

Effectiveness of Structured Teaching Programme on the Knowledge Regarding Weaning Among the Mothers in Selected Community of Kamrup (M), Assam

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ABSTRACT

Like stars are to the sky, so are the children to our world. They deserve to shine! In the first year of life, infants undergo periods of rapid growth and at that time good nutrition is crucial. Breast milk is the ideal food for infants during first six months of life. But after the six months of life, breast milk cannot provide all of the nutrients and calories that allow infants to thrive. Other more nutritious foods should be added by the time, to fulfill the nutritional demand of infant.

OBJECTIVE: The purpose of the study is to assess the Effectiveness of Structured Teaching Programme on the Knowledge regarding Weaning among the Mothers in selected Community of Kamrup (M), Assam.

MATERIALS AND METHODS: A quantitative research approach was adopted. Multistage random sampling technique was used to select 4 villages from Guwahati, Assam and Pre-experimental one group pre-test post-test research design was used to collect data from 133 mothers. Structured self administered knowledge questionnaire was used to assess the level of knowledge.

RESULTS: Findings revealed that, in pre-test majority 64.66% of the mothers had moderate knowledge, 23.31% had moderately adequate knowledge and 12.03% had inadequate knowledge. For post-test majority 50.37% had moderate knowledge, 43.61% had moderately adequate knowledge and 6.02% had inadequate knowledge. In pre-test mean SD score was 14.90 ± 3.04 and post-test mean SD score was 21.56 ± 1.67 with mean difference of 6.67. Therefore, it shows that there is significant difference between pre-test and post-test level of knowledge regarding weaning. Findings also showed that there was significant association between the pre-test knowledge score with selected demographic variables such as age and occupation.

CONCLUSION: Keeping in view the findings of the study, it can be revealed that structured teaching programme on weaning was effective in improving the knowledge of weaning mothers.

KEYWORDS: Assess, knowledge, effectiveness, structured teaching programme, weaning, and mother

INTRODUCTION

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 age of six months. Adequate nutrition is essential to maintain optimum health of baby at the age of 6 months. . 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. Infants and young children are at an increased risk of malnutrition from six months of age onwards, when breast milk alone is no longer sufficient to meet all their nutritional requirements and complementary feeding should be started.

STATEMENT OF PROBLEM

A study to assess the Effectiveness of Structured Teaching Programme on the Knowledge regarding Weaning among the Mothers in selected Community of Kamrup (M), Assam.

SPECIFIC OBJECTIVES

1. To assess the pre-test knowledge regarding weaning among the mothers in selected community of Kamrup (M), Assam.
2. To assess the post-test knowledge regarding weaning among the mothers in selected community of Kamrup (M), Assam.
3. To assess the Effectiveness of Structured Teaching Programme regarding weaning among the Mothers in selected Community of Kamrup (M), Assam.
4. To determine the association between the pre-test knowledge regarding weaning among the mothers with selected demographic variables.

HYPOTHESES

- H₁: There is significant difference between pre-test and post-test knowledge regarding weaning among the mothers in selected community of Kamrup (M), Assam at 0.05 level of significance.
- H₂: There is significant association between pre-test knowledge with selected demographic variables regarding knowledge on weaning among the mothers in selected community of Kamrup (M), Assam at 0.05 level of significance.

MATERIALS AND METHODS:

A quantitative research approach was adopted. Multistage random sampling technique was used to select 4 villages from Guwahati, Assam and Pre-experimental one group pre-test post-test research design was used to collect data from 133 mothers. Structured self administered knowledge questionnaire was used to assess the level of knowledge. The analysis was done by using descriptive and inferential statistics in terms of frequency distribution, percentage, mean, standard deviation, paired 't' test and chi square.

RESULTS: Findings related to Demographic

Data Table 1: Frequency and percentage distribution of selected demographic variables of mothers on the knowledge regarding weaning.

DEMOGRAPHIC	FREQUENCY (f)	PERCENTAGE (%)
1. AGE (IN YEARS)		
20 – 30 years		72.93
31 – 40 years	97	27.17
Above 40 years	36	-
	-	
2. RELIGION		
Hindu	133	
Islam	-	100
Christian	-	-
Others	-	-
		-
3. EDUCATIONAL STATUS		
Illiterate		
Primary	-	-
Middle School	4	3.01
High School	8	6.02
Intermediate Or Diploma	116	87.22
Graduate	3	2.25
Profession Or Honours	2	1.50
	-	-
4. OCCUPATION		
Unemployed		
Elementary Occupation	125	93.98
Plant and machine operators and Assemblers	8	6.02
Craft and related trade workers	-	-
Skilled agricultural and fishery workers	-	-
Skilled workers/shop/market sale workers	-	-
Clerks	-	-
Technicians and Associate Professionals	-	-
Professionals	-	-
Legislators, senior Officials and Managers	-	-
	-	-
5. FAMILY INCOME PER MONTH		
Rs. ≤9,226		
Rs. 9,232 – 27,648		
Rs. 27,654 – 68,961	122	91.73
Rs. 46095-68,961	8	6.02
Rs. 68,967 – 92,185	3	2.25
Rs. 92,191 – 184,370	-	-

