

“A STUDY TO ASSESS THE KNOWLEDGE OF PRIMIPARA MOTHER REGARDING WEANING DIET. IN SELECTED RURAL AREA OF HALDWANI WITH A VIEW TO DEVELOP AND ADMINISTER INFORMATION BOOKLET.”

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Abstract:

After 6 months breast milk alone does not consist all the nutrients for growing baby particularly iron and carbohydrate, so gradually introduce semi-solid foods for a baby to provide extra nourishment. A study was conducted to assess the knowledge of primipara mother regarding weaning diet. in selected rural area of Haldwani with a view to develop and administer information booklet. Objectives of the study was 1. To assess the knowledge of primipara mother regarding weaning diet . 2. To develop and administer information booklet on weaning diet. The study quantitative research approach was more effective to achieve the objective of the present study. In this study it shows that 22% mother having poor level of knowledge 68% having average knowledge & 10% having good knowledge regarding the weaning diet.

Introduction

Adequate nutrition during infancy is vital to a healthy start in life. As per the guideline of WHO, Infant and young child feeding (IYCF) and infant should be breastfeed for the first 6 months of birth and thereafter, semi solid and solid foods need to be introduced with breastfeeding. The term “wean” comes from the word “wenian” means “to become accustomed to different thing.” The process of gradually introducing additional nutrition to the baby is called weaning. WHO defines, “Weaning is the process by which a baby slowly gets used to eating family or adult foods and relies less and less on breast milk.” After 6 months breast milk alone does not consist all the nutrients for growing baby particularly iron and carbohydrate, so gradually introduce semi-solid foods for a baby to provide extra nourishment. Hence, weaning provides balance nutrition for proper growth and development of child.

Need for the study- It is believed that breastmilk is best, but how for long? Breastfeeding alone is not enough. So appropriate weaning foods should be introduced in right

time to prevent morbidity and mortality among infants and young children in developing countries. Recent studies revealed that only 55% of South Asian Children including India are able to get appropriate complementary foods during infancy.¹³ It is estimated that 70% of the malnourished children and 58% of stunted children living of word are in Asia, although 512 million people are still hungry in Asia and this represents a 30% decrease from the previous 739 million hungry people.¹⁴ With more than 60 million living in India. Inadequate process has been linked to this outcome.¹⁵ India contributes more than 20% of child death in the world due to lake of mother's knowledge regarding nutrition and inadequate home care practices.

Research Statement :-

“A study to assess the knowledge of primipara mother regarding weaning diet. in selected rural area of Haldwani with a view to develop and administer information booklet.”

Objectives:

1. To assess the knowledge of primipara mother regarding weaning diet .
2. To develop and administer information booklet on weaning diet.

Hypothesis:

null hypothesis :

H₀₁: There is no significant knowledge regarding weaning diet among primi para mother.

H₀₂: There is no significant association between the knowledge level regarding weaning diet with their selected demographic variables.

Positive Hypothesis

H₁: There is significant knowledge regarding weaning diet among primi para mother.

H₂: There is significant association between the knowledge level regarding weaning diet with their selected demographic variables.

Methodology :

Research Approach :-

The research based on the nature of the study quantitative research approach was more effective to achieve the objective of the present study.

Research Design:-

Descriptive exploratory research design was adopted in this study.

Setting:-

In the present study setting was rural area of Haldwani

SampleSize :-

Sample consist of 60 primipara mother in rural area , Haldwani.

