurs particularly during weaning and children in the first years of life. It is common among children below five years of age of lower income groups. The major cause for child malnutrition is the birth of low birth weight babies. Birth weight of less than 2,500 grams is very closely associated with poor growth not just in infancy but throughout childhood. A major factor adversely affecting the birth of healthy babies is the poor nutritional status of women. In India 51% of all children below five years age are undernourished. It is estimated that around 50-60% of children are malnourished by the age of two years due to lack of exclusive breast feeding and improper weaning. The protein energy malnutrition in India in preschool age children is 1-2%.⁴

Proper feeding and weaning practices have three focal levels: family, community, and commercial. Communities must be given the tools and guidance to monitor children's growth and nutrition status and to produce and distribute appropriate supplementary foods to combat malnutrition and the means to secure resources that can maintain innovative community nutrition activities.⁵

All weaning foods need to be prepared stored and fed to the baby under the most hygienic conditions. Hands of the mother and child should be washed before feeding. Clean utensils should be used; food and utensils should be covered. The baby weaning foods must be carefully and safely stored to prevent the food from spoiling. Readymade foods are unsafe, mostly can cause malnutrition. (Sachdev 2014)⁶

Methodology

Research Approach : A descriptive survey research approach was considered the best to assess the knowledge and attitude on weaning practices.

Research design : The investigator selected non-experimental descriptive design to assess knowledge and attitude among mothers of infants regarding weaning practices in selected rural communities, Bharatpur.

Setting of the study : Villages were chosen from Fhulwara, Sewar, Bharatpur. The rural villages situated 03 km away from the institution. The total households of two villages

consist of 364.

Population of the study : The target population in the present study included mothers who are having 6-12 months infants residing at rural communities, Bharatpur.

Sample and sampling technique : Sample size is 100 mothers of infants who fulfill all the required characteristics of population Non- probability convenient sampling technique was

Results : The data has been organized and presented in four sections :

Section A : Demographic profile of mothers of infants.

Section B : Knowledge and attitude of mothers of infants.

Part-I : Knowledge of mothers of infants on weaning practices.

Part- II : Attitude of mothers of infants on weaning practices.

Section C : Correlation between knowledge and attitude of mothers of infants regarding weaning practices.

Section D : Association of demographic variables with level of knowledge and attitude of mothers of infants regarding weaning practices.

Section -A Demographic variables of mothers of infants.

Table 2 : A Frequency and percentage distribution of demographic variables of mothers of infants.

Demographic Variable	Frequency	Percentage
Age (yrs)		
(a) 18-20	12	12.00
(b) 21-25	32	32.00
(c) 21-30	31	31.00
(d) 31-35	25	25.00
Total	100	100.00
Religion		
(a) Hindu	70	70.00
(b) Christian	20	20.00
(c) Muslim	10	10.00
Total	100	100.0
Marital status		
(a) Unmarried	10	10.00
(b) Married	60	60.00
(c) Divorced	15	15.00
(d) Widow	15	15.00
Total	100	100.00

Educational status		
(a) Illiterate	54	54.00
(b) Primary	15	15.00
(c) Secondary	21	21.00
(d) Graduate	10	10.00
Total	100	100.0
Occupation		
(a) Agriculture	20	20.00
(b) House wife	41	41.00
(c) Laborer	29	29.00
(d) Skilled worker	10	10.00
Total	100	100.00
Family income		
(a) <2000	24	24.00
(b) 2001-3000	30	30.00
(c) 3001-4000	30	30.00
(d) <4001	16	16.00
Total	100	100.00
Type of family		
(a) Nuclear	48	48.00
(b) Joint	37	37.00
(c) Extended	15	15.00
Total	100	100.00
No. of children		
(a) One	30	30.00
(b) Two	41	41.00
(c) Three	29	29.00
Total	100	100.00
Source of information		
(a) Peer group	50	50.00
(b) Mass media	25	25.00
(c) Newspaper/Magazine	25	25.00
Total	100	100.00

n=100.

SECTION - B Knowledge and attitude of mothers of infants on weaning practices

Part- I Level of knowledge of mothers of infants

Table 3 : Level of knowledge of mothers of infants

Level of knowledge	No. of subjects	Percent
<50% Below average	23	23.00
50-74% Average	72	72.00
≥75% Above average	5	5.00
Total	100	100%

n =100

Part-I Knowledge of mothers of infants regarding weaning practices.

Table 4 : Mean, Standard Deviation and mean percentage of knowledge of mothers of infants.

Knowledge	Max score	Range	Mean	SD	Mean %
General information	5	1-12	3.21	1.47	64.20
Weaning foods	15	5-12	8.37	1.59	55.80
Care during weaning	2	0-2	1.01	0.76	50.50
Problems during weaning	8	1-16	4.75	1.91	59.38
Total	30	12-28	17.34	2.92	57.80

n =100

Part - II Level of attitude of mothers of infants

Table 5 : Level of attitude of mothers of infants

Level of attitude	No. of subjects	Percent
<50%	-	-
50-74% Positive	98	98.00
≥75% Negative	2	2.00
Total	100	100%

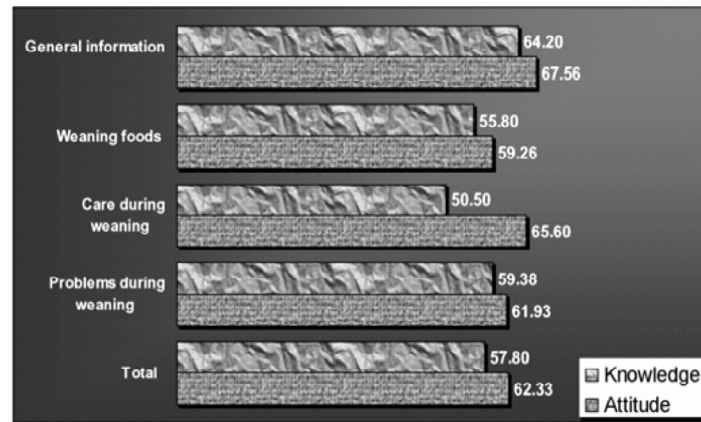
n=100

Part- II : Attitude of mothers of infants on weaning practices

Table 6 : Mean, Standard Deviation and Mean percentage of attitude of mothers of infants.

