

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING WEANING PRACTICE AMONG PRIMI-PARA MOTHERS IN SELECTED CIVIL HOSPITAL ROOPNAGAR, PUNJAB.

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ABSTRACT

Complementary feeding for infants refers to the timely introduction of safe and nutritional foods in addition to breast-feeding (ie. clean and nutritionally rich additional foods introduced at about 6 months of age). A descriptive research designs used the present study. The conceptual framework of the study is based on Theory of Reasoned Action (TRA) and Theory of Planned Behavior (TPB). A structured interview schedule was prepared, 50 samples were selected through purposive sampling. Quantitative data was analysed by using descriptive and inferential statistics. The assessment of knowledge of mothers regarding weaning shows that mean percentage of total score was 23.12%. The findings suggests that majority of mothers have 64% have average knowledge regarding weaning, 12% subjects have good knowledge and 24 has poor knowledge. It also shows that there is no association between age of mothers, educational status of mothers, types of family, religion, time of initiation of weaning and current weight of child. In rural areas majority of mothers (52%) out of them (48%) from rural slum areas. Maximum mothers in rural and rural slum areas were under Metric. Majority of mothers were from nuclear family in both rural and rural slum areas. Majority of mothers were Hindu in both rural and rural slum areas. The association between the knowledge regarding weaning practices among Prime Para mothers and selected socio demographic variables was tested by inferential statistic using chi square test. A significant association ($p < 0.05$) was found between the knowledge regarding weaning practices among Prime Para mothers and selected socio demographic variables like occupational status, Previous source of information and age of infant. The study was concluded that mothers had adequate knowledge about weaning practices

Keywords: Weaning, Rural area, Knowledge, Practices

INTRODUCTION

Weaning was derived from an English word weaning meaning accustom literally means to be taken off or alienated from an accustomed pursuit. By weaning, we try to taken 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 nutrient to the baby.

RESEARCH PROBLEM STATEMENT

A Descriptive study to assess the knowledge regarding weaning practice among primi para mothers in selected areas of Kurali, Punjab.

OBJECTIVES

1. To assess the knowledge regarding weaning practice among primi para mothers.
2. To find out association between the knowledge regarding weaning practices and selected demographic variables.

MATERIALS AND METHODS

A descriptive research design was used. This study was conducted in CIVIL Hospital Roopnagar, Punjab. 50 primi-para mother were selected by purposive sampling technique. The structured questionnaire was used to collect the data. statistics. The target population for conducting the research study was primi –para mothers of children 6 months to 1 year.

RESULT AND DISCUSSION

The analysis of the data is organized in following section:

Table – 1

Frequency and percentage distribution subjects per socio – demographic variables:

N=50

SR. NO	VARIABLE	FREQUENCY	PERCENTAGE
1	Age of mothers		
	Below 20	1	2%
	20-25	32	64%
	26-30	15	30%
	31-35	2	4%
	Above 35	0	0
2	Educational status of mothers		
	No formal education	1	2%
	Primary education	8	16%

	Metric	17	34%
	High- Secondary	14	28%
	Graduation	8	16%
	Post graduation	2	4%
3	Types of family		
	Nuclear	26	52%
	Joint	24	48%
4	Occupational status		
	Home makers	30	60%
	Self employee	3	6%
	Private employee	10	20%
	Government employee	7	14%
5	Religion		
	Hindu	25	50%
	Muslim	4	8%
	Sikh	21	42%
6	Parity		
	Primipara	50	100%
	Multipara	0	0%
7	Previous source of information		
	Family group/relatives	31	62%
	Peer group/relatives	10	20%
	Mass- media	9	18%
	If any specify		
8	Age of infant		
	6 – 7 months	22	44%
	8 – 9 months	14	28%
	10 – 11 months	7	14%
	12 – 1 year	7	14%
9	Time of initiation of weaning		
	5 months	0	0%
	6 months	49	98%
	7 months	0	0%
	8 months	0	0%
	9 months	1	2%
10	Whether received exclusive breast feeding		
	Yes		
	NO	50	100%

