

# **A Study to Assess the Knowledge and Attitude Regarding Weaning among Mothers of Infants in selected Rural Area at Rohtak with a View to Develop an Information Booklet on Weaning**

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## **Abstract**

**Introduction:** Weaning is that the most important amount for the expansion of the kid. this can be the time once growth faltering and organic process deficiencies manifest in youngsters. Weaning, a shift amount from breast-feeding to adult diet is sometimes related to variety of issues and issues in developing countries. the main issues area unit what foods ought to lean to the kid, however and after they ought to lean. The age to introduce a lactation foods varies and is influenced by the tradition of the various ethnic population within the country, urbanization and therefore the socioeconomic standing of households Objectives of the study: To assess the information of mothers of infants relating to a lactation. To assess the perspective of mothers of infants relating to a lactation. To develop associate data leaflet. Material and Methods: The scientist conducted the study exploitation quantitative approach and non- experimental style on a hundred mothers of infants by non likelihood convenient sampling technique. Structured form was accustomed assess the information of mothers of infants and perspective list was accustomed assess the perspective of mothers of infants relating to a lactation. Descriptive and inferential statistics accustomed analyze the info. Results: The norm of take a look at information score and perspective was fifteen.4 and 9.45 respectively. None of mothers of infants had inadequate information, thirty first had moderate information and sixty nine had adequate information relating to a lactation. Majority of samples that's ninety eight of mothers of infants had favorable perspective, and solely two mothers had unfavorable perspective relating to lactation. There was vital correlation between information and perspective of mothers of infants relating to lactation. Conclusion: The investigator finished that the information of the mothers of infants is adequate. And there's vital correlation between information and perspective of mothers of infants relating to a lactation. {the information the information |the data} leaflet can facilitate in up the knowledge of mothers of infants relating to a lactation.

**Keywords:** *Assessment of data, assessment of perspective, mothers of infants and data leaflet.*

## **Introduction**

Children are the long-term investment & the long-term voters so only by taking note of their health; one

can imagine a sturdy & pleasant method forward for the country.<sup>1</sup> The average milk output of a mother is regarding 600ml, which could offer only barely over four hundred calories. this can support the organic process demands of the child up to four months mature only, and thus on the way facet this age the child desires more food things.<sup>2</sup> The term “weaning” implies that to be started out the breasts or introduction

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of prime feed. The later which means could be a heap of relevant in child nutrition.<sup>3</sup>Weaning could also be a way of Gradual & progressive transfer of the baby from breast milk to the family diet. It doesn't suggest discontinuing to nursing.<sup>4</sup> one of the foremost necessary components of maintaining a Childs health is that the promotion of fine nutrition & dietary habits. The nurse's role involves encouraging and serving to of us in providing adequate nutrition for his or her child.<sup>5</sup>In the first year of life, infants endure periods of rising once smart nutrition is crucial. In fact, nutrition at intervals the first years of life could also be a serious determinant of healthy growth and development throughout childhood and of fine health in adulthood<sup>6</sup> The term "weaning" comes from the word "wemian," which implies to habituate. substitution is that the method of gradual and progressive transfer of the baby from the breast-feeding to the same old family diet. throughout substitution, the kid gets acquainted with foods aside from aside from. substitution foods area unit given additionally to lactate. once the quantity of breast milk is insufficient. Solid food else to associate associate diet is named beikost.<sup>7</sup>

### **Need for the Study**

The most applicable length of the breastfeeding amount has typically been a topic of disceptation. Some authors have found a useful result of breastfeeding into the second year of life, or perhaps into the third year in special things.<sup>8</sup>Others have suggested that kids ought to give suck now not than eighteen months because of a negative impact on organic process standing among kids WHO give suck for quite eighteen months.<sup>9</sup> The relationship between prolonged breastfeeding and organic process standing of young kids in developing countries has been subjected to dialogue for the last ten years. several cross sectional studies have according lower weight-for-age, height-for-age and weight-for-height among breastfed kids compared to weaned kids between the ages of twelve and thirty six months .<sup>10</sup> Using knowledge from the Demographic Health Surveys (DHS) applied in nineteen developing

countries, it had been recently according that kids WHO were breastfed on the far side the primary year of life were shorter and lighter compared with non-breastfed kids. Most of the studies that have examined this question, together with the massive and representative DHS, area unit restricted by their cross-sectional style that doesn't enable examination of temporal relationships between full ab lactation and below nutrition.<sup>10</sup> The alimentation practices have their roots in unclear socio-cultural pattern, spiritual beliefs, superstitions and taboos rife in each grouping. The information is passed down the generations from mothers to daughters and by observation of women within the neighborhood. However, mere acquisition of information doesn't guarantee that it'll be effectively used. Attitudes have a really necessary role to play in crucial whether or not the information is applied or not. sadly attitudes have remained the 'Cinderella' of health educators. Studies on attitudes concerning alimentation not assessed exploitation commonplace accepted scientific methodology. No surprise that almost all health education programmes stay localized to the extent of transmission information. No try is created to either assess attitudes or modification them, with the result that the beneficiaries fail to rework the information into actual follow.<sup>11</sup>

### **Problem Statement**

"A Study to Assess the Knowledge and Attitude Regarding Weaning among Mothers of Infants in selected Rural Area at Rohtak with a view to develop an information booklet on Weaning."