Rs. \geq 184,376	-	-
	-	-
	-	-
6. TYPES OF FAMILY		
Nuclear family		
Joint family	111	83.46
Extended	22	16.54
	-	-
7. TYPES OF DIET		
Vegetarian		
Non – vegetarian	2	1.50
Vegan	131	98.50
Eggetarian	-	-
	-	-
8. NUMBER OF CHILDREN		
One		
Two	89	66.92
Three	34	25.56
More Than Three	10	7.52
	-	-

The data in table 1 shows the frequency and percentage distribution of selected demographic variables of mothers on the knowledge regarding weaning. Majority I,e 97(72.93%) were in the age group of 20 – 30 years, 133 (100%) were Hindu religion. Majority 116 (87.22%) are having educational status of high school, Majority 125 (93.98%) of mothers were Unemployed, Majority 122(91.73%) of the mothers belongs to the family income per month of Rs. \leq 9226, Majority 111 (83.46%) of the mothers belong to nuclear family, Majority 131 (98.50%) of the mothers were Non – Vegetarian, and majority 89 (66.92%) of the mothers had only one child.

Findings related to pre-test and post-test knowledge of mothers regarding weaning

The knowledge regarding weaning among mothers was assessed using structured self administered knowledge questionnaire. In this study, the level of knowledge has been categorized into three categories i.e adequate knowledge, moderate knowledge and inadequate knowledge. The frequency and percentage distribution of pre-test and post-test knowledge is presented in fig 1 .

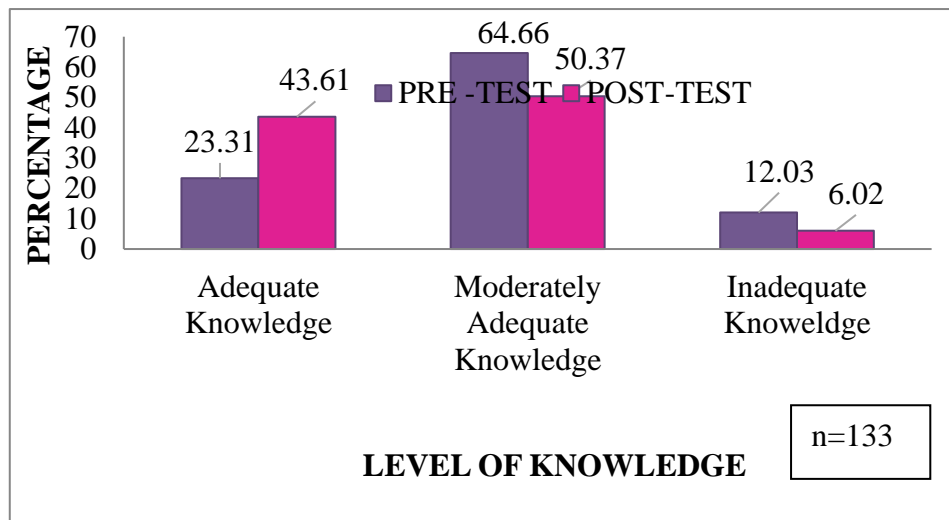


Fig 1- Bar diagram showing frequency and percentage distribution of pre-test and post-test knowledge of mothers regarding weaning.

Data on figure 1 shows that in pre-test, majority i.e 86(64.66%) of mothers had moderately adequate knowledge,31 (23.31%) of the mothers had moderately adequate knowledge and 16 (12.03%) of the mothers had inadequate knowledge before the implementation of Structured Teaching Programme. While after the implementation of Structured Teaching Programme, majority 67 (50.37%) of the mothers had moderate knowledge, 58 (43.61%) of the mothers had moderately adequate knowledge and 8 (6.02%) of the mothers had inadequate knowledge.

Table 2: findings related to effectiveness of Structured Teaching Programme on knowledge of mothers regarding weaning.

n = 133

LEVEL OF KNOWLEDGE	MEAN	SD	MEAN DIFFERENCE	't' - value	df	p – value	INFERENCE
Pre – test knowledge	14.90	3.04	6.67	25.96	132	< 0.001	Significant
Post – test knowledge	21.56	1.67					

S- Significant

Data on table 2 showed the mean difference of pre-test and post-test knowledge score was 6.67 computed 't' 25.96 was found statically significant at the level of 0.05 significance.

