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Effectiveness of Planned teaching programme on the supplementary feeding among mothers of Infants age (6-12 month)

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Abstract
Supplementary feeding is important for the growth and development of an infant. It is culturally acceptable in consonance with the traditional feeding practices. The mother milk alone even in reasonable quantities cannot provide all the energy and protein required for the infant the age 6 months. If supplementary food is no introduce at adequacy quality and quantity growth can be delayed and results in malnutrition. A pre Experimental approach was used for this study. This study was carries Our in Karnal, Haryana. The research design was pre test group design. The sample comprised of 40 mothers with children age 6-12months. The hospital is selected by convenience sampling whereas subject was selected by purposive sampling technique. The mean knowledge score of mothers was 16.7 in the pre test. There was marked gain in the mean knowledge score of mothers after the administering the planned teaching Program 22.12. The difference in mean knowledge score was statistically significant at 005 level ($t_{39} = 1.96$, $p>0.05$). There was significant association between knowledge score and selected baseline characteristics. The finding of the study support the need or conducting health education, Counseling and mass awareness program on supplementary feeding to the public. Study proved that the mothers had poor knowledge on supplementary feeding before administering of Planned Teaching Program and their knowledge satisfactory improved to a remarkable extent after giving planned Teaching Program. The result of the study showed that planned Teaching was effective in increasing the knowledge of mothers on supplementary feeding.

Keywords: Supplementary feeding, mothers with children age 6-12month, Effectiveness, Planned Teaching Program

1. Introduction
Supplementary feeding implies addition or introduction of semi-solid food along with continuation of breast feeding as long as possible. Supplementary food are started at 6 months of age. Babies not only need enough food. They need the right king of food. At 6 months of age, the child is ready to eat soft and starchy food. Early or late introduction of supplementary foods is risky and may lead to refusal to eat, anemia and other nutritional problems. Supplementary feeding is initiated in the form of some liquids like fruit juices, soups, semisolids and solids like gruel, biscuits and mashed fruits and vegetables. It is difficult period in the infant's life, because if the food supplements or substitutes are not adequate in quantity and quality, growth can be permanently stunted and child becomes malnourished. Unhygienic feeding practices may result in entries infection and diarrhea, further compromising the nutritional state. Nutrition plays an important role in the health and development of individuals [1]. Adequate nutrition during the first two years of life is very important to ensure optimal, physical and mental development. At this age, children are particularly vulnerable to growth retardation, micronutrient deficiencies, and common childhood illnesses such as diarrhea and acute respiratory infections. Food nutrition protects young children and mothers, strengthens the immune system and reduces the risk of non-communicable diseases related to foods during the lifecycle. It also enhances the productivity of the population and can help to get out gradually from the vicious circle of poverty and hunger. UNICEF and other NGOs reported that the opportunity window of tackling infant and young children malnutrition is -9 months to +24 months. Breastfeeding has a unique biological and emotional influence on the health of both the mother and the young child. It is furthermore an important determinant of infant health in the prevention of malnutrition and infections. When an infant reaches the age of about six months, however, breast milk alone is no longer sufficient in meeting nutrient requirements and other food should therefore be given. Despite its advantages, breastfeeding is declining in Cameroon.

Some of the infant feeding practices are inappropriate, leading to the increase in the prevalence of stunting during the first 18 months of life.

2. Material and methods

A pre Experimental approach was used for this study. This study was carries out in Karnal, Haryana. The research design was pre test group design. The sample comprised of 40 mothers with children age 6-12months. The reliability obtain was 0.69 by using KR 20 which was significant. The hospital is selected by convenience sampling whereas subject was selected by purposive sampling technique. The semi structured interview schedule consisted of 28 Item related to supplementary feeding, problems in supplementary feeding, nutritional deficiency.

3. Data collection procedure

The data collection as carried out from 13 Jan, 20114 to 21 Jan, 2014 formal written permission was obtained from the medical officer, Thakur hospital Karnal to conduct the study and informed consent was obtained from subject prior to the collection process. Data was collected by administering the semi-structured interview schedule before and after giving Planned Teaching Program. The post test was conducted on 2nd day of using the same tools.

4. Result and discussion

The finding of the study support the need or conducting health education, Counseling and mass awareness program on supplementary feeding to the public. Study proved that the mothers had poor knowledge on supplementary feeding before administering of Planned Teaching Program and their knowledge satisfactory improved to a remarkable extent after giving planned Teaching Program. The result of the study showed that planned Teaching was effective in increasing the knowledge of mothers on supplementary feeding. A cross sectional study was conducted in Vijayawada city, Among 109 slums and 59 wards, 10 slums and 10 wards were selected randomly by lottery method. Mothers of child less than 24 months were included in the study.

