A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE REGARDING WEANING AMONG MOTHERS IN RESPECT OF THEIR INFANTS IN SELECTED RURAL COMMINTY AT GWALIOR WITH A VIEW TO DEVELOP AN INFORMATION BOOKLET

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ABSTRACT

BACKGROUND STUDY - Today's children are the citizens of tomorrow. Unless the nutritional needs of the children are adequately met, we can't ensure healthy citizens of future. The death rate is highest in the age group 0-4 years. This is result of malnutrition and infection. About 21% of total deaths are estimated to be in the age group 0-1 year. On the basis of unit body weight, the infant as well as the young child has need for the greater amounts of nursing food than adult. Breast milk is a best and safest food for the babies. It is important that babies should be given extra foods as well as breast milk at the right age in sufficient amounts to enable them to grow and stay healthy. Weaning is practiced from the ancient period. Generally, the first food is cooked food. This can be prepared from porridge, wheat, rice, maize or Ragi flour. Weaning has crucial role in the child-development. Weaning is described as the introduction of food other than breast milk in the most recent edition of the Oxford lexicon. Nowadays, the term is frequently and somewhat indiscriminately used to describe any switch in a child's diet from one type to another. For instance, from breast milk to animal milk in a bottle, or from animal milk to mixed meals. Weaning is a difficult period in infant's life, because if food supplements or substitutes are not adequate in quantity or quality, the child becomes malnourished According to WHO, the gradual replacement of breast milk by solid food as the main source of nutrition for infant is known as weaning. Complementary feeding means giving the child other nutritious foods in addition to breast milk. Breast feeding alone is sufficient food for first six months.

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INTRODUCTION

Unless the nutritional needs of the children are adequately met, we can't ensure healthy citizens of future. The death rate is highest in the age group 0-4 years. This is result of malnutrition and infection. About 21% of total deaths are estimated to be in the age group 0-1 year. On the basis of unit body weight, the infant as well as the young child has need for the greater amounts of nursing food than adult. Breast milk is a best and safest food for the babies. It is important that babies should be given extra foods as well as breast milk at the right age in sufficient amounts to enable them to grow and stay healthy.Weaning is practiced from the ancient period. Generally, the first food is cooked food. This can be prepared from porridge, wheat, rice, maize or Ragi flour. Weaning has crucial role in the childdevelopment. Weaning is described as the introduction of food other than breast milk in the most recent edition of the Oxford lexicon. Nowadays, the term is frequently and somewhat

indiscriminately used to describe any switch in a child's diet from one type to another. For instance, from breast milk to animal milk in a bottle, or from animal milk to mixed meals. Weaning is a difficult period in infant's life, because if food supplements or substitutes are not adequate in quantity or quality, the child becomes malnourished According to WHO, the gradual replacement of breast milk by solid food as the main source of nutrition for infant is known as weaning.

PURPOSE OF THE STUDY

1. To evaluate mothers' understanding of weaning in light of their children's nutritional status.
2. To evaluate moms' weaning practices in light of the nutritional status of their infants.
3. To determine the relationship between knowledge of weaning in relation to the nutritional status of their infants and certain demographic factors.
4. To find out association between practice of mothers in respect of nutritional status of their infants with selected demographic variables.
5. To create and evaluate the success of a weaning information booklet with regard to the nutritional state of their infants.

HYPOTHESIS

H0. No statistically significant relationship exists between knowledge and a demographic factor.

H02. No statistically significant relationship exists between knowledge and a demographic factor.

H1. There will be a strong correlation between several demographic variables and mothers' understanding of weaning procedures in relation to the nutritional status of their infants.

H2. The weaning practises score among mothers in relation to the nutritional state of their infants will significantly correlate with a number of demographic factors.

METHODOLOGY

Research methodology is essential because it makes it easier for the many research activities to run smoothly, producing the most information with the least amount of work, time, and money spent. This chapter deals with the methodological approach adopted to evaluate effectiveness of information booklet on knowledge regarding weaning among mothers in respect of nutritional status of their infants in selected rural community at Gwalior.

The framework for the study's execution is its methodology. The research design, demographic variables, setting, sampling method, sample size, tool development and description, data collection procedure, validity and reliability, pilot study, and data analysis strategy are all included.