### **Objectives of the Study**

1. To assess the knowledge of mothers of infants regarding weaning.
2. To assess the attitude of mothers of infants regarding weaning.
3. To develop an information booklet.

### **Operational Definitions**

1. **Knowledge:** It refers to amount of information

or awareness of the mothers about weaning, which is evaluated in terms of correct response to knowledge item given in structured questionnaire and compared in terms of knowledge scores.

**2. Attitude:** It refers to the general feeling or a frame of reference around which a mother organizes knowledge towards weaning which is measured in terms of expressed responses of weaning to structured questionnaire.

**3. Infant:** A male/female child aged 1 to 12 months.

**4. Weaning:** Weaning, which is often referred to as “mixed feeding”, proceeds in stages from liquids to solids, and from one method of feeding to another.

**5. Information booklet:** It refers to the written information guide regarding the weaning, its importance and benefits.

#### Assumptions

1. Mothers will have some knowledge regarding weaning.

2. Information booklet will enhance the knowledge of mothers regarding knowledge and attitude about weaning.

#### Delimitations

study is limited to:

v This study is limited to selected rural area at Rohtak.

v Limited to only to mothers of infants

v The study was limited to assess the knowledge and attitude of mothers of infants at CHC Kahnaur, Rohtak regarding weaning.

v The study was limited to 100 samples only.

v The data was collected by using purposive convenient sampling techniques.

v The study was limited to mothers who are willing to participate in the study.

### Research Methodology

· Reseach Approach:

Quantitative approach adopted by the researcher for the accomplishment of the present study.

· Research Design :

Non- experimental research design.

· Settings Of The Reseach:

The present study was conducted in CHC, Kahnaur, Rohtak, Haryana.

Population:

· In this study, the target population consisted mothers of infants at CHC, Kahnaur, Rohtak.

· SAMPLE :

· The sample in this study includes mothers of infants at CHC, Kahnaur, Rohtak.

· SAMPLE SIZE :

In the present study, the sample size comprised of 100 mothers of infants.

· **Sampling Technique:**

The sample for this study was drawn by non-probability purposive sampling technique.

Plan For Data Analysis

Ø Descriptive and inferential statistics was used to analyze the data.

Ø Frequency and percentage would be computed to describe demographic data.

Organization Of Findings

The analysis of data from study is presented under the following headings: SECTION A: Distribution

of socio-demographic characteristics of samples. and attitude score.

SECTION B: Analysis of knowledge of samples regarding weaning. SECTION C: Analysis of attitude of samples regarding weaning.

SECTION D: Correlation between knowledge

SECTION A

Distribution of socio-demographic characteristics of samples

**Table No. 1: Frequency and percentages socio-demographic characteristics of samples. n=100**

SR. NO.	SAMPLE CHARACTERISTICS	FREQUENCY	PERCENTAGE
1	Age in years		
	a. 18-24	61	61%
	b. 25-31	32	32%
	c. 32-38	02	2%
2	d. 39-45	02	2%
	Religion		
	a. Hindu	98	98%
	b. Muslim	02	2%
3	c. Christian	0	0%
	d. Sikh	0	0%
	Education		
	a. Illiterate	11	11%
	b. Primary	27	27%
	c. Middle	05	5%
4	d. High	13	13%
	e. Sr. secondary	22	22%
	f. Graduation and above	22	22%
	Occupation		
5	a. Housewife	72	72%
	b. Private job	19	19%
	c. Govt. job	03	3%
	d. Self-business	06	6%
5	Family income		
	a. Rs.5000-10,000	10	10%
	b. Rs. 10,001-15,000	54	54%
	c. Rs. 15,001-20,000	28	28%
5	d. Above Rs. 20,000	08	8%

**Cont... Table No. 1: Frequency and percentages socio-demographic characteristics of samples. n=100**

6	Types of family			
	a.	Nuclear	80	80%
	b.	Joint	20	20%
	c.	Extended	0	0%
7	Number of children			
	a.	One	42	42%
	b.	Two	35	35%
	c.	Three	13	13%
	d.	More than three	10	10%

