
A Study to Assess the Knowledge and Practice Regarding Weaning among Mothers of Infants Admitted at Selected Hospital, Kothamangalam.

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ABSTRACT

Weaning is a complex process of a gradual introduction of complementary foods to the infant's diet.

Aim: To assess the level of knowledge and level of practice regarding weaning among mothers of infants, to find out the correlation between knowledge and practice, to find out the association between knowledge with selected demographic variables among mothers of infants, to find out the association between practice with selected demographic variables among mothers of infants.

Materials and Methods: A non-experimental descriptive study was conducted among 60 mothers at selected hospital, Kothamangalam. The data was collected using descriptive and inferential statistics. The study was concluded that majority of the samples (56.6%) have average knowledge and (35%) have good knowledge and (8.3%) have poor knowledge in the level of knowledge. Assessment on level of practice on weaning among the subject, relate that majority of the sample (81.6%) have average level, (10%) have good level and (8.3%) have poor level of practice. There is no significant association between knowledge and selected socio demographic variables but there is significant association between practice and income of the family. Hence HO is accepted.

Key words: Weaning, Knowledge, Practice, Mothers of infants.

INTRODUCTION

Weaning is a complex process of a gradual introduction of complementary foods to the infant's diet. According to WHO, weaning is the process of switching an infant's diet from breast milk or formula to other foods and fluids. It enables infants to meet their changing nutritional requirement at a time of rapid growth. The age at which solid foods are introduced into an infant's diet depends on such factors as the nutritional need for iron, the infant's physiologic capability to digest starch and his physical ability to chew and swallow[1].

REVIEW OF LITERATURE

Dyah Ayu Inayati, Susan Hartono, Volker Hoffmann, *et.al.* conducted a cross sectional description study was carried out to assess knowledge and practice of mothers of weaning food. The respondents were 100 mothers of reproductive age having a baby of 6-12 months of age in Aligarh city concerning weaning diet. Only 30% sample know meaning of weaning. 30 % of mothers prefer five food groups.

Rice/pulse water was the first weaning food chosen by 50 % mothers. There were 30 % of mothers following the schedule of feeding suggested by the doctor, and 60 % of mothers sterilize the bottle every time[2].

A hospital based cross sectional study was conducted among 200 mothers of children between 6 months and 2 years at two private hospitals at Mangalore to access the practices of complementary feeding. The study results show that 77.5% of mother's had started complementary feeding at the recommended time of 6 months. Only 32% of mothers were giving an adequate quantity of complementary feeds. Around 22% of children were bottle-fed. The association of initiation of complementary feeding with the socio-economic status, birth order and maternal education was found to be statistically significant[3].

A descriptive study to explore the feeding practices on health outcome of infants among mothers in pediatric wards at AIMS, Kochi. A Quantitative research approach has been used in the study, with a primary objective to determine the feeding practices of mothers of infants. The data was collected by using structured questionnaire on demographic variables and used open ended questions to explore the feeding practices of mothers of infants. The result showed that among 60 mothers of infants, 40 (66.6%) had average practices and 20 (33.3%) had poor practice in infant breastfeeding, 45 (75%) had average practices and 15 (25%) had poor practice in infant feeding practices. There was no significant correlation between feeding practices and health outcome of infants[4]

MATERIALS AND METHODS

A quantitative approach was used in this study. A research design selected for the research study was non-experimental descriptive design. The study was conducted in Mar Baselios Medical Mission Hospital, Kothamangalam. The tools used in this study were socio demographic preforms, structured questionnaire to assess the knowledge and practice of weaning among mothers of infants.

DATA COLLECTION PROCEDURE

The study was conducted in a selected hospital at Kothamangalam, dated from 14/12/23-19/12/23, after gaining the permission from the authority. The investigators selected samples by convenient sampling after explaining the purpose of the study and getting informed consent of 60 samples were selected according to the eligibility criteria and data was collected using the tools. All the subjects who participated in the study were cooperative.

RESULT

Majority of the samples (56.6%) have average knowledge, (35%) have good knowledge and (8.3%) have poor knowledge in the assessment of level of knowledge. Assessment of level of practice shows majority of the people (81.66%) has average practice, (10%) have good practice and (8.33%) have poor practice. There is no significant association between knowledge and selected sociodemographic variables but there is a significant association in between level of practice and income of the family. Hence, HO is accepted.

DISCUSSION

The findings of the study were discussed in the terms of objective and comparisons were made with other study findings. The present study was undertaken to assess the knowledge and practice regarding weaning among mothers of infants, find out the correlation between knowledge and practice, find out the association between knowledge with selected demographic variables among mothers of infants, Find out the association between practices with selected demographic variables among mothers of infants. The findings of the study were discussed with reference to related literature and have been organized under following

headings. The present study showed that there is significant association between level of practice and income of family.

FUTURE SCOPE

- 1) **Nursing Service:** Nurses can assess the level of knowledge and practice regarding weaning. This study can be used for planning and implementing health education at family and community level.
- 2) **Nursing Education:** The result of the study can be used by a nurse educator as informative illustration to the nursing students while teaching a topic on weaning.
- 3) **Nursing Research:** This study can be utilized by subsequent researchers for their reference and further study.

LIMITATIONS

- 1) The study limited to 60 samples selected by convenient sampling technique.
- 2) The study was conducted in a single setting which will not give true picture of the level of knowledge and practices on weaning among mothers of infants of the whole area.

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