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A study to assess the knowledge and attitude regarding weaning among mothers of infants in Dariyao Nagar of district, Rohtak, Haryana

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Abstract

The most crucial time for a child's growth is when they are weaned. Children at this age start to experience slow growth and nutritional deficits. Weaning, which is the process of moving from breast milk to an adult diet, is frequently linked to a variety of issues and challenges in developing nations. What food should be given to children, how to give it, and when to give it are the main concerns.

Material and Method: A study to assess the knowledge and attitude regarding weaning among mothers of infants in Dariyao Nagar of district, Rohtak, Haryana. The sample consists of 80 mothers having infants of 4-12 months was selected by using Non-probability purposive sampling technique.

Result: The chi square test is used to determine mean value of knowledge is more as compare to attitude and range SD, variance in this table. The chi square value is 0.445 and tabulated value is 3.84 so the calculated value is less than the tabulated value at the 0.005 level of significance. Hence, we accept the null hypothesis and infer that there is no statistical significant association between knowledge and attitude of mothers regarding weaning.

Conclusion: These finding revealed that no significant association between knowledge and attitude. The chi square test is used to determine the association between knowledge and selected demographic variables-mother's age, education status, occupation, family income, type of family, no. of children, type of delivery. There was no association between with occupation of mother and father, type of delivery and association with other demographic variable.

Keywords: Assessment of knowledge, assessment of attitude, mothers of infants regarding weaning

Introduction

More than 2.4 million under-five child deaths occur in India each year and 2/3 of these deaths are related to inappropriate feeding practices. According to the WHO and UNICEF poor infant feeding practices and their consequences are one of the major problems and a serious obstacle to social and economic development. Further, in Uttarakhand state, around 10 lakh malnourished and 2,500 severely malnourished under five children were reported on 7th October 2016. Notably, it is the plain districts, where thousands migrate from the hills in hope of a better income, which ranks worse than the hilly regions. Among the 2,500 severely malnourished children 394 were in Udham Singh Nagar, 744 in Haridwar, 172 in Dehradun, 136 in Nainital and 183 were in Tehri.

Need for the study

“Children are the wealth of tomorrow; take care of them if you wish to have a strong India ever ready to meet various challenges”

[Jawaharlal Nehru]

India is a strong country of villages and about 80% of people live in villages. The education level and income level of people are low and Infant feeding practices are strongly associated with the culture of the society. The growth and development of the infant depends on good maternal nutrition, adequate breast feeding and appropriate weaning. The WHO 2001 global recommendation fits all approach to weaning, an approach to encounter in the industrialized nations compared with economically developing countries. The statistics reveals in a multistage stratified sample of 782 mothers of infants under two years of age was taken to investigate infant feeding patterns and weaning practices. The rate of breast-feeding was 26.1% and that of weaning was 41.9%. The results indicate that there has been a sharp decline in weaning Infants.

Objectives

- To assess the knowledge and attitude regarding weaning among mothers of infants.
- To determine association between knowledge and attitude regarding weaning among mothers of infants.
- To determine the association between knowledge and socio-demographic variables.

Research Methodology**Research approach**

Quantitative research approach

Research design

Non-experimental research design.

Target population

The population was the population about which the investigator wishes to make a generalization. In this study, the target population consisted mothers of infants in urban area of Rohtak.

Sample

The sample was a portion of the population chosen to present the entire population the mothers of infants aged 4-12 months.

Sample size

The sample consists of 80 mothers having infants of 4-12 months.

Sample technique

Non-probability purposive sampling technique was used that will affect the validity of the research and should be undertaken with maximum rigour.

Criteria for selection of sample**Inclusion criteria**

- Mothers of infants aged (4-12 months) were willing to participate in the study.
- Mothers who can understand English or Hindi.
- Mothers having infants with no congenital or underlying disease condition.
- Only the mothers were willing to participate in the study.

Exclusion criteria

- Mothers who were sick during the time of data collection.
- Mothers whose infants sick, during data collection.

Description of tool

Data collection tool is the device that a researcher uses to collect the data. A search for literature was made for the purpose of locating appropriate structured questionnaire and attitude scale.

Data analysis and discussion

The analysis of data from study are presented under the following heading:

Section A: Distribution of socio-demographic characteristic of samples

majority of subject 47.5% are in age group of 25-30 years; about 35% were in 20-25 years while 11.25% were in >30

years and minimum number of subjects 6.25% were in age group of <20 years. In relation to education of mother most of 77.5% were graduate, and 16.25% were secondary school, 3.75% primary school where as only 2.5% subjects were illiterate. In relation to family income, 48.75% were in group of Rs.>30000, 41.25% were come under the group of Rs. 20001-30000, 5% were comes in Rs.10000-20000, and 5% were under the group of Rs. <20000. In relation of occupation, 65% of samples were housewife, 18.75% were private employee, 13.7% were self-employed, and 2.5% were on government job. In relation to religion, most of 90% were Hindu, 7.5% were Muslim. In relation to type of family, most of 90% were nuclear family, 10% were from joint family and no one from extended family. In relation to no. of children, 76.25% had two children, 23.75% had singlr child. In relation to type of delivery 70% had LSCS, 15% had normal vaginal delivery without episiotomy, and 15% had normal vaginal delivery with episiotomy.

Section B: Analysis of attitude of sample regarding weaning

Grading of attitude of samples regarding weaning

S. No.	Level of Attitude	Frequency (f)	Percentage (p)
1.	Positive (9-12)	30	37.5%
2.	Neutral (4-8)	50	62.5%
3.	Negative (<4)	00	0%

Section C: Association between knowledge and attitude

Sr. No.	Mean	Range	S D	Variance statistic	CHI value	P value
Attitude	8.01	6	1.471	2.164	.445	.502
Knowledge	15.27	10	2.490	6.202		

Section D: Association of demographic variables with knowledge

The chi-square test is used to determine the association between knowledge and selected demographic variables- mother's age, education status, occupation, family income, type of family, no. of children, type of delivery. There was no association between with occupation of mother and father, type of delivery and association with another demographic variable.

Conclusion

The present research study is concluded with implications to nursing fields, limitations and delimitations with study design, methods and recommendations for the future. The focus of the study was on assess the knowledge and attitude regarding weaning among mothers of infants.

The evaluative research approach with quantitative research design was adopted to achieve the objective of the study. The samples was selected by using purposive sampling technique. The data was collected from the participants by using a self-structured questionnaire. This is consider the best way to assess the knowledge and attitude regarding weaning among mothers of infants.

Recommendations

- The study can be done in different settings.
- A study can be conducted among the mothers of infants regarding weaning.

- The study can be replicated on large sample to validate and generalize its findings.

Limitations

- The current research study had several limitations:
- The study was limited to mothers who had infants (Aged 4 -12).
- The study was limited only up to knowledge and attitude among mothers of infants.

Conflict of Interest

Not available

Financial Support

Not available

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