SampleTechnique:-

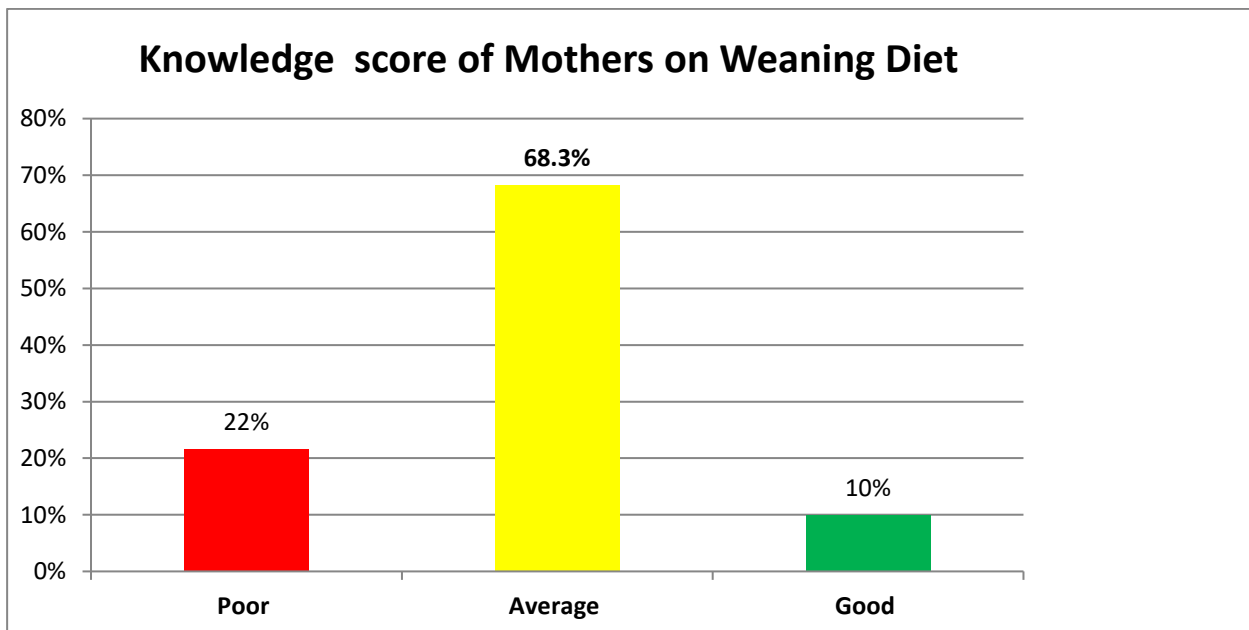
Purposive sampling technique used to select and collect the sample.

Population :-

The population of the study was primipara mother on community area.

Result:

Section A: - Knowledge of primipara mother regarding Weaning Diet.



SL. NO.	DEMOGRAPHIC VARIABLES	X ²	D.F.	INFERENCE
1	Age of the mother in year			
A	18-22	7.61	6	N.S,
B	23-27			p>7.61 at
C	28-32			0.05 level
D	>33			T=12.59
2	Educational status of mother			
A	No formal education			N.S
B	Formal education	3.6	6	p>3.6 at
C	Higher secondary education			0.05 level
D	Graduation or above			T=12.59
3	No of children			
A	One			N.S
B	Two	3.59	6	p>3.59 at
C	Three			0.05 level
D	> Three			T=12.59
4	The monthly income of the family in Rs/-			
A	<5000/-	7.2	6	N.S
B	5001-10001/-			p>7.2 at
C	10001-15000/-			0.05 level
D	<15000/-			T=12.59
5	Religion			
A	Hindu			N.S
B	Muslim	0.44	6	p>0.44 at
C	Christian			0.05 level
D	Others			T=12.59
6	Dietary pattern			
A	Vegetarian	0.41	2	N.S. p>0.41 at

				0.05 level
B	Non vegetarian			T=5.99
7	Types of family			N.S
A	Nuclear	5.03	4	p>5.03 at
B	Joint			0.05 level
C	Extended			T=9.49
8	Economic class of the family			
A	Middle class	3.25	6	N.S
B	Lower class			p>3.25 at
C	Lower-middle class			0.05 level
D	Upper class			T=12.59
9	Type of occupation			
		1.00		
A	Home-maker	7		N.S.
B	Private job		6	p>1.007 at
C	Government job			0.05 level
D	Entrepreneur job			T=12.59
	If mother having primary information regarding			
10	Weaning diet getting through			
A	Previous pregnancy	2.97		N.S
B	ASHA workers		6	p>2.97 at
C	Mass media			0.05 level
D	Family			T=12.57

This table shows that in the rural area there was no significant association between knowledge score and demographic -variables like age, educational status, no of children, religion, diet

pattern, type of family, monthly in-come, economic class of the family, occupation type and source of information at the level of 0.05.

DISCUSSION :-

In this study it shows that 22% mother having poor level of knowledge 68% having average knowledge & 10% having good knowledge regarding the weaning diet. This study was supported a study which was conducted in MP there it shows that no one having proper knowledge regarding this topic.

CONCLUSION:-

Adequate nutrition during infancy is vital to a healthy start in life. As per the guideline of WHO, Infant and young child feeding (**IYCF**) and infant should be breastfeed for the first 6 months of birth and thereafter, semi solid and solid foods need to be introduced with breastfeeding. in result it shows that 22% mother having poor level of knowledge 68% having average knowledge & 10% having good knowledge regarding the weaning diet.

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