Attitude	Max score	Range	Mean	SD	Mean %
General information	25	12-24	16.89	2.70	67.56
Weaning foods	50	18-40	29.63	4.78	59.26
Care during weaning	10	3-10	6.56	1.93	65.60
Problems during weaning	15	3-14	9.29	2.48	61.93
Total	100	50-76	62.33	6.21	62.33

n = 100



Graph 1: Graph representing the level of knowledge and attitude of mothers of infants on weaning practices
SECTION - C Correlation between knowledge and attitude of mothers of infants.

Table : 7 Comparison of knowledge and attitude score using wilcoxon signed rank test

Area wise	Knowledge		Attitude		z-value*	P-value
	Mean	SD	Mean	SD		
General information	3.21	1.47	16.89	2.70	8.695	<0.001
Weaning foods	8.37	1.59	29.63	4.78	8.686	<0.001
Care during weaning	1.01	0.76	6.56	1.93	8.708	<0.001
Problems during weaning	4.75	1.91	9.29	2.48	7.910	<0.001
Total	17.34	2.92	62.33	6.21	8.685	<0.001

* Wilcoxon signed rank test

n = 100

SECTION - D: Association of demographic variables with the level of knowledge and attitude of mothers of infants on weaning practices.

Table : 8 Association between selected demographic variables and the knowledge of mothers of infants on weaning practices.

Sr. No.	Variable	Category	Total score		Chi-Square value	df	Critical value	p-value
			Below Median	Above Median				
1	Age in years	18-20	3	9	12.482	3	7.82	<0.006*
		21-25	18	14				
		26-30	17	14				
		31-35	14	11				
2	Religion	Hindu	36	34	0.288	2	5.99	>0.866
		Christian	11	9				
		Muslim	5	5				
3	Type of family	Nuclear	23	25	2.319	2	5.99	>0.314
		Joint	21	16				
		Extended	8	7				
4	Educational status	Illiterate	24	30	1.654	3	7.82	>0.647
		Primary	10	5				

		Secondary	13	8				
		Graduate	5	5				
5	Family income Per month	<2000	8	16	5.799	3	7.82	>0.122
		2001-3000	16	14				
		3001-4000	19	11				
		>4001	9	7				
6	Occupation	Agriculture	13	7	3.409	3	7.82	>0.333
		House wife	20	21				
		Laborer	12	17				
		Skilled worker	7	3				
7	Marital status	Unmarried	5	5	1.187	3	7.82	>0.756
		Married	32	28				
		Divorced	7	8				
		Widow	8	7				
8	No. of children	1	15	15	1.789	2	5.99	>0.409
		2	21	20				
		3	16	13				
9	Source of information	Peer group	25	25	6.654	2	5.99	<0.038*
		Radio/TV	14	11				
		News paper/ Magazine	13	12				

Note: * Significance a 5% level of significance

SECTION - D

Association of demographic variables with the level of knowledge and attitude of mothers of infants on weaning practices.

Table 9: Association between selected demographic variables and the attitude of mothers of infants on weaning practices.

Sr. No.	Variable	Category	Total score		Chi-Square value	df	Critical value	p-value
			Below Median	Above Median				
1	Age in years	18-20	3	9	3.997	3	7.82	>0.262
		21-25	18	14				
		26-30	17	14				
		31-35	14	11				
2	Religion	Hindu	36	34	0.097	2	5.99	>0.953
		Christian	11	9				
		Muslim	5	5				
3	Type of family	Nuclear	23	25	0.667	2	5.99	>0.717
		Joint	21	16				
		Extended	8	7				

4	Educational status	Illiterate	24	30	3.369	3	7.82	>0.338
		Primary	10	5				
		Secondary	13	8				
		Graduate	5	5				
5	Family income Per month	<2000	8	16	5.031	3	7.82	>0.170
		2001-3000	16	14				
		3001-4000	19	11				
		>4001	9	7				
6	Occupation	Agriculture	13	7	4.133	3	7.82	>0.247
		House wife	20	21				
		Laborer	12	17				
		Skilled worker	7	3				
7	Marital status	Unmarried	5	5	0.240	3	7.82	>0.971
		Married	32	28				
		Divorced	7	8				
		Widow	8	7				
8	No. of children	1	15	15	0.175	2	5.99	>0.916
		2	21	20				
		3	16	13				
9	Source of information	Peer group	25	25	0.240	2	5.99	>0.887
		Radio/TV	14	11				
		News paper/ Magazine	13	12				

Note: * Significance a 5% level of significance

n =100

Conclusions

On the basis of findings of the study the following conclusions were made Majority of the mothers of infants had inadequate knowledge with regards to weaning practices. The study shows that there was positive attitude regarding weaning practices. There was a positive correlation between knowledge and attitude of mothers of infants with regards to weaning practices.

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Conflict of Interest : There are no conflicts of interest

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