

**A STUDY TO ASSESS THE KNOWLEDGE REGARDING
WEANING PRACTICE AND IDENTIFY THE PREVAILING
WEANING PRACTICES AS EXPRESSED BY INFANT'S MOTHERS
AND FINDS ITS ASSOCIATION WITH SELECTED GROWTH AND
DEVELOPMENTAL PARAMETERS OF INFANTS ATTENDING
IMMUNIZATION CLINIC OF SPMCHI JAIPUR**

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ABSTRACT

Introduction: Weaning period is the most crucial period in the child development. Knowledge of weaning foods and practices is an important aspect of preventive and social pediatrics. The first two years of life are a critical window for ensuring optimal child growth and development.

Method & Material: A quantitative research approach with descriptive research design was adopted for the study. The research tool developed to collect the data was self structured questionnaire to assess prevailing weaning practices among infant's mothers. The anthropometric measurement strictly based on W.H.O growth standard manual for identification of malnutrition. Convenient sampling technique was used to select 60 samples of 9 to 10 month aged infants along with their mothers attending immunization clinic of SPMCHI Jaipur.

Result: The major Findings revealed that the majority of infant's mothers i.e. 25(41.66%) have moderate level of knowledge regarding whereas only 19(31.66%) have inadequate knowledge and 16(26.66%) have high knowledge. Majority of mothers expressed that 31(51.67%) were giving home prepaid and 16(26.67%) mothers were giving commercially prepaid, 13(21.66%) mothers were giving both type food and 43(72%) infants were achieved normal developmental parameter and 17(28%) were achieved delayed developmental parameter and growth data revealed that 39(65%) infants growth (according weight for height parameter) were normal and 21(35%) were malnourished attending immunization clinic, SPMCHI, Jaipur and Chi-square test results showed significant association between expressed weaning practices with growth of infants.

Conclusion: The study on infant weaning knowledge and practices among mothers shows that majority of mothers have moderate knowledge and low weaning practices. While a survey study on practices majority of mothers started weaning at appropriate time.

Key words: Infant's mother, Prevailing weaning practices, Growth and development, Knowledge regarding weaning, SPMCHI.

INTRODUCTION:

Weaning period is the most crucial period in the child development. Knowledge of weaning foods and practices is an important aspect of preventive and social pediatrics¹. Growth and development takes place in a sequence pattern identical for all children so we can check growth and development of an infant by assessing achievement of specific milestone.² According to the WHO, complementary feeding should be timely, adequate, appropriate, and given in sufficient quantity to prevent malnutrition and proper growth and development of infant.³ The first two years of life are a critical window for ensuring optimal child growth and development.⁴It has been suggested that in addition to disease prevention strategies, complementary feeding interventions targeting this ‘