

A Descriptive Study to Assess the Knowledge and Attitude Regarding Complementary Feeding Among Mothers at Shri Vinoba Bhave Civil Hospital Silvassa, Dadra and Nagar Haveli

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ABSTRACT

Background: According to World Health Organization (WHO) report of 2021, globally 144 million children were stunted under the age of 5 years, 47 million wasted, 38 million overweight.⁽⁹⁾ According to NFHS-5 Dadra and Nagar Haveli, under-five mortality rate is 11.2% and out of which 22.3% were stunted, 41.7% wasted, 38.8% under-weight and 9.6% were overweight.⁽¹⁰⁾

Objectives: To assess the level of knowledge and attitude regarding complementary feeding among the mothers. To correlation knowledge score and attitude score regarding complementary feeding among the mothers. To find the association between knowledge score, attitude score regarding complementary feeding among mothers of infant with selected demographic variables.

Methodology:

A correlation descriptive design was adopted and the quantitative research approach was used for this study. The sampling technique was used by non-probability convenient sampling technique and sample size was 250. The data collection tool was used are knowledge questionnaire and attitude scale.

Result

The result showed that the overall mean knowledge score was 14.86 with SD 5.75 of mothers had inadequate knowledge, the overall attitude score 70 with SD 9.83 of mothers had positive attitude regarding complementary feeding. It showed that positive correlation between knowledge and attitudes score.

Conclusion:

The investigator found that mothers had inadequate knowledge regarding complementary feeding, mothers had positive attitude towards complementary feeding, mothers had positive correlation between knowledge and attitude score and there is a significant association between knowledge and attitude score with selected demographic variables.

KEYWORDS: Complementary feeding, world health organization

INTRODUCTION

According to World Health Organization (WHO) report of 2021, globally 144 million children were stunted under the age of 5 years, 47 million wasted, 38 million overweight.⁽⁹⁾ According to NFHS-5 Dadra and Nagar Haveli, under-five mortality rate is 11.2% and out of which 22.3% were stunted, 41.7% wasted, 38.8% under-weight and 9.6% were overweight.⁽¹⁰⁾

The first two years of life are a critical window for ensuring optimal child growth and development. Initiate safe and nutritionally adequate complementary foods at 6 months is crucial to achieving optimal growth, health development of an infant. Improving infant and young child feeding practices in children 0–23 months of age is, therefore, critical to improved nutrition, health and development.⁽⁷⁾

The complementary feeding period, from 6 to 23 months of age, is one of the most challenging times to meet children's nutrient demands. While children's stomachs can only hold a small amount of food, their nutrient needs reach a lifetime peak, leaving them vulnerable to growth faltering. In most countries, declines in height-for-age or length-for-age occur primarily during the complementary feeding period due to the inadequate quality and/or quantity of first foods, poor feeding practices and increased rates of infection.⁽¹¹⁾

NEED OF THE STUDY

Complementary feeding is one of the milestones of child's development process of providing foods in addition to milk when breast milk or milk formula alone are no longer adequate to meet nutritional requirements, generally starts at age 6 months and continues until 23 months of age, although breastfeeding may continue beyond this period.⁽¹⁴⁾ This is a developmental period when it is critical for children to learn to accept healthy foods and beverages and establish long-term dietary patterns. It also coincides with the peak period for risk of growth faltering and nutrient deficiencies.⁽¹⁵⁾

WHO and UNICEF recommend that infants be exclusively breastfed from birth to 6 months of age. At 6 months, children should be introduced to age appropriate, nutritious and safe complementary foods, along with breastfeeding.⁽¹⁰⁾ If complementary foods are not introduced at 6 months or if they are given unsuitable, the development of a child may be delayed, and only 31.6 % mothers starting complementary feeding at 6 month. The timing of growth faltering coincides with the complementary feeding period (6 month-24 months), suggesting that accelerating progress requires a much more significant improvement in complementary feeding practices.⁽¹⁶⁾

In 2022 Globally, 149 million children under 5 were estimated to be stunted, 45 million were estimated to be wasted and 37 million were overweight. Each year 27 million children are born in India. About 10% of them do not survive up to 5 years of age. India contributes to 25 % of the over 9.0 million under five deaths occurring worldwide every year.⁽¹⁶⁾ About 50% of the deaths in India are attributed to malnutrition alone

OBJECTIVES

- To assess the level of knowledge and attitude regarding complementary feeding among the mothers.
- To correlation knowledge score and attitude score regarding complementary feeding among the mothers.
- To find the association between knowledge and, attitude score regarding complementary feeding among mothers with selected demographic variables.