Among 304 babies 58.22% received pre lacteal feeds. Sugar water (33.33%) and Honey (32.78%) were the most common type of pre lacteal feed given. Only 40.46% of the mothers initiated breast feeding within one hour of the delivery. Maternal surgery was the most common reason for delay in initiation in 27.62% of the mothers. Colostrum's was discarded by 28.29% of the mothers and 62.33% of the mothers practiced exclusive breast feeding. Almost 30.26% of the mothers had given artificial feeding. Insufficient milk was the major reason for starting artificial feeding in 44.57% of mothers.

5. Tables and Figures

Table 1: Mean, Median, Standard deviation of pre-test and Post-test scores

N-40

Test	Mean	Median	S D
Pre test	16.07	16.5	4.23
Post Test	22.12	22	2.04

Maximum Scores-28

Description: The data presented in the table-2 show that the overall mean of pre-test is 16.07, median-16.5, SD is 4.23.in post-test mean is 22.12, median is 22, SD is 2.04.

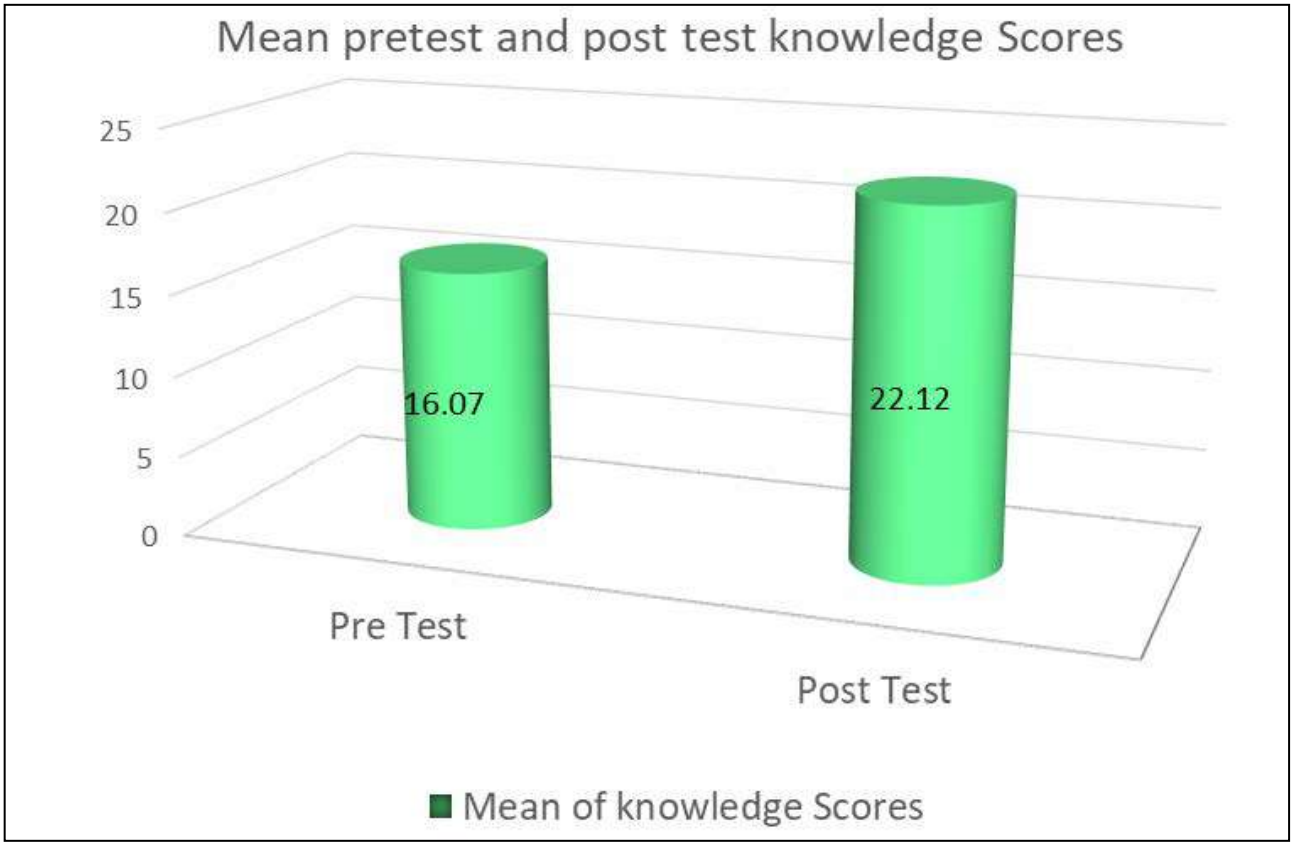

Fig 1: Cylindrical graph showing the mean pre-test and post-test knowledge scores