RESEARCH APPROACH

This study's research methodology was an evaluative technique. The study's pre-experimental design was chosen. It helps to explain the effect of independent variable on dependent variable. The study includes only manipulation, no control and randomization. It involved implementing of the information booklet and examines the effect of it on knowledge using selected methods of measurement.

DESIGNING RESEARCH

The setting up of settings for data collection and analysis in a way that tries to combine relevance to the study purpose with economy in technique is known as research design.

According to Polit and Beck (2009):

Research design is the overall plan for addressing a research questions includingspecificationforstudiesintegrity||.Thego alofthisstudywas to investigate the improvement in knowledge scores of mothers who got planned instruction through an information booklet, hence the one group pre-test and post-test research method was adopted. Thus, this can be illustrated as:

VARIABLES

A variable is a quality, property, or attribute that changes or varies and is controlled or quantified

in a research study. The independent variable, dependent variable, and demographic variable are the primary variables in this study.

Unbiased variable

The variable that is active and independent of all others is said to be an independent variable. Information booklet on weaning knowledge and practise is the study's independent variable.

Dependent element

The variable that the researcher is interested in comprehending, illuminating, or forecasting is known as the dependent variable. The dependent variables in this study are teachers' knowledge of and practice with knowledge and information.

Demographic variables

The demographic variables in my study are age, educational status, type of occupation, family income per month, types of family and source of information regarding knowledge and practice of weaning.

RESEARCH SETTING

Setting refers to the area where the study is conducted. It is the physical location and condition in which data collection takes place in a study. The choice of a suitable setting is essential to the effective completion of a study.

The study was carried out in a certain Gwalior community. After gaining approval, the research of moms was carried out.

POPULATION

A population is a collection of people who share certain characteristics that a researcher is interested in examining. Target population was the mothers. Accessible population is the aggregate of cases that is accessible to investigator for conducting the study. The accessible population of the present study comprised mothers in selected community at Gwalior.

SAMPLE AND SAMPLE SIZE

A sample is a percentage or a segment of the population. The number of population components that will be sampled is known as the sample size. The type of study, the availability of samples, the sampling method used, the makeup of the population, and the statistical test chosen all have a role in determining the sample size. 60 samples of moms from a chosen community in Gwalior served as the study's sample..

SAMPLING TECHNIQUE

In order to draw conclusions about the population, sampling is the act of choosing a subset of the population to represent the complete population. The samples for this study were chosen using convenience sampling with non-probability.

SAMPLING CRITERIA

Inclusion criteria:

- Mothers who assist with weaning;
- Mothers who consent to research participation;
- Mothers who were available when the data was gathered.
- Mothers who speak Hindi and the local language well.

Exclusion standards:

- Mothers who do not want to take part.
- Mothers who were unavailable when the data was collected.

INSTRUMENT USED FOR THE STUDY
SELECTION OF THETOOL

A tool is something the researcher uses to get data. The research tool chosen should, to the greatest extent possible, be the most effective means of acquiring data for making data-related findings. The amount of moms' weaning expertise was measured using a structured questionnaire that was created by the researcher**.**

AUTHENTICATION OF THE TOOL

A demographic profile and structured knowledge questionnaire were created based on the study's goals in order to evaluate knowledge. The investigator created this tool after doing a thorough and organised study of the literature.

The instrument was separated into portions I and II.

DEMOGRAPHIC PROFILE SECTION I

This section consist of 6 items pertinent to the

mothers age, educational status, type of occupation, family income per month, type of family and source of information regarding knowledge and practice of weaning.

SECTION –II WEANING PROCESS

The weaning process was covered in 30 topics in this section.

Four answers were provided for each questionnaire, with only one correct response; if the response was incorrect, the score was 0; the maximum score was 30. The knowledge of the respondents was arbitrarily divided into the following categories based on the grades received by the pupils.

ASSUMPTION

1. In rural areas, mothers may have sufficient knowledge and experience with weaning in light of their children's nutritional needs.

2. The knowledge and practices of mothers regarding weaning in respect of nutritional status of their infants will enhance with the help of information booklet.

3. The promotion of an infant's health is influenced by the mothers' ability to wean their children.

DELIMITATIONS

1. The study was limited to mothers in respect of nutritional status of their infants.

2. The study is limited to rural mothers.

ETHICAL ASPECT

- Dean of ITM University,Gwalior
- Formal permission was obtained from Sarpanch through Dean of ITM University.
- Inform consent was obtained from all the participants in the selected rural community of Gwalior.
- The anonymity of the data gathered was guaranteed to the study participants, who were informed that their participation was entirely voluntary, that they might discontinue the study at any time.