ASSUMPTIONS

The study assumes that:

1. Mother's may have inadequate knowledge regarding complementary feeding
2. Mother's may have negative attitude towards the complementary feeding
3. Mother's level of knowledge may influence by demographic data
4. Mother's level of knowledge may influence the attitude

RESEARCH DESIGN/ METHOD

The aim of the present study was to assess the level of knowledge and attitude regarding complementary feeding among the mothers. Therefore, a quantitative research approach was adopted.

A non- probability convenience sampling technique was used to assess and to correlate knowledge score and attitude score regarding complementary feeding among the mothers

VARIABLES

The variables included in this study are Dependent Variable which is knowledge and attitude of mothers towards complementary feeding

Inclusion criteria

- Mothers who are admitted in the selected research setting.
- Mothers who are willing to participate in the study
- Mothers who are local resident (tribal population) of DNH
- Mothers who are knowing language Hindi, Gujarati
- Mothers who are available at a time of data collection

Exclusion criteria

- Those who are not willing to participate in this study.

TOOL

The following tools were used in order to obtain the data

SECTION I Demographic Variables

It consist of selected demographic variables like age of mothers in years, Religion, Professional qualification, Marital Status, Occupation, Number of children the mother is having, Family monthly income, Type of family, Previous Knowledge, source of information , gender of infant and birth weight of infant.

Section -II Knowledge Questionnaire

In this section self-prepared questionnaire are made to assess the mother's knowledge regarding complementary feeding. A knowledge questionnaire was used to assess the mother's knowledge regarding the complementary feeding. It consists of 30 items divided into areas like general aspects of complementary feeding, principle and methods, complementary feeding started at 5 months. All the items were multiple choice questions, which had four alternatives responses. A score of (1) for correct answer and a score of (0) for incorrect answer was awarded. Thus were 30 maximum obtainable scores.

Table -1 Category of knowledge on complementary feeding

Sr no	Level of knowledge	Percentatge
1	Poor knowledge	<50 %
2	Average knowledge	50-75%
3	Adequate knowledge	>75%

SECTION-III Likert scale to assess the attitude among mother regarding complementary feeding

Likert scale was used to assess the attitude among mother regarding complementary feeding. It consists of 20 items divided into like physical, economic, social and cultural aspects. Each item contains strongly agree (5), agree (4), neutral (3), disagree (2), strongly disagree (1), and if there is negative statement score is reverse like strongly disagree (5), disagree (4), neutral (3), agree (2), strongly agree (1) mark respectively. Out of which 10 positive items and 10 negative items were there. They were categorized into three groups which were discussed as per the following table:

Table -2 Category of Attitude score on complementary feeding

SN	LEVEL OF ATTITUDE	PERCENTAGE
1	Highly positive towards complementary feeding	95-100%
2	Positive attitude towards complementary feeding	70-95%
3	Neutral attitude towards complementary feeding	45-70%
4	Negative attitude towards complementary feeding	20-45%

DATA COLLECTION PROCEDURE

The present study was conducted in Shri Vinoba Bhave Civil Hospital Silvassa. The data was collected from date 4/10/23 to 9/11/23

A step of data collection was as follow:

- The researcher introduced herself to the mothers who are having neonate and infants and established good rapport with mothers.
- Oral consent was taken from each mother after explaining purpose and nature of the study and ensure the confidentiality of the study.
- Structured interview schedule was used to assess the knowledge and attitude regarding complementary feeding among mothers.

ANALYSIS AND FINDINGS

SECTION 1: Description of demographic variables of mothers.

SECTION 2: Assess the Knowledge and attitude score regarding complementary feeding among mothers.