Table 2: Mean, Mean difference, Standard deviation difference, Standard error of mean difference, 't' value of pre-test and post-test knowledge scores of mothers

N=40

Knowledge test	Mean	MD	SD_D	SE_{MD}	't' value
Pre-test	16.07	6.05	3.78	0.599	10.09*
Post-test	22.12				

*Significant at 0.05 level
DF (39) 't'=2.02 at 0.05 level of significance

Description: The data presented in the table -3 mean of pre test and post test are 16.07 and 22.12, MD is 6.05, SD d is 3.78, SE is 0.599, and 't' value is 10.09.

Table 3: Mean, Mean difference, Standard deviation difference, Standard error of mean difference, 't' value of pre-test and post-test knowledge scores of mothers

N=40

Knowledge test	Mean	MD	SD_D	SE_{MD}	't' value
Pre-test	16.07	6.05	3.78	0.599	10.09*
Post-test	22.12				

*Significant at 0.05 level
DF (39) 't'=2.02 at 0.05 level of significance

Description: The data presented in the table -3 mean of pre test and post test are 16.07 and 22.12,MD is 6.05,SDd is 3.78, SE is 0.599, and 't' value is 10.09*.

Table 4: Fisher Exact p values Showing Association between Post-Test Knowledge Scores with Selected Demographic Variables (N=40)

S. No.	Selected Demographic Variables	Post Test Knowledge Score		Chi square value	DF	Table value
		Below Median	Above Median			
1.	**Age** a) 18 – 25 years b) 25 – 30 years c) 30 – 35 years	 16 8 0	 4 10 2	8.148*	2	5.99
2.	**Religion** a) Hindu b) Muslim c) Christian d) Sikh	 24 0 0 0	 16 0 0 0			
3.	**Type of family** a) Nuclear b) Joint c) Extended	 8 15 1	 3 12 1	1.048	2	5.99
4.	**Educational status of wife** a) Illiterate b) Primary c) Secondary d) Graduate and above	 2 5 10 7	 0 1 3 12	**8.491***	3	7.81
5.	**Educational status of husband** a) Illiterate b) Primary c) Secondary d) Graduate and above	 2 3 16 4	 .0 2 7 7	4.104	3	7.81
6.	**Occupational status of wife** a) Employed b) Unemployed	 0 24	 2 14	3.158	1	3.84
7.	**Occupational status of husband** a) Govt. Job b) unemployed c) private job	 3 5 16	 1 2 13	1.038	2	5.99
8.	**Number of Children** a) 1 b) 2 c) 3 or more	 14 9 1	 8 5 3	2.270	2	5.99

* Significant at 0.05 level

There will be significant association between pre test knowledge score of mothers on supplementary feeding and selected baseline characteristics as evident from semi-structured knowledge questionnaire at 0.05 level of significance.

6. Conclusion: Planned teaching program is a very effective method. The investigator as a nurse felt the need for nurses to act as facilitator to educate the mothers so that they could be used as key personnel to improve health status of their children. The mean post test knowledge score was found to be significantly higher than the mean pre test knowledge score ('t' $_{39}$-1.96) P<0.05 .All the statistical evidence showed increase in knowledge score which is directly proportional to effectiveness of Planned Teaching Program.

7. Recommendation: A similar study can be conducted in different hospital to find out the significant difference between rural and urban population.. A comparative study may be conducted to evaluate effectiveness of community participatory method with other teaching method regarding knowledge of mothers on supplementary feeding. The study can be conducted in a large sample. Research essentially is problem solving process. Nurses have a lot of scope for exploring in this area. Long term effectiveness studies on the efficacy of supplementary feeding should be carried out in various Hospitals. These research finding should be highlighted to motivate to provide supplementary feeding to

their children. Planned Teaching program can be formed after conducting more and more research on knowledge of mother on supplementary feeding.

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