CONCEPTUAL FRAMEWORK

The current study is a descriptive study to evaluate mothers of infants' weaning methods and understanding. The conceptual frame work was adopted for this study is based on System theory of input, process, output and feedback as essential components, first given by Faye Glenn Abdellah‟s theory, twenty one nursing problems. (1960)

Input

It consists of information, material or energy that enters in the system. In this study the mothers of infants is the system and the inputs are age, religion, educational status, occupation, family income, type of family and source ofinformation. Assessing knowledge of mothers of infants regarding weaning practices will help in providing adequate weaning practices and promotes the infants health.

Throughput

The method by which the system creates, organizes, and converts input is known as throughput. Throughput in this study relates to the creation of a tool and evaluation of knowledge regarding weaning procedures through a structured questionnaire and infant nutritional status.

Output

System outputs include materials or data that the system discards as a byproduct of its operation. According to the current study, there are three levels of knowledge for moms of young children on weaning practices: adequate, moderate, and inadequate. The study's conclusion is a demonstration of weaning procedures.

Feedback

Is the procedure that allows a system to self-regulate and gives details about the output and feedback of the system, input that is not covered in the study.

ORGANIZATIONS OF THE FINDINGS

The findings of the study are organized in terms of the objectives tested. The data are presented under the following headings.

SECTIONI: Description of study samples by socio-demographiccharacteristics.

SECTION II: Description of knowledge Scores: - mean, median, standard deviation and range of

scores of experimental group before and after administration of information booklet.

SECTION III: To test significant knowledge score difference between pretest knowledge score and posttest knowledge score of experimentalgroup.

Section -1 Data on back ground variables of mothers.

TABLE -4.1

SAMPLE REPETITION AND DISTRIBUTION BASED ON DEMOGRAPHIC VARIABLES

2018

N = 60

S.No.	Demographic variable		Frequency (F)	Percentage (%)
1	Age group	20-25 years	39	65
		26-30 years	15	25
		31-35 years	04	6.66
		Above 35 years	02	3.33
2.	Educational Status	Primary education	19	31.66
		Secondary education	25	41.66
		Graduation	11	18.33
		post-graduation	5	8.33
3.	Occupation	House wife	32	53.33
		Self-Employment	15	25
		Private Employee	07	11.66
		Government Employee	06	10
4.	Family income per month	Less than 10000	32	53.33
		10,001- 20,000	08	13.33
		20,001- 30,000	08	13.33
		More than 30,000	12	20
5.	Type of family	Nuclear family	3	5
		Joint family	12	20
		Extended family	45	75
6.	Source of information	Mass media	30	50
		Health Education program	05	8.33
		Peer group & social circle	15	25
		Magazines	10	16.66

The above table 4.1 shows the percentage and frequency distribution of students according to their back ground variables.

The study sample consist of 65 % (39) at the age 20- 25 yrs. age group , 25% (15) in the age group above 26-30 yrs., 6.66% (04) in the age group above 31-35 yrs. and 3.33% (02) having age above 35 yrs.

As per their educational status 31.66 % (19) were primary education, 41.66% (25) were

secondary education, 18.33% (11) were graduated and 8.33% (05) were Post graduation.

As per their occupation 53.33% (32) were housewife, 25% (15) were self employee, 11.66% (07) were in private employee and 10% (06) were govt. employed. As per their family income per month 53.33% (32) were under below 10,000/-, 13.33% (08) was under 10,001/- to 20,000/-, 13.33% (08) was under 20,001/- to 30,000/- and 20% (12) were belong to above 30,000/-. As per their type of family 5% (03) were nuclear family, 20% (12) were joint family, and 75% (45) were belongs to extended family. According to the mothers source of information 50% (30) having information from mass media, 8.33% (05) having information fromHealth education program, 25% (15) having information from peer group & social circle, 16.66% (10) having information frommagazine.

: PRE TEST KNOWLEDGE LEVEL AND POST TEST KNOWLEDGE LEVEL OFMOTHERS

This section deals with the pretest score and post-test score of knowledge regarding weaning among mothers. It is also been analyzed in terms of frequency and percentage.