SECTION 3: Correlation between knowledge score and attitude score regarding complementary feeding among mothers.

SECTION 4: Association between knowledge, attitude regarding complementary feeding among mothers with selected demographic variable.

SECTION 1: DESCRIPTION OF DEMOGRAPHIC VARIABLES OF MOTHERS.

TABLE 4.1 : Frequency and percentage distribution of demographic variables of mothers.

(n=250)

SN	Demographic variables	Frequency	Percentage (%)
1	Age of the mothers in years?		
	a)< 20	69	27.6%
	b)21-25	102	40.8%
	c)26-30	64	25.6%
	d)>31 years	15	6%
2	Religion of mother?		
	a)Hindu	209	83.6%
	b) Muslim	31	12.4%
	c)Christian	10	4%
3	Professional qualification of mother ?		
	a) No formal education	67	26.8%
	b) Primary school	93	37.2%
	c)Middle school	69	27.6%
	d)High school	5	2%
	e)Diploma	11	4.4%
	f) Professional degree	5	2%
4	Marital Status?		
	a) Married	148	59.2 %
	b) Unmarried	69	27.6%
	c) Living together	33	13.2%
5	Occupation of mother?		
	a) Government Job	16	6.4%
	b. Private Job	32	12.8%
	c.House wife	193	77.2%
	d.Own business	9	3.6%
6	Number of children the mother is having at home > 1 year ?		
	a) 0	109	43.6%
	b) 1	97	38.8%
	c) 2	36	14.4%
	d) 3 or More than 3	8	3.2%
7	Family monthly income		
	a)< Rs.10,001 /	29	11.6 %
	b) Rs.10,002 – 29,972	39	15.6%
	c)Rs.29,972 - 49,961	86	34.4%
	d)Rs. 49,962- 74,755	92	36.8%
	e)Rs .74,755- 99,930	4	1.6%
8	Type of family		
	a) Nuclear family	79	31.6%

	b) Joint family	145	58.0%
	c) Extended family	26	10.4%
9	Previous Knowledge Regarding Complementary Feeding ?		
	a)Yes	150	60%
	b) No	100	40%
	If yes what is the source of information		
	a) Social media	9	6%
	b) Books and journals	3	2%
	c) Self-experience	48	32%
	d) Elders in family	45	30%
	e) Peers /friends	29	19.3%
	f) IEC by PHC/Anganwadi worker	16	10.6%
10	Age of the child?		
	a)0 month infant -3 month infant	85	34%
	b)4 month infant- 6 month infant	60	24%
	c)7 month infant – 9 month infant	80	32%
	d)10month infant – 12-month infant	25	10%
11	Gender Of Infant		
	a)Male	122	48.8%
	b)Female	128	51.2%
12	Birth weight of infant		
	a)1000-1500 gram	16	6.4%
	b)1600-2000 gram	42	16.8%
	c)2100-2500 gram	109	43.6%
	d)2600-3000 gram	83	33.2%

Interpretation of Demographic variables

The table 4.1 shows the frequency and percentage distribution of demographic variables of mothers:

Age of the mother

The majority of subject 102 (40.8%) belong to the age group of 21-25 years, 69 (27%) were between <20 years, 64 (25.6%) were between 26-30 years and 15 (6%) belong to the age group of >31 years.

Religion of mother

Maximum of subject are belonging to Hindu that are 209 (83%), 31(12.4%) were Muslims and 10 (4%) were Christian.

Professional qualification of mother

The most of subject 93 (37.7 %) mothers has pursued primary education, 69 (27.6%) had middle school, 67 (26.8%) had no formal education, 5 (2%) had high school and 5 (2%).had completed Professional degree.

Marital status

As per marital status, most of the mothers belong to married group that are 148 (59.7 %), 69(27.6%) were unmarried and 33 (13.2 %) living together.

Occupation of mother

The majority of subject in occupation that belong to house wife 193 (77.2%), private job was 32 (12.8%), government job 16 (6.4%) and own business that are 9 mothers (3.6%).

Number of children the mother is having at home > 1 year

As per, Number of children the mother is having at home >1 year,109 mothers (43.6%) are belong to 0 child at home, 97 (38.8%) are 1 child, 36 (14.4%) were 2 children and 3 or more than 3 children at home 8 (3.2%).

