

“A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING WEANING PRACTICES AMONG A GROUP OF PRIMIPARA MOTHERS WHO ARE ADMITTED IN POST NATAL WARDS IN SHRI MAHANT INDIRESH HOSPITAL DEHRADUN”

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Abstract: Weaning is the time when food other than milk is successfully introduced into an infant's diet. The age at which babies are weaned varies according to customs around the world the age of 4 – 6 month has is the optimal time to wean an infant.” The purpose of study was to assess the level of knowledge of primipara mothers regarding weaning practices and providing a brief knowledge about weaning practices through distributing pamphlet. This study is aimed at improving the knowledge of primipara mothers regarding weaning practices. This study is a descriptive study conducted in primipara mothers admitted in postnatal wards of Shri Mahant IndiresH Hospital. about 100 mothers were selected for structured questionnaire method. Out of total 100 mothers 5% mothers having adequate knowledge, 42% mothers having moderate knowledge, 53% mothers having inadequate knowledge. The descriptive design was used for this study the instrument used for data collection is unstructured questionnaires which consist of demographic and knowledge questionnaires the collections data analyzed descriptive statistics.

Key Words: Weaning, Primipara Mothers, Mahant IndiresH Hospital,

1. INTRODUCTION:

Weaning is defined as ‘ the systematic process of introduction of suitable food at the right time in addition to mother's milk in order to provide needed nutrients to the baby’. [UNICEF, 1984]

Human babies grow much more slowly than the young of other animals. They remain dependent on their parents for a long time. This can be emotionally rewarding for parents as they see the growth and development of their children, but it can also be difficult because of the extra food, time and energy they must give. Breast milk is the natural food that is first available to babies. They are slowly weaned from it on to the regular foods used by the family. This process must be very carefully watched to make sure that every baby grows well and stays healthy. **Int. J Contemp Pediatr.[2017]** The human milk alone, even in reasonable quantities, cannot provide all the energy and protein required for maintaining an adequate velocity of growth for the infant, after the of six month. Adequate nutrition is essential to maintain optimum health of baby at the age of 6 months. Initiating complementary feeds too early or too late can lead to malnutrition. **The World health organization (WHO)** recommends Exclusive breast feeding for the first six month of life, with the addition of complementary feeds at six month with continued breast feeds until at least the age of two. Proper breast feeding and complementary feeding practices can prevent under five mortality by 19%. Knowledge of mother about these factors will help in plan.

2. OBJECTIVES :

- To assess the knowledge of primipara mothers regarding weaning practices.
- To find the knowledge according to selected demographical variables.
- To distribute the pamphlet to educate the primipara mothers.

3. RESEARCH APPROACH:

Research approach is a plan and procedure that consist of the step of board assumption to detailed methods of data collection, analysis and interpretation, it is therefore based on the nature of data research problem being addressed, research approaches is essentially divided into two categories ;

- Approaches of data collection
- Approaches of data analysis or reasoning

4. RESEARCH DESIGN :

Research design is a frame work or blueprint for conducting the research project. It details the procedures necessary for obtaining the information needed to structure or solve research problem. In this research study descriptive study design is used. It is the most widely used research design as indicated by thesis, dissertations and research report of institutions.

SETTING OF THE STUDY

The study was conducted from Shri Mahant IndiresH Hospital Patel Nagar, Dehradun.

TARGET POPULATION

The target population in the present study includes the primipara mothers admitted in post natal ward in IndiresH hospital Patel nagar, Dehradun.

SAMPLE

Sample may be defined as representative unit of a target population which is to be worked upon by research during their study.

In the present study the sample were 100 primipara mothers admitted in post natal ward in SMI hospital.

SAMPLE SIZE

100 samples who fulfilled the required characteristics of population.

SAMPLING TECHNIQUE

Sample refers to the process of selecting the portion of population to represent the entire population. Subjects were selected from the sampling frame to achieving non probability sampling. According to the sampling criteria, purposive sampling technique was adopted and 100 primipara mothers were selected.

DATA COLLECTION PROCEDURE:

Structured questionnaire methods consisting of two parts

Section A. Demographic variable

Items on demographic variable include age, education, occupation, religion, type of family ,socioeconomic status, dietary pattern, previous source of information.

Section B. Structured questionnaire

Structured questionnaire on the knowledge among primipara mothers regarding weaning practices in post natal ward SMI hospital patel nagar , dehradun.

5. FINDINGS:

SECTION – A

Frequency and percentage distribution of primipara mothers according to selected demographic variables.

