

ORIGINAL RESEARCH

To assess the knowledge regarding weaning among Mother's of under five year of children at selected community

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Introduction

Healthy children are the wealth of nation. Children are our future and our most precious resource. After the birth the health of the baby depends upon the feeding practices adopted by the family. Breast milk is the perfect food" for babies, but it has little of certain elements, especially iron. Normal growth and development will not take place Unless the baby gets those elements from other foods after 6 months. Feeding is the process in which an infant's diet pattern is gradually changed from liquid food like breast-milk to solid foods. Which are supplementary foods to the breast-milk. These can be added after 6 months of infant's life because breast milk alone cannot provide the required amounts of nutrients. Weaning begins when semi-solid food starts to be given in addition to milk. Weaning should be a gradual process which extends over a period of weeks or even months. Semi-solid foods in the shape of a gruel or paste, khichdi and suji halwa may be given well cooked non-fibrous vegetable such as potato and pumpkin are fed along with rice. When the infant ceases to nurse from either the bottle or the breast and begins to drink from the cup. Mothers who breast feed may be ambivalent about weaning their infants due to less awareness. While they may look forward to increased freedom, because others can then assume the responsibility of feeding their infants, at the same time they would like to continue the warm, intimate nursing relationship.

Pant,I,ChothiaK.(1990) The study assessed the knowledge of mothers regarding weaning. Forty mothers with children aged 4 to 18 months were studied. This study show that top feeding and solid supplements were initiated at 4-6 months. Mainly commercial baby foods were used for weaning. Most mothers avoided 'dals' for the child because these were believed to be difficult to digest and produced gas in the child's

Need of study

Park K (2011) India is a home to maximum number of under five children mortality and morbidity.

Each year 27 million children are born in India. About 10% of them do not survive up to 5 years of age.

In absolute figures, India contributes to 25% of the over 9.0 million under five deaths occurring worldwide every year. About 50% of the deaths in India are attributed to malnutrition alone and 50% children stunted in their growth. Contributing causes of malnutrition includes infections, insufficient nutritional intake due to lack of knowledge regarding nutrition, and inadequate home care practices.

Article (2011) Weaning education to the mothers is very essential to provide knowledge regarding weaning and to promote healthy weaning practices. A study conducted on need of weaning education, among 12 developing countries suggests that it is possible even in poor

communities to improve substantially the nutritional status of infants and young children by nutritional education, face to face communication by locally recruited workers. This is reinforced by radio and other mass media may be the most effective channel for weaning education. It is estimated that, through its effect on nutritional status, weaning education may reduce the diarrhea mortality rate among children under 5 years of age by 2-12% .

Analysis and interpretation

Analysis means literally to break a complex problem down into smaller, more manageable independent part for the purpose of examination with the hope that solving these smaller parts will lead to solution of the more complex problem. (Wikipedia, 2007).

Data analysis is the application of one or more techniques to a set of data for the purpose of discovering trends, differences or similarities. The type of technique is guided by the subject matter of the problem.

This chapter presents the analysis and interpretation of the data collected to assess the knowledge regarding weaning among mothers under five year children in village Ghaggar Sarai, Rajpura.

Objectives of study

To assess the knowledge regarding weaning among mothers of under five year children.

To find out association between knowledge regarding weaning among mothers of under five year children and selected demographic variables.

To develop a health educational informational booklet.

Fourth chapter deals with analysis and interpretation of the information collected from 60 mothers of under five year children's. The present study was designed to assess the knowledge regarding weaning among mothers of under five year children. The collected data were calculated, organized and interpreted using descriptive and inferential statistics and will be coded and tabulated as per objectives of the study under the following headings.

Section - A: Percentage wise distribution of mothers under five year children according to their demographic variables.

Section - B: Assessment of knowledge regarding weaning among mothers under five year children.

Section -C: Association between the knowledge scores of mothers under five year children with selected demographic variables >A Percentage wise distribution of mothers according to the type of family shows that highest percentage of (51.66%) mothers belongs to nuclear family and (48.33%) mothers were from joint family. It depicts that mothers from nuclear and joint family were more or less similar(4.5) > Percentage wise distribution of mothers according to their monthly income of family shows that most of (70 %) mothers belongs to income group 25000 Rs. And (21.66%) of mothers belong to income group<5001-10000Rs. However 5% of mothers belong to income group 10,001-15000Rs. and 3.33% of mothers belong to income group >15000Rs. Per month It can be interpreted that most of mother belong to poor income group. (4.6)

➤ Percentage wise distribution of mothers according to their knowledge sources regarding weaning shows that highest percentage of (41.6%) mothers gain their knowledge regarding weaning from television, (26.76%) mothers gain knowledge from family members (16.67%) from health personnel. (8.33%) from newspapers whereas (3.33%) mothers gain their knowledge regarding weaning from radio and (3.33%) mothers gain the knowledge from other sources

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