Family monthly income

The most of subject 92 (36.8 %) they are having 49,962-74,755 family monthly income, 86 (34.4%) were 29,972- 49,961, 39 (15.6%) were 10,002-29,972 and 4 (1.6%) are having 74,755 - 99,930 family monthly income.

Type of family

The type of family highlights as most of subject 145 (58 %) are belong to joint family, 79 (31.4%) nuclear family and 26 (10.4%) are from extended family.

Previous knowledge regarding complementary feeding

The majority of subject 150 (60 %) are having previous knowledge regarding complementary feeding and 100 (40%) are not having previous knowledge regarding complementary feeding.

If yes what is the source of information

According to the source of previous knowledge, the most of subject 48 (32%) are belong to self-experience, 45 (30%) were elders in family, 29 (19.3%) were from peers/ friends, 16 (10.6%) were from IEC by PHC/ anganwadi and only 9 (6%) are belong to social media.

Age of the child

According to age of the infant, the most of the subject 85(34%) are belong to 0 month -3 month infant,80 (32%) were 7 month -9 month infant, 60 (24%) were 4 month -6 month infant and only 25 (10 %) are belong to 10month- to 12 month.

Gender of the child

As per gender of the infant the majority of subject 128(51.2 %) are belong to female and only 122 (48.8%) are belong to male category.

Weight of the child

As per birth weight of infant the most of subject 109(43.6%) are belong to 2100-2500gram,83 (43.6%) were having 2600-3000gram, 42 (16.8%) were having 1600-2000 gram, and only 16 (6.4%) are belong to 1000-1500gram.

SECTION 2 KNOWLEDGE SCORE AND ATTITUDE SCORE REGARDING COMPLEMENTARY FEEDING AMONG MOTHERS.

TABLE 4.2.1: Mean, Standard deviation and Percentage of the knowledge score of the mothers regarding complementary feeding

SN	Knowledge variables	No of item	Maximum mark	Mean	SD	Percentage (%)
1	General aspects of complementary feeding	5	5	2.292	0.99	45.00%
2	Principles /Methods of complementary feeding	5	5	2.116	1.05	42.00%

3	Mother started complementary feeding at 6 month	6	6	3.256	1.14	54.00%
4	Mother continue breast feeding with complementary feeding till 2 years	8	8	4.596	1.45	57.00%
5	Mother discontinue complementary feeding at which year.	6	6	2.604	1.12	43.00%
	Total	30	30	14.86	5.75	49.00%

The table 4.2.1 showed that the mother was having knowledge score that was 42% with SD 1.05 in the area of principle/ method of complementary feeding, 43% with SD 1.12 in mother discontinue complementary feeding, 45% with SD in general aspects of complementary feeding, 54 % with SD 1.14 in mother started complementary feeding at 6 month and 57% with SD 1.45 in the area of mother continue breastfeeding along with complementary feeding till 2 years. The overall mean knowledge score was 14.86 with SD of 5.75 subject were having inadequate knowledge regarding complementary feeding.

SECTION 2: ASSESS THE LEVEL OF ATTITUDE AMONG MOTHERS.

TABLE 4.2.2 : Mean, Standard Deviation and Percentage of the attitude score of the mothers regarding complementary feeding.

SN	Attitude variables	No of item	Minimum score	Maximum Score	Mean	SD	Percentage (%)
1	Physical aspects	5	5	20	18.35	1.40	92 %
2	Economic aspects	5	5	20	16.24	1.74	81 %
3	Cultural aspects	5	5	20	17.16	2.20	86 %
4	Social aspects	5	5	20	18.06	1.47	90 %
	Total	20	20	100	70	9.83	70 %

The table 4.2.2 showed that the mother’s mean attitude score that was 81% with SD 1.74 in economic aspects, 86% with SD 2.20 in cultural aspects, 90% with SD 1.47 in social aspects and the 92% with SD 1.40 in physical aspects. The overall mean attitude score was 69.81 with SD of 9.83 thus it indicates that mothers were having positive attitude towards physical aspects.