		0	0%
11	Birth weight of child		
	Less than 2.5 kg	2	4%
	2.5 to 3 kg	36	72%
	4 to 5 kg	12	24%
	Above 5 kg	0	0%
12	Current weight of child		
	Below 7 kg	26	52%
	8 to 9 kg	14	28%
	10 to 11 kg	8	16%
	11 to 12 kg	2	4%
	More than 12 kg	0	0%

TABLE 1: Depict that frequency and percentage distribution of study subject.

Majority of subjects i.e. 64% were belongs to age group 20-25. Less than half of the subjects i.e. 34% done metric. More than half of subjects i.e. 52% belongs to nuclear. Majority of subjects i.e. 60% were home makers Majority of the subjects i.e. 50% were belong to Hindu religion. More than half of subjects i.e. 62% got information through family group. There were 18 % subjects who got information from mass media. Majority of subjects i.e. 44% were belongs to age group 6-7 months. Majority of subjects i.e. 98% had started weaning at age of 6 months Majority of subjects i.e. 72% whose birth weight was 2.5 to 3 kg. Majority of subjects i.e. 52% current weight was below 7 kg.

Table-2 Mean, standard deviation and percentage as per as subject Knowledge regarding Weaning practices among mothers.

MEAN	MEAN PERCENTAGE	S.D
11.56	23.12%	3.098

Table2: Shows that, study consists of 50 primi para mothers and the mean score of Knowledge was 11.56 and standard deviation was 3.098 and mean percentage is 23.12%.

Table-3 Frequency and data distribution of mothers regarding to the level of knowledge regarding weaning practices

N=50

SR.NO	LEVEL OF KNOWLEDGE	SCORE	FREQUENCY	PERCENTAGE
1	Below average	1-8	12	24%
2	Average knowledge	9-15	32	64%
3	Good average	16-23	6	12%

Table 4 : Association between knowledge regarding weaning practice among primi para mothers and selected socio demographic variables.

N=50

SR.NO	VARIABLES	CHI SQUARE	d.f.	P value
1	Age of mothers Below 20 20-25 26-30 31-35 Above 35	2.764	3	0.429
2	Educational status of mothers No formal education Primary education Metric High- Secondary Graduation Post graduation	1.247	5	0.940
3	Types of family			

	Nuclear Joint	2.826	1	0.940
4	Occupational status Home makers Self employee Private employee Government employee	12.637	3	0.005(S)
5	Type of food consume Vegetarian Non vegetarian	0.297	1	0.586
6	Religion Hindu Muslim Sikh	1.478	2	0.478
7	Place or residence Rural Rural slum	2.362	1	0.124
8	Previous source of information Family group/relatives Peer group/relatives Mass- media If any specify	9.794	2	0.007(S)
9	Age of infant 6 – 7 months 8 – 9 months 10 – 11 months 12 – 1 year	7.886	3	0.048(S)
10	Time of initiation of weaning 5 months 6 months 7 months 8 months	0.869	1	0.351

	9 months			
11	Birth weight of child Less than 2.5 kg 2.5 to 3 kg 4 to 5 kg Above 5 kg	2.474	2	0.290
12	Current weight of child Below 7 kg 8 to 9 kg 10 to 11 kg 11 to 12 kg More than 12 kg	3.991	3	0.262

DISCUSSION

The presenting study shows that 12 % had good knowledge regarding weaning and 64% had average knowledge and 24% had below average knowledge regarding weaning practices. The mean value and standard deviation among weaning were 11.56 and SD= 3.098. According to the present study percentage distribution mothers according to the level of knowledge regarding weaning practice majority of mothers have 24% have below average knowledge regarding weaning, 64% subject have average knowledge regarding weaning and only 12% have good knowledge.

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