Findings revealed that there is significant difference in pre-test and post-test knowledge score. Therefore Structured Teaching Programme is effective in increasing the knowledge regarding weaning among the mothers. There is significant difference between pre-test and post-test knowledge regarding weaning. Hence, null hypothesis H_{01} is rejected and research hypothesis H_1 is accepted.

Table 3: Association between pre-test level of knowledge of mothers regarding weaning with their selected demographic variables

DEMOGRAPHIC	FREQUENCY (f)			χ^2 VA LU E	Df	'P' VA LU E	TABULA TED VALUE	I N F E R E N C E
	ADEQUA TE	MODER ATELY ADEQUA TE	INADEQ UATE					
1. AGE (IN YEARS)								
20 – 30 years	17	65	15	8.96	2	0.01	5.99	S
31 – 40 years	14	21	1					
Above 40 years	-	-	-					
2. EDUCATIONAL STATUS								
Illiterate				12.1 2	8	0.15	15.51	N S
Primary	-	-	-					
Middle School	1	1	2					
High School	3	3	2					
Intermediate Or	26	79	11					
Diploma	-	2	1					
Graduate	1	1	-					
Profession Or Honours	-	-	-					
3. OCCUPATION								
Unemployed				7.6	2	0.20	5.99	S
Elementary Occupation	26	16	83					
Plant and machine operators and Assemblers	5	-	3					
Craft and related trade workers	-	-	-					
Skilled agricultural and fishery workers	-	-	-					
Skilled workers/shop/mar ket sale workers	-	-	-					
	-	-	-					
	-	-	-					
	-	-	-					
	-	-	-					

Clerks								
Technicians and Associate Professionals	-	-	-					
Professionals	-	-	-					
Legislators, senior Officials and Managers								
4. FAMILY INCOME PER MONTH								
Rs. ≤9,226	25	82	15					
Rs. 9,232 – 27,648	5	2	1	8.26	4	0.08	9.94	N S
Rs. 27,654 – 68,961	1	2	-					
Rs. 68,967 – 92,185	-	-	-					
Rs. 92,191 – 184,370	-	-	-					
Rs. ≥184,376	-	-	-					
5. TYPES OF FAMILY								
Nuclear family	25	14	72	0.37	2	0.83	5.99	N S
Joint family	6	2	14					
Extended	-	-	-					
6. TYPES OF DIET								
Vegetarian	-	1	1					
Non – vegetarian	31	15	85	2.97	2	0.23	5.99	N S
Vegan	-	-	-					
Eggetarian	-	-	-					
7. NUMBER OF CHILDREN								
One								
Two	15	18	60					
Three	10	10	13	4.77	4	0.31	9.49	N S
More Than Three	1	1	5					
	-	-	-					

Overall statistical significant association were found in regard to Age ($\chi^2 = 8.96$, p-value = 0.01), Occupation ($\chi^2 = 7.6$, p-value = 0.20). The rest of the demographic variables i.e. Religion, Education status, Family income per month, Types of family, Types of diet and Number of children were found to be not statistically significant at $p < 0.05$ level of significance. Thus the null hypothesis H_0 is rejected only in terms of Age and Occupation. Hence the findings inferred that the knowledge of mothers is depend on Age and Occupation.

CONCLUSION

From findings of the study it can be concluded that among 133 mothers, majority 86 (64.66%) of the mothers had moderate knowledge, 31 (23.31%) of the mothers had moderately adequate knowledge and 16 (12.03%) of the mothers had inadequate knowledge before the implementation of Structured Teaching Programme. While after the implementation of Structured Teaching Programme, majority 67 (50.37%) of the mothers had moderate knowledge, 58 (43.61%) of the mothers moderately adequate knowledge and 8 (6.02%) of the mothers had inadequate knowledge. The association between the pre-test Knowledge regarding weaning among the mothers with selected demographic variables. The result revealed that there is significant association between pre-test Knowledge with age ($\chi^2 = 8.96$, $p = 0.01$), occupation ($\chi^2 = 7.6$, $p = 0.20$). Therefore it can be concluded that the Knowledge regarding weaning among mothers is dependent to age and occupation.

From the findings of the present study, it can conclude that Structured Teaching Programme on weaning among the mothers was effective in increasing the knowledge of the mothers. It is important for the health personnel to take initiatives in educating mothers regarding weaning to reduce the morbidity and mortality among children.

RECOMMENDATIONS

- A replication of present study can be done with larger sample size.
- The study can be conducted on the basis of assessing knowledge, attitude and practice.
- A comparative study can be carried out in rural and urban settings.
- The study can be conducted on antenatal mothers.

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