SECTION 3: CORRELATION BETWEEN KNOWLEDGE AND ATTITUDE SCORE REGARDING COMPLEMENTARY FEEDING AMONG MOTHERS.

TABLE 4.3 : Correlations Between Knowledge And Attitude Score Regarding Complementary Feeding Among Mothers.

SN	Variables	Knowledge	Attitude
1	Mean	14.86	70
2	Standard deviation	5.67	9.83
3	Correlation	0.0888.	
4	Inference	Positive Correlation	

The table 4.3 showed that the Mean of knowledge score was 14.86 with SD of 5.67. The Mean of attitude score was 70 with SD of 9.83 and correlation coefficient was 0.0888. Hence, it is interpreted that there is positive correlation between knowledge and attitude score at 0.05 level of significant.

SECTION 4: ASSOCIATION BETWEEN KNOWLEDGE, ATTITUDE SCORE REGARDING COMPLEMENTARY FEEDING AMONG MOTHERS WITH SELECTED DEMOGRAPHIC VARIABLES.

TABLE 4.4.1: Association Between Knowledge Score Of The Mother With Selected Demographic Variables.

SN	Demographic variables	Below median	Above median	χ^2	df	Inference
1	Age of the mothers in years?					
	a) < 20	45	24	1.862	3	NS
	c) 21-25	59	43			
	d) 26-30	42	22			
	e) >31 years	8	7			
2	Religion of mother?					
	a) Hindu	127	82	1.494	2	NS
	b) Muslim	19	12			
	d) Christian	8	2			
3	Professional qualification of mother?					
	a) No formal education	43	24	11.163	5	S
	b) Primary school	57	36			
	c) Middle school	40	29			
	d) High school	3	2			
	e) Diploma	8	3			
	f) Professional degree	3	2			
4	Marital Status?					
	a) Married	88	60	0.782	2	NS
	b) Unmarried	44	25			
	c) Living together	22	11			
5	Occupation of mother?					

	a)Government Job	11	5	1.892	3	NS
	b)Private Job	21	11			
	c)House wife	115	78			
	d)Own business	7	2			
6	Number of children the mother is having at home > 1 year?					
	a) 0	67	42	1.472	3	NS
	b) 1	63	34			
	c)2	20	16			
	d) 3 or More than 3	4	4			
7	Family monthly income					
	a) < Rs.10,001 /	3	0	4.546	4	NS
	b) Rs.10,002 – 29,972	20	9			
	c) Rs.29,972 - 49,961	23	17			
	d) Rs. 49,962- 74,755	48	38			
	e) Rs .74,755- 99,930	60	32			
8	Type of family					
	a)Nuclear family	48	31	0.274	2	NS
	b)Joint family	91	54			
	c)Extended family	15	11			
9	Previous Knowledge Regarding Complementary Feeding ?					
	a) Yes	92	58	0.011	1	NS
	b) No	62	38			
	If yes what is the source of information					
	a)Social media	62	38	3.070	6	NS
	b) Books and journals	4	5			
	c) Self-experience	3	0			
	d) Elders in family	30	18			
	e) Peers /friends	27	18			
	f) IEC by PHC/Anganwadi worker	18	11			
10	Age of the child?					
	a) 0 month infant -3 month infant	53	32	0.855	3	NS
	b) 4 month infant- 6 month infant	34	26			
	c) 7 month infant – 9 month infant	51	29			
	d) 10month infant – 12 month infant	16	9			
11	Gender Of Infant					
	a) Male	71	51	1.167	1	NS
	b) Female	83	45			
12	Birth weight of infant					
	a) 1000-1500 gram	13	3	5.268	3	NS
	b) 1600-2000 gram	22	20			

c) 2100-2500 gram	64	45			
d)2600-3000 gram	55	28			

Table 4.4.1 shows the association between knowledge score of the mother with their selected demographic variables which was assessed by chi-square test.

The table 4.4.1 shows that calculated chi square values for professional qualification (11.163) were higher than the table values found that there is a significant association between professional qualification and knowledge score.

The table showed that calculated chi square values for age of mother (1.862), religion of mother (1.494), marital status (0.782), occupation of mother (1.892), number of children the mother is having at home >1 (1.472), family monthly income (4.546), type of family (0.274), previous knowledge regarding complementary feeding (0.011), if yes then what is the source of information (3.070), age of the infant (0.855), gender of infant (1.167) and birth weight of infant (5.268) were less than the table values found that there is no association between them and knowledge score.

TABLE 4.4.2: Association Between Attitude Score Of The Mother With Selected Demographic Variables.

SN	Demographic variables	Below median	Above median	χ^2	df	Inference
1	Age of the mothers in years?					
	a) < 20	35	34	4.611	3	NS
	b) 21-25	61	41			
	c) 26-30	31	33			
	d) >31 years	11	4			
2	Religion of mother ?					
	a) Hindu	114	95	5.515	2	NS
	c) Muslim	15	16			
	c) Christian	9	1			
3	Professional qualification of mother?					
	a) No formal education	36	31	12.712	5	S
	b) Primary school	62	31			
	c) Middle school	29	40			
	d) High school	3	2			
	e) Diploma	7	4			
	f) Professional degree	1	4			
4	Marital Status ?					
	a) Married	80	68	.299	2	NS
	d) Unmarried	40	29			
	c) Living together	18	15			
5	Occupation of mother ?					
	a) Government Job	3	13	10.804	3	S

	b) Private Job	19	13			
	c) House wife	109	84			
	d) Own business	7	2			
6	Number of children the mother is having at home > 1 year ?					
	a) 0	60	49	1.351	3	NS
	e) 1	56	41			
	c) 2	17	19			
	d) 3 or More than 3	5	3			
7	Family monthly income					
	a) < Rs.10,001 /	1	2	1.323	4	NS
	f) Rs.10,002 – 29,972	16	13			
	c) Rs.29,972 - 49,961	22	18			
	d) Rs. 49,962- 74,755	45	41			
	e) Rs .74,755- 99,930	54	38			
8	Type of family					
	a) Nuclear family	46	33	.428	2	NS
	g) Joint family	78	67			
	h) Extended family	14	12			
9	Previous Knowledge Regarding Complementary Feeding ?					
	a) Yes	85	65	.326	1	NS
	i) No	53	47			
	If yes what is the source of information					
	a) Social media	53	47	6.925	6	NS
	j) Books and journals	5	4			
	c) Self-experience	0	3			
	d) Elders in family	29	19			
	e) Peers /friends	28	17			
	f) IEC by PHC/Anganwadi worker	13	16			
10	Age of the child?					
	a) 0 month infant -3 month infant	43	42	1.524	3	NS
	k) 4 month infant- 6 month infant	36	24			
	l) 7 month infant – 9 month infant	44	36			
	m) 10month infant – 12 month infant	15	10			
11	Gender Of Infant					
	a) Male	61	61	2.605	1	NS
	b)Female	77	51			
12	Birth weight of infant					
	a) 1000-1500 gram	7	9	2.426	3	NS
	b) 1600-2000 gram	27	15			

c) 2100-2500 gram	58	51			
d) 2600-3000 gram	46	37			

Table 4.4.2 shows the association between attitude score of the mother with their selected demographic variables which was assessed by chi-square test.

The table 4.4.2 shows that calculated chi square values for professional qualification (12.712) and occupation of mother (10.804) were higher than the table values found that there is a significant association between professional qualification and knowledge score.

The table showed that calculated chi square values for age of mother (4.611), religion of mother (5.515), marital status (0.299), number of children the mother is having at home >1 (1.351), family monthly income (1.323), type of family (0.428), previous knowledge regarding complementary feeding (0.326), if yes then what is the source of information (6.925), age of the infant (1.524), gender of infant (2.605) and birth weight of infant (2.426) were less than the table values found that there is no association between them and knowledge score.

CONCLUSION

Based on the findings of the following study conclusion drawn:

1. The overall mean knowledge score was 14.86 with SD 5.75 of mothers had inadequate knowledge, the overall attitude score 70 with SD 9.83 of mothers had positive attitude regarding complementary feeding.
2. It showed that positive correlation between knowledge and attitudes score.

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