N=100

S.NO.	GROUPS	FREQUENCY(f) N=100	PERCENTAGE (%)
1.	Age <ul style="list-style-type: none"> • 15-20years • 21-25years • 26-30years • 31-35years 	18 32 41 9	18% 32% 41% 9%
2.	Education <ul style="list-style-type: none"> • Primary level • Secondary level • High secondary level • Graduation 	15 39 38 8	15% 39% 38% 8%

3.	Occupation <ul style="list-style-type: none"> • Government job • Private job • Housewife • Others 	9 41 44 6	9% 41% 44% 6%
4.	Religion <ul style="list-style-type: none"> • Hindu • Christian • Muslim • Others 	34 34 23 9	34% 34% 23% 9%
5.	Type of family <ul style="list-style-type: none"> • Joint family • Nuclear family 	38 62	38% 62%
6.	Socioeconomic status <ul style="list-style-type: none"> • <5000 • 5000-10000 • 10000-15000 • >15000 	9 37 41 13	9% 37% 41% 13%
7.	Dietary pattern <ul style="list-style-type: none"> • Vegetarian • Non-vegetarian 	42 58	42% 58%
8.	Previous source of information <ul style="list-style-type: none"> • Family member • Friend • Health personal • Media 	20 38 34 8	20% 38% 34% 8%

Primipara mothers 18% were in age group of 15 – 20 years,32% were in age group of 21 – 25 years,41% were in age group of 26 – 30 years,9% were in age group of 31 - 35 years. Primipara mothers 34% were Hindu,34% were Christian, 23% were Muslim,9% were other. Primipara mothers 15% were primary level, 39% were secondary level,38% were high secondary level,8% were graduated. Primipara mothers 9% were government job,41% were private job,44% were housewife,6% were others. Primipara mothers 38% were joint family,62% were nuclear family. Majority of primipara mothers 20% were informed by family members,38% were informed by friends,34% were informed by health personnel,8% were informed by media. Primipara mothers 42% vegetarian,58% non – vegetarian. Primipara mothers 9% belongs to income rupees <5000, 37% belongs to income rupees 5000 – 10000, 41% belongs to income rupees 10000 – 15000 and 13% belongs to income rupees >15000.

SECTION – B

Frequency and percentage wise distribution of knowledge score among primipara mothers regarding weaning practices.

S.no.	Level of knowledge	Frequency	Percentage
1.	Inadequate knowledge (<10)	52	52%
2.	Moderate knowledge(11-20)	43	43%
3.	Adequate knowledge(21-30)	5	5%

52% Women were having inadequate knowledge, 43% Women were having moderate knowledge and 5% Women were having adequate knowledge.

SECTION – C

Frequency & percentage wise distribution of knowledge score among primipara mothers according to their demographic variables.

N=100

Level of knowledge	Inadequate		Moderate		Adequate	
	(f)	%	(f)	%	(f)	%
Age						
• 15-20years	10	10%	4	4%	0	0%
• 21-25years	16	16%	12	12%	2	2%
• 26-30years	21	21%	21	21%	3	3%
• 31-35years	5	5%	6	6%	0	0%
Education						
• Primary level	9	9%	8	8%	1	1%
• Secondary level	18	18%	20	20%	0	0%
• High secondary level	22	22%	12	12%	1	1%
• Graduation	3	3%	3	3%	3	3%
Occupation						
• Government job	5	5%	6	6%	0	0%
• Private job	23	23%	15	15%	0	0%
• Housewife	20	20%	20	20%	3	3%
• Other	4	4%	2	2%	2	2%
Religion						
• Hindu	17	17%	15	15%	3	3%
• Christian	18	18%	16	16%	0	0%
• Muslim	11	11%	8	8%	2	2%
• Others	6	6%	4	4%	0	0%
Type of family						
• Joint	17	17%	14	14%	3	3%
• Nuclear	35	35%	29	29%	2	2%

Socioeconomic status						
• <5000	2	2%	9	9%	0	0%
• 5000-10000	19	19%	13	13%	3	3%
• 10000-15000	25	25%	13	13%	2	2%
• >15000	6	6%	8	8%	0	0%
Dietary pattern						
• Vegetarian	19	19%	17	17%	3	3%
• Non –vegetarian	33	33%	26	26%	2	2%
Previous source of information						
• Family member						
• Friend	5	5%	6	6%	0	0%
• Health personnel	23	23%	15	15%	0	0%
• Media	20	20%	20	20%	3	3%
	4	4%	2	2%	2	2%

A. The percentage distribution of primipara mothers on their level of knowledge according to their age group-

In age group 15 – 20 years (10%) mothers have inadequate knowledge, (4%) mothers have moderate knowledge , (0%) mothers have adequate knowledge. In age group 21 – 25 years (16%) mothers have inadequate knowledge, (12%) mothers have moderate knowledge, (2%) mothers have adequate knowledge. In age group 26 – 30 years (21%) mothers have inadequate knowledge, (21%) mothers have moderate knowledge, (3%) mothers have adequate knowledge. In age group 31 – 35 (5%) mothers have inadequate knowledge, (6%) mothers have moderate knowledge, (0%) mothers have adequate knowledge.

