

ORIGINAL RESEARCH**A comparative study to assess the knowledge and attitude of mothers regarding importance of weaning diet among their under five year's children in selected rural and urban areas, Ludhiana, Punjab****Simranjeet Kaur**

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Introduction

Today's children are tomorrow's citizen or tomorrow's father this slogan was riding a massive wave of concern throughout the world but children all over the world were deprived of many facilities. Children are priceless resources and any nation which neglects them would lose its perils. Healthy children are the greatest resource and pride of nation investment in children is an investment in future of nation because ' Today's ' children are adult of tomorrow. **Mosieur Rahman 2009**

Weaning is not sudden withdrawal of child from the breast. It is gradual process starting around the age of 6 months, because the mother's milk alone is not sufficient to sustain growth beyond 6 months. It should be supplemented by suitable foods rich in protein and other nutrients. These are called supplementary foods. Universally children's day celebrated on 14th November every year and was adopted by United Nations General Assembly. Celebrating children's day is about giving children the right to enjoy and grow into healthy, educated citizen of the country. **Park K (2011)**

Weaning is defined as a process of giving up one method of feeding for another. Weaning usually refer to relinquishing the breast or bottle for a cup often weaning falls between periods of great development activity for the child thus weaning commonly occur at 5-6 months. Weaning should be gradual by replacing one bottle feeding or one breast feeding at a time. The night time feeding is usually the last feeding to be discontinued. **Sethi Neeraj (2009)**

Need of the study

Late weaning may cause deficiencies of zinc, protein, iron, and vitamin B and D that leads to suppression of growth and cause feeding problems. Iron deficiency anemia and rickets are also found to be prevalent among infants who are weaned after 6 months. **Kruger Ret al (2010)**

WHO recommends a gradual weaning period from 6 months to 2 years and allows the child to receive the benefits of breast feeding, while also consuming the necessary nutrients from the complimentary foods. Introduction of complimentary foods prior to recommended length of exclusive breast feeding will increase child's weight and height is a common misconception among mothers in developing nations. According to WHO report (1996) mothers are not aware of special needs of infant, and may not know how to prepare weaning foods. **WHO (2018)**

According to the world food program and swaminath research foundation (MSSRF) over the past decade there has been decrease in stunting among children in rural India. But inadequate calorie intake and chronic energy deficiency level have remained steady. On the contrary child malnutrition is prevalent in 7 % of the children under the age of five years in china and 28 % in the sub Saharan Africa to the prevalence of 43% in India. (M.A swaminath 2009) a recent estimate by the food and agriculture organization (FAO) puts the number of malnourished children in India at around 200 million almost half of the world total. **Food and agriculture organization (2017)**

Objectives of the study

- i. To assess the knowledge of mothers among under five years children regarding importance of weaning diet.
- ii. To assess the attitude of mothers among under five years children regarding importance of weaning diet.

Methodology

Comparative research design was used for the study. The study was conducted in the rural area i.e. village Bassian and urban area i.e. Jagraon. The sample is of 100 mothers (50 rural and 50 urban mothers). Convenient sampling technique was used for selecting sample. The level of knowledge was assessed by self structured knowledge questionnaire comprised of 30 items.

Pilot study

Pilot study was conducted on 10 mothers of children in village Chakar and Raikot, to assess the reliability and feasibility of the study. The reliability of tool was 0.94% for knowledge questionnaire.

Results

Section 1: Socio demographic data

This section consider of 8 items for obtaining personal information about respondents i.e. age of mother in years), education of mother, occupation of mother, number of children, dietary pattern, type of family, family monthly income, source of information.

Section 2: Self structured knowledge questionnaire

In this questions were framed to assess the knowledge of mother regarding importance of weaning diet among their children. It consists of total 30 questions in 5 subareas.

Section 1: Socio demographic data

Table1: Frequency and percentage distribution of sample characteristics

Demographic variables	Rural mothers		Urban mothers			
	n	%	n	%	df	X ²
1. Age of mother (in years)						
a) <21	02	04	02	04	3	2.242
b) 22-25	13	26	11	22		
c) 26-28	14	28	21	42		
d) More than 28	21	42	16	32		
2. Education of mother :	02	04	03	06	3	8.845
a) 1 st to 5 th standard						
b) 6 st to 10 th standard	17	34	07	14		
c) 11 st to 12 th standard	20	40	17	34		
d) Graduation and above	11	22	23	46		