Table: 4.2 PRE-TEST AND POST-TEST DIFFERENCE

	Pretest		Posttest	
Knowledge Level	**Frequencies**	**Percentage**	**Frequencies**	**Percentage**
Poor	36	60	06	10
Average	18	30	20	33.33
Good	06	10	34	56.67
Total	**60**	**100.0**	**60**	**100.0**

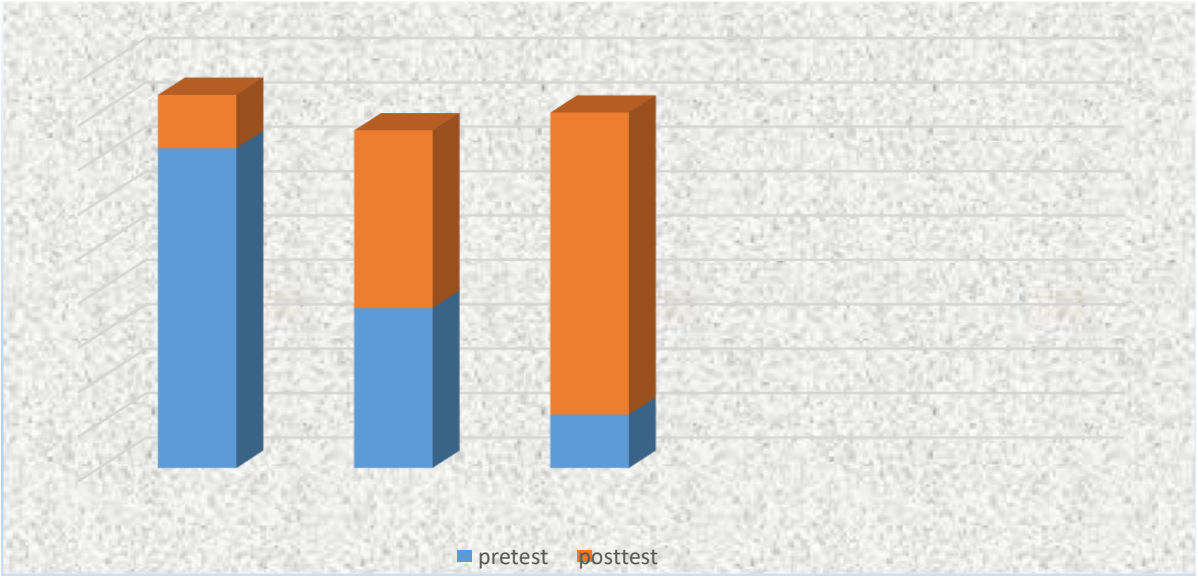

FIG: 4.7 BAR GRAPH SHOWING PERCENTAGE DISTRIBUTION OF PRE AND POST SCORE LEVEL OF KNOWLEDGE REGARDING WEANING

From table 4.2 & fig 4.7 showing that in pretest 60 % were poor, 30 % average, 10% good,. In posttest the 10% were poor, 33.33% were average, and 56.67% weregood.

Section-III To test significant knowledge score difference between pretest knowledge Score and posttest knowledge score of experimental group. Paired t test was used to determine knowledge score among mothers,Gwalior.

TABLE-4.3 COMPARISION BETWEEN MEAN AND STANDARD DEVIATION

		Mean	N	Std. Deviation	MD	Parried test	Sig
STRUCTURED QUESTIONAIRE	Pre	15.31	60	6.38	9.64	13.80	S
	Post	24.95	60	7.05			

CONCLUSION, IMPLICATION, LIMITATION, AND RECOMMENDATIONS AFTER DEBATE

The chapter outlines the study's key conclusions and compares them to other, related investigations carried out by other researchers. The current study aims to evaluate the impact of an information booklet on weaning awareness among new moms in Phagi, Gwalior.

The objectives of the study were attained by using a pre-experimental, pre- test, and post-test designs with one group. The convenience sampling method with non-probability was employed to choose 60 people who met the inclusion and exclusion criteria. Weaning knowledge and practise questionnaires and sociodemographic data were used to evaluate the respondents. The study's results have been discussed in relation to the stated goals and hypotheses as well as the results of other investigations.

The following sections offer discussions of the study's findings:

Section 1 describes the characteristics of the sample.

