



## A study to assess the effectiveness of planned intervention on weaning process in terms of knowledge and practice among mothers of infant in selected area of Rajkot district

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### Abstract

**Background:** The birth of a child is a significant event in any family. Good nutrition is especially important to promote good physical health of the child to build up healthy life. Nutritional status of infant will be based on breast feeding and weaning practices.

**Objective:** To assess the effectiveness of planned intervention on weaning process in terms of knowledge and practice among mothers of infant.

**Method:** Present study is community based pre experimental study included 300 samples. A non-probability Convenience sampling technique is use for collecting data among mother of infant who meet the designated set of criteria during the period of data collection in the Rajkot district.

**Results:** The mean Post-test Knowledge score was 8.21(82.1 %) higher than mean Pre-test Knowledge score was 5.09(50.9%) with the mean difference of 3.12. The mean Post-test Practice score was 8.073(80.73%) higher than mean Pre-test Practice score was 5.607(56.07 %) with the mean difference of 2.466.

**Conclusion:** Hence it was proved that the Planned Intervention was effective in increasing knowledge and practice of mothers of infant in Selected area of Rajkot district.

**Keywords:** assess, planned intervention, weaning process, mothers of infant

### Introduction

The birth of a child is a significant event in any family. Health of the growing child is always a matter of great concern to the parents. Physical health is important because it is associated with mental and social development. Good nutrition is especially important to promote good physical health of the child to build up healthy life. Nutritional status of infant will be based on breast feeding and weaning practices.

Children constitute a major proportion of the global population today. They constitute the most important and vulnerable segment of our population. They are truly the foundation of a Nation. "A healthy child is a sure future" is one of the themes of WHO. The future of our Nation depends on the way in which we nurture our children today.

### Objectives of the study

1. To develop and validate planned intervention on weaning process for mothers of infant.
2. To assess the mean pre-test and mean post-test knowledge score on weaning process among mothers of infant.
3. To assess the mean pre-test and mean post-test practice score on weaning process among mothers of infant.
4. To find the association between mean pre-test knowledge score on weaning process among mothers of infant with selected demographic variables.

### Review of literature

- In the article of Deepali Ambike, et. al (2017) titled as "A study on the awareness of the weaning practices and the determinants affecting them in a rural hospital based paediatric outpatient clinic of Maval Taluka, Maharashtra" A cross-sectional study conducted in

paediatric immunization outpatient clinic of M.I.M.E.R medical college, Talegaon (D) during the period from May to September 2016. About 300 parents were interviewed with a semi open questionnaire. Out of total 304 respondents, total unawareness regarding weaning was the reason for not starting complimentary feeding at 6-months in 64 respondents (21.1%). Majority of the respondents (210, 69.1%) revealed that they prefer home based complimentary feeding. A total of 125 respondents (41.1%) admitted that they stopped the feeding in the event of illness. Incorrect weaning practices, withholding breastfeeding and improper feeding during illnesses are the major deterrents which can hamper proper weaning techniques and are major contributory factors in increasing Malnutrition.

- In the article of Marduel Boulanger A, Vernet M. (2013) titled as "Introduction of new food textures during complementary feeding: Observations in France" Eighty-eight percent of the parents surveyed received oral information on complementary feeding, but only 46% received such information on the introduction of food textures. Paediatricians were the most frequently listed source of oral information on complementary feeding. More than half the parents also looked for additional information in books and on the internet. While oral recommendations matched parents' practices, they seemed to occur at a later age compared to infants' physiological ability to handle new textures. The quality of information on food texture advice available in paper and electronic formats evaluated using a 4-point scale was found to be limited. Introducing new food texture was spontaneously reported as the most common difficulty in complementary feeding (16%). Fear of choking when

first introducing food pieces was reported by 54% of the parents.

### Methodology

- Research Approach: Quantitative
- Research Design: Pre-Experimental
- Setting: Selected Area of Rajkot District
- Population: Mothers of Infant
- Sample Size: 300
- Sampling Technique: Non-Probability Convenience Sampling Technique
- Method of Data Collection: Structured Knowledge Questionnaire

This pre-experimental study included 300 samples. A non-probability Convenience sampling technique is used for collecting data among mother of infant who meet the designated set of criteria during the period of data collection in the Rajkot district. Structured knowledge questionnaire used for assessing the effectiveness of planned intervention on weaning process among mothers of infant.

### Result

In this analysis and interpretation of data collected from 300 samples, to assess the Effectiveness of planned intervention on weaning process in terms of knowledge & practice among mothers of infant. Descriptive and inferential statistics methods were used to analyse the data.

Major conclusions of the study are,

- Out of 300 mothers of infant with regard to age, majority were 165(55 %) were in the aged between 25-29 years.
- Out of 300 mothers of infant with regard to Gender of child, majority were 142(47.33%) were in the girl child.
- Out of 300 mothers of infant with regard to Education of mother, majority were 131(43.67 %) have secondary/higher secondary education.
- Out of 300 mothers of infant with regard to type of family, majority were 156(52 %) have in joint family.
- Out of 300 mothers of infant with regard to family monthly income, majority were 125(41.67 %) were income between 6001-9000.
- Out of 300 mothers of infant with regard to Religion, majority were 239(79.66 %) were Hindu Religion.
- Out of 300 mothers of infant with regard to Occupation of mothers, majority were 165(55.00 %) were housewives.
- Out of 300 mothers of infant with regard to Food pattern, majority were 174(58 %) were Vegetarian.
- the mean difference of knowledge score is 3.12. standard deviation difference of knowledge score is 0.407.
- the mean difference of knowledge score is 2.466 standard deviation difference of knowledge score is 0.839.
- The mothers belong to age group 25-29 years has significant association with practice value of weaning process at 0.05 level and the mothers belong to diploma/graduate has significant association with practice value of weaning process at 0.05 level.
- The mean Post-test Knowledge score was 8.21(82.1 %) higher than mean Pre-test Knowledge score was 5.09(50.9%) with the mean difference of 3.12. The mean Post-test Practice score was 8.073(80.73%) higher than mean Pre-test Practice score was

5.607(56.07 %) with the mean difference of 2.466. Significance of the difference between pre-test and post-test knowledge and practice were statistically tested, and it was found significant. Here, researcher used the ANOVA Test, sharpiro wilk test, Wilcoxon Signed Rank test, with the help of statistician.

Hence it was proved that the Planned Intervention was effective in increasing knowledge and practice of mothers of infant in Selected area of Rajkot district.

### Conclusion

This study confirms that planned intervention is remarkably effective to improve the knowledge and practice of mothers of infant regarding the weaning process. By that study researcher goal to improve the infant's growth and development was achieved. The result of the study contributes to the body of knowledge in mothers of infant regarding weaning. This can also bring awareness among mothers of infant for need to provide education regarding weaning and nutritional requirement of infant for growth and development. Special awareness camps and guideline/booklet may be made at regular intervals with needed changes.

### References

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