3. Occupation of mother	35	70	32	64	3	1.824
a) Housewife						
b) Laborer	08	16	13	26		
c) Self employed	05	10	03	06		
d) Any Others	02	04	02	04		
4. Number of children	11	22	22	44	3	9.687
a) One						
b) Two	25	50	24	48		
c) Three	10	20	02	04		
d) More than three	04	08	01	02		
5. Dietary pattern	43	86	33	66	1	5.482
a) Vegetarian						
b) Non-vegetarian	07	14	17	34		
6. Family monthly income (in Rs)	10	20	04	08	3	5.970
a) ≤5000						
b) 5001-10000	17	34	15	30		
c) 10001-15000	15	30	14	28		
d) ≥15001	08	16	17	34		
7. Type of family	22	44	14	28	2	5.880
a) Joint						
b) Nuclear	20	40	32	04		
c) Extended	08	10	04	08		
8. Source of information	30	60	31	62	3	2.029
a) Television						
b) Newspaper	13	26	09	18		
c) Magazine	05	10	05	10		
d) Heath personnel	02	04	05	10		

NS- Non significant at $p < 0.05$ level

Table 1 Illustrates that the frequency and percentage distribution of rural and urban mothers based on demographic variables i.e. Age of mother, Qualification, Occupation, Number of children, dietary pattern Type of family, Family monthly income, Source of information. The findings were as follow-

According to Age of Mother most of the rural mothers 21(42%) were in age group of 22-28 years, 14(28%) in age group of 26-28 years, 13(26%) were in age group of 22-25 years, followed by 2(4%) in the age group of ≤ 20 years. In urban area, maximum number of mothers 21 (42%) in the age group of 26-28 years, followed by 16(32%) in the age group of 22-28 years, 11(22%) were in the age group of 22-25 years, and remaining 2(4%) were in the age group of < 20 years.

According to qualification 20 (40%) of rural mothers were having qualification up to 11- 12th standard, 17(34%) up to 6-10th standard, 11(22%) were graduate or above, followed by and remaining 2(4%) were up to 1-5th standard. Whereas 23(46%) of urban mothers were graduate or above, 17(34%) were having qualification up to 11-12th standard, followed by 7(14%) were up to 6-10th standard and remaining 3(6%) were up to 1-5th standard. As per their occupation most of the rural mothers 35(70%) were housewives, 8(16%) were laborer, followed by 5(10%) who were self-employed and remaining 2(4%) of mothers in other occupation. Among urban mothers maximum 32(64%) were housewives, 13(26%) were labourer, 3(6%) were self-employed and remaining 2(4%) were having other occupation.

According to number of children 25(50%) were having two under five children, 11(22%) of rural mothers had one under five child, 10(20%) were having three under five children, 4(8%)

were having more than three under five children. Whereas in urban mothers maximum 24(48%) were having two under five children, 22(44%) had one under five children, and remaining 2(4%) were having three under five children, 1(2%) were having more than three under five children According to dietary pattern 43(86%) of rural mothers taken vegetarian foods, 7(14%) taken non-vegetarian foods. 33(66%) of urban mothers taken vegetarian foods, 17(34%) taken non- vegetarian foods. As per family income, most of the rural mothers 17(34%) had Rs 5001-10,000 monthly income, 15(30%) belonged to families who had Rs 10,001- 15,000 monthly income, 10(20%) belonged to families having Rs \leq 5000 monthly income, followed by and remaining 8(16%) mothers belonged to families who were having Rs \geq 15,001 monthly income. In urban area 17(34%) belonged to families who were having Rs \leq 5000 monthly income, 15(30%) belonged to families who had Rs 5001-10,000 monthly income, 14(28%) mothers belonged to families who were having Rs 10,001-15,000 monthly income and 4(8%) belonged to families who had Rs \leq 5000 monthly income.

Based on type of family most of rural mothers 22(44%) mothers belonged to joint families, followed by 20(40%) from nuclear families, followed by 8(16%) who were living in extended families. Whereas higher percentage 32(61%) were from nuclear families, 14(28%) urban mothers belonged to joint families, followed by and remaining 4(8%) were living in extended families.

According to source of information higher percentage of rural mothers 30 (60%) got information from television, 13(26%) got information from newspaper, 5(10%) got information by magazine 2(4%) got information from health personnel. In urban mothers 31(62%) got information from television, 9(18%) got information from newspaper, 5(10%) got information from magazine followed by 5(10%) who got information from health personnel.

Hence it concluded that in rural area, majority of mothers belonged to age \geq 28 years, education level of mothers was up to 11-12th standard, were housewives, had two under five children, taking vegetarian food, had Rs 5001-10,000 family monthly income, followed their television for source of information. In urban area majority of mothers belonged to age 26-28 years, educated up to graduation or above, were housewives, had two under five child, usually taking vegetarian food, had Rs \geq 15,000 monthly family income, lived in nuclear families, followed television as source of information.

Section 2: Self structured knowledge questionnaire

Objective1: To assess the knowledge among mothers of under five year's children regarding importance of weaning.