Section 2: Data on the effectiveness of information booklet on knowledge regarding weaningprocess.

Section3: Data on association between pre-test knowledge of weaning process and selected back ground variables.

Section 1: Description of sample characteristics

- **Based on the age:** The study sample consist of 65 % (39) at the age 20- 25 yrs. age group , 25% (15) in the age group above 26-30 yrs., 6.66% (04) in the age group above 31-35 yrs. and 3.33% (02) having age above 35yrs.
- **Based on educational status:** The study sample consist of As per their educational status 31.66 % (19) were primary education, 41.66%
  - (25) were secondary education, 18.33% (11) were graduated and 8.33%
  - (05) were Post graduation.
- **Based on occupation:**Thestudy sample consist of As per theiroccupation53.33%(32)werehousewife,25% (15)wereself employed, 11.66% (07) were in private employee and 10% (06) were govt.employed.
- **Based on monthly family income:** As per their family income per month 53.33% (32) were under below 10,000/-, 13.33% (08) wasunder 10,001/- to 20,000/-, 13.33% (08) was under 20,001/- to 30,000/- and 20% (12) were belong to above 30,000/-.
- **Based on type of family:** As per their type of family 5% (03) were nuclear family, 20% (12) were joint family, and 75% (45) were belongs to extendedfamily
- **According to a source of information:** As stated by the mums source of information 50% (30) having information from mass media, 8.33%(05)havinginformationfromHealtheducation program,25% (15) having information from peer group & social circle, 16.66% (10) having information frommagazine

Data on the usefulness of the weaning knowledge and practise information booklet are presented in Section II.

In this study, table no.4.2 reveals that moms, on the post-test, received 56.67 percent (34) good scores, 33.33 percent (20) average marks, and 10% (06) poor marks, while on the pre-test, 60% (36) received poor marks, 30% (18) average marks, and 10% (06) good marks. The obtained pretest mean value (15.31) was lower than the obtained posttest mean value (24.95), and the resulting t value (13.80) is greater than the table value of t. (59) = 2.0010. The resultant t value is highly significant at the 0.05 level, thus. Therefore, weaning information booklets and weaning practises are useful in increasing

mothers of infants'understanding.

SectionIII: Data on association between pre-test knowledge of weaning and practice of weaning and selected back ground variables.

In the study table 4.4 shows there was an significant association between pretest score of knowledge regarding weaning and practice of weaning and selected demographic variables such as age, educational status, occupation, family income per month, type of family, source of information. It is evident that there is significant association exist between knowledge with the selected demographic variables, such as age (χ^2=17.66) were as the table value=12.591. Regarding educational status (χ^2=27.44) were as the table value =12.591 regarding occupation (χ^2=10.94) were as the table value=12.591, related to monthly family income (χ^2=36.62) were as the table value =12.591. Regarding type of family (χ^2=1.19) where the table value= 9.49. Regarding source of information **(χ^2=9.74)** were as the table value =12.591. The **age, educational status, family income per month** chi square value are more than the table value at P>0.05 level it is evident that there is **highly found to be a significant** association exist between pretest score of knowledge regarding weaning and practice of weaning.

LIMITATIONS

1) The study was carried out for the representative group of moms who had given birth to infants and who resided in Gwalior
2) Only 60 samples were used in the study.
3) No randomization is carried out.
4) Only mothers of infants were included in the study.

RECOMMENDATIONS

Based on the finding of the study, the following recommendations are made;

1) A similar study can be replicated on differentsettings.
2) A similar study may be replicated with a controlgroup.
3) A similar study may be replicated on a larger sample for wider generalization.A comparative study may be conducted to find effectiveness between information booklet and structured teaching program regarding the sametopic.
4) To compare the efficacy of an information booklet and a formal teaching programme on the same subject, a comparative study may bedone.
5) An exploratory research can be conducted to determine the obstacles to effective workforceplanning.
6) To assess mothers' and community members' knowledge of weaving and weaving practise, a descriptive research might beconducted.

SUMMARY

The main conclusions and discussion of the study are covered in this chapter with the aid of a review of the literature. There were other studies from reviews of literary works that supported this study. In comparison to the review, the reassessment produced findings that were identical. The study gave the researcher more understanding of the weaning procedure and practise. The study was made exciting and beneficial by the guide's guidance, the opinions of the experts, and the assistance of the college personnel.

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