- B. The percentage distribution of mothers on their level of knowledge according to their Education –**
 In primary level (9%) mothers have inadequate knowledge, (8%) mothers have moderate knowledge, (1%) mothers have adequate knowledge. In secondary level (18%) mothers have inadequate knowledge, (20%) mothers have moderate knowledge, (0%) mothers have adequate knowledge. In high secondary level (22%) mothers have inadequate knowledge, (12%) mothers have moderate knowledge, (1%) mothers have adequate knowledge. In graduation level (3%) mothers have inadequate knowledge, (3%) mothers have moderate knowledge, (3%) mothers have adequate knowledge.
- C. The percentage distribution of mothers on their level of knowledge according to their Occupation –**
 In government job (5%) mothers have inadequate knowledge, (6%) mothers have moderate knowledge, (0%) mothers have adequate knowledge. In private job (23%) mothers have inadequate knowledge, (15%) mothers have moderate knowledge, (0%) mothers have adequate knowledge. In housewife (20%) mothers have inadequate knowledge, (20%) mothers have moderate knowledge, (3%) mothers have adequate knowledge. In others (4%) mothers have inadequate knowledge, (2%) mothers have moderate knowledge, (2%) mothers have adequate knowledge.
- D. The percentage distribution of mothers on their level of knowledge according to their Religion –**
 In Hindu (17%) mothers have inadequate knowledge, (15%) mothers have moderate knowledge, (3%) mothers have adequate knowledge. In Christian (18%) mothers have inadequate knowledge, (16%) mothers have moderate knowledge, (0%) mothers have adequate knowledge. In Muslim (11%) mothers have inadequate knowledge, (8%) mothers have moderate knowledge, (2%) mothers have adequate knowledge. In other religion (6%) mothers have inadequate knowledge, (4%) mothers have moderate knowledge, (0%) mothers have adequate knowledge.
- E. The percentage distribution of mothers on their level of knowledge according to their type of family –**
 In joint family (17%) mothers have inadequate knowledge, (14%) mothers have moderate knowledge, (3%) mothers have adequate knowledge. In nuclear family (35%) mothers have inadequate knowledge, (29%) mothers have moderate knowledge, (2%) mothers have adequate knowledge.
- F. The percentage distribution of mothers on their level of knowledge according to their socioeconomic status –**
 In <5000 (2%) mothers have inadequate knowledge, (9%) mothers have moderate knowledge, (0%) mothers have adequate knowledge. In 5000 - 10000 (19%) mothers have inadequate knowledge, (13%) mothers have moderate knowledge, (3%) mothers have adequate knowledge. In 10000 - 15000 (25%) mothers have inadequate knowledge, (13%) mothers have moderate knowledge, (2%) mothers have adequate knowledge. In >15000 (6%) mothers have inadequate knowledge, (8%) mothers have moderate knowledge, (0%) mothers have adequate knowledge.
- G. The percentage distribution of mothers on their level of knowledge according to their dietary pattern –**
 In vegetarian (19%) mothers have inadequate knowledge, (17%) mothers have moderate knowledge, (3%) mothers have adequate knowledge. In non-vegetarian (33%) mothers have inadequate knowledge, (26%) mothers have moderate knowledge, (2%) mothers have adequate knowledge.
- H. The percentage distribution of mothers on their level of knowledge according to their previous source of information –**
 From family member (5%) mothers have inadequate knowledge, (6%) mothers have moderate knowledge, (0%) mothers have adequate knowledge. From friend (23%) mothers have inadequate knowledge, (15%) mothers have moderate knowledge, (0%) mothers have adequate knowledge. From health personnel (20%) mothers have inadequate knowledge, (20%) mothers have moderate knowledge, (3%) mothers have adequate knowledge. From media (4%) mothers have inadequate knowledge, (2%) mothers have moderate knowledge, (2%) mothers have adequate knowledge.

6. RECOMMENDATION:

- A similar study can be done by using different methods i.e survey method.
- A descriptive study can be conducted on effects of inappropriate weaning practices.
- This study can be replicated using a large sample to validate the findings and make generalization.

7. CONCLUSION:

A descriptive study was undertaken among knowledge regarding weaning practices among a group of primipara mothers who are admitted in post natal wards in Shri Mahant Indiresht Hospital, Patel nagar, Dehradun with the objective to assess the level of knowledge regarding weaning practices among a group of primipara mothers who are admitted in post natal wards in Shri Mahant Indiresht Hospital. 100 samples were selected by unstructured questionnaire.

A conclusion was derived from the finding of the study. It can be concluded that of 52% women having inadequate knowledge, 43% women having moderate knowledge, 5% women having adequate knowledge regarding weaning practices among group of primipara mothers who are admitted in postnatal wards in Shri Mahant Indiresht Hospital, Patelnagar, Dehradun.

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