Table:-2 Frequency and percentage distribution level of knowledge of rural and urban mothers regarding importance of weaning diet among their under five children N=100

Level of knowledge	Percentage criteria	score	Rural mothers n=50		Urban mothers n=50	
			n	%	n	%
Excellent	>81	>25	4	08	09	18
Good	61-80	19-24	27	54	25	50
Average	41-60	13-18	17	34	14	28
Poor	<40	<12	02	04	02	04

Maximum score = 30

Minimum score = 0

Table 2 reveals that most of rural mothers 54 % (27) had good level of knowledge, 34 % (17) had average level of knowledge, followed by 3%(06) had excellent level of knowledge and 4(8%) had good level of knowledge. Most of urban mothers 31%(62) had good level

knowledge, followed by 12% (24) had average level of knowledge, 12%(6) had excellent level of knowledge and remaining 1% (2) had poor level of knowledge.

Hence, it concludes that majority of urban mothers had good level of knowledge as compared to rural mothers regarding importance of weaning diet among their under five children

Table- 3: Mean, mean percentage distribution and rank order of area wise knowledge of rural and urban mothers regarding importance of weaning diet among their under five children. N=100

Area of knowledge	Max.score	Rural mothers n=50			Urban mothers n=50		
		Mean	Mean %	Rank	Mean	Mean %	Rank
Introduction of weaning	04	2.26	56.6	5	2.34	58.5	5
Principles of weaning diet	13	8.14	62.61	3	9.06	69.6	2
Importance of weaning diet	07	4.34	62	5	4.46	63.71	4
Introduction of supplementary diet	04	2.6	65	2	27	67.5	3
Principles of supplementary diet	02	1.6	80	1	1.66	83.00	1

Maximum score = 30

Maximum score = 0

Table 3 reveals that rural mothers had highest mean knowledge score 80.00 % in the area of principles of supplementary diet, followed by 65 % in area of introduction of supplementary diet, 62.61 % in the area of principles of weaning diet, 62% in the area of importance of weaning diet and lowest 56.6 % in the area of introduction of weaning diet, while urban mothers had highest 83.00 % in the area of principles of supplementary diet followed by 69.6 % in area of principles of weaning diet, 67.5 % in the area of introduction of supplementary diet 63.71% in the area of importance of weaning diet and lowest 58,5% in the area of introduction of weaning diet.

Hence, it concluded that majority of urban mothers had better knowledge as compared to rural mothers regarding importance of weaning diet among their under five children.

Objective-2 To assess the attitude among mothers of under five years children regarding importance of weaning diet.

Table-4: Frequency and percentage distribution level of attitude of rural and urban mothers regarding importance of weaning diet among their under five children. N=100

Level of attitude	%	score	Rural mothers n=50		Urban mothers n=50	
			n	%	n	%
Positive	>60	>60	43	86	46	92
Negative	<60	<60	07	14	04	08

Maximum score = 100

Minimum score = 20

Table 4 signifies that 86% (43) rural mothers had positive attitude towards importance of weaning diet and only 14% (07) had negative attitude. Whereas 94% (47) Urban mothers had positive attitude and only 6% (03) had negative attitude towards importance of weaning diet.

Thus, it concluded that majority of rural and urban mothers had similarly positive attitude towards importance of weaning diet among their under five children.

Discussion

According to first objective to assess the knowledge among mothers of under five year's children regarding importance of weaning.

The findings reveals that most of rural mothers. 54 % (27) had good level of knowledge, 34 % (17) had average level of knowledge, followed by 3%(06) had excellent level of knowledge and 4(8%) had good level of knowledge. Most of urban mothers 31 %(62) had good level knowledge, followed by 12 % (24) had average level of knowledge, 12 %(6) had excellent level of knowledge and remaining 1% (2) had poor level of knowledge. The above findings were in contrary with the findings of Pattan Abhay (2014), results revealed that the knowledge of mother in rural area regarding weaning was found to be average 41% and in urban area is was found to be satisfactory the mean knowledge score was 29.93% with SD 3.11 in rural area and 35.97% with SD 4.80 in urban area.

According to division of area wise knowledge regarding importance of weaning diet reveals that rural mothers had highest mean knowledge score 80.00 % in the area of principles of supplementary diet and lowest 56.6 % in the area of introduction of weaning diet, while urban mothers had highest 83.00 % mean knowledge score in the area of principles of supplementary diet and lowest 58.5 % in the area of introduction of Weaning diet. Hence, it concluded that urban mothers had better knowledge as compared to rural mothers regarding importance of weaning diet among their under live children.

The second objective was to assess the attitude of the rural and urban mothers regarding importance of weaning diet among their under five year children.

The findings of the study reveals that signifies that 36% (48) rural mothers had positive attitude towards importance of weaning diet and only 14%/(07) had negative attitude. Whereas 94% (47) urban mothers had positive attitude and only 6% (03) had negative attitude towards importance of weaning diet. Thus, it concluded that majority of rural and urban mothers had similarly positive attitude towards importance of Weaning diet among their under five children. The findings are compliance with Maheswary ekambaram (2012) the findings are 84% mother had positive attitude of rural mothers and 16% negative attitude regarding importance of weaning diet.

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