Table No.1 indicates that majority of subjects 61% are in the age group of 18-24 years; about 32% were in the age group of 25-31 years while 2% were in 32-38 years and minimum number of subjects 2% was in age group of 39-45 years. In relation to religion most of 98% were Hindu, and 2% were Muslim. In relation to education 11% were illiterate, 27% were in primary category. 5% of samples are in middle category, 13% of samples were in higher category, 22% were belongs to senior secondary category & 22% of samples were belongs to graduation and more. In relation to occupation, 72% of samples were housewife, 19% were in private job, 6% were

self employed and minimum 3% of samples were in govt. job. In relation to family income, 10% subjects were in family income group of Rs. 5000-10000, 54% were comes under the group of Rs.10, 001 to 15000, 28% were comes under the group of Rs. 15001 to 20000 and minimum number of subjects 8% monthly income is above Rs. 20000. In relation to types types of family, most of 80% were from nuclear family, 20% were from joint family and no one in extended family. In relation to number of children, 42% mothers had single child, 35% had two children, 13 % mothers had three children and minimum 10% mothers had more than three children.

## Section –B

### Section B: Analysis of Knowledge of samples regarding weaning.

**Table No. 2: Grading of knowledge of samples regarding weaning.**

S. No.	Grading of Knowledge	Frequency(f)	Percentage (%)
1.	Inadequate Knowledge (0-7)	00	0%
2.	Moderate Knowledge (8-14)	31	31%
3.	Adequate Knowledge (15-20)	69	69%

The data depicted in above Table no. 2 shows that majority 69% samples had adequate knowledge, 31

% had moderate knowledge and 0% had inadequate knowledge regarding weaning.

## SECTION C

Section C: Analysis of attitude of samples regarding weaning.

**Table No. 3: Grading of attitude of samples regarding weaning.**

S. No.	Grading of Attitude	Frequency(f)	Percentage (%)
1.	Unfavorable attitude (0-5)	02	2%
2.	Favorable attitude (6-10)	98	98%

The data depicted in above Table no. 3 shows that majority 2% samples had unfavorable attitude, and 98% had favorable attitude regarding weaning.

## SECTION D

**CORRELATION BETWEEN KNOWLEDGE AND ATTITUDE SCORE** Table no. 4: Correlation between knowledge and attitude score

Variable	Mean	SD	Correlation
Knowledge	15.4	1.8	r = .215* p=0 .032
Attitude	9.45	0.75	

Table no. 4 shows that calculated correlation coefficient (r) was .215\* with p value 0.032 which shows that the study was statistically significant.

## Discussion

This study concluded that most of mothers (69%) were there with adequate knowledge. And 31% mothers were having moderate knowledge and none of them having inadequate knowledge. The study also concluded that only 2% mothers were having unfavorable attitude and 98% mothers had favorable attitude regarding weaning. The study concluded that there was significant correlation between knowledge and attitude of mothers of infants regarding weaning. There are fewer programmes organized by the health department especially for mothers so that they can

improve and update their knowledge time to time. Most of mothers of infants had heard about weaning and source of information for most of them was their personal experiences, TV, magazine, internet etc. The written prepared material by the investigator in the form of information booklet will help in improving their knowledge and attitude.

## Nursing Implications

The findings of this study recommended the implications on nursing practice, nursing education, nursing research and nursing administration.

### **Nursing Practice**

Health care professionals should educate the mothers of infant regarding the knowledge and attitude regarding weaning. Information booklet will enhance the knowledge and attitude of mothers of infant regarding weaning and play an important role to promote the health and prevention of infections in children.

### **Nursing Education**

Nursing education and curriculum should plan in a way that it will encourage the students to provide knowledge to mothers of infant in the community and hospital settings. Along with imparting the knowledge, special attention and motivation to be given to specific areas regarding weaning. Continuing nursing education program can be organized on this aspect. In service educations to acquire advanced knowledge regarding weaning can be organized. The curriculum should include newer advancement in child health practices.

### **Nursing Administration**

Nurse administrators will use various approaches of health education to plan and organize the health teaching program for nursing students regarding knowledge and attitude regarding weaning. The nursing conference and group discussions can be organized by the administrators periodically. The nurses can be provided with adequate allocation of budget and manpower to implement effective health education which helps the mothers to gain adequate knowledge.

### **Nursing Research**

More researches should be done related to knowledge and attitude regarding weaning. Management and administrative authorities should give encouragement, motivation and financial support to conduct the research. The effectiveness of the study for the analysis field is verified by its utility by the

nurses within the sensible field. The findings of the study will help the professional nurses and students to develop the enquiry for further research.

**Ethical Clearance-** Taken from Pt. B.D Sharma University, Rohtak .

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**Conflict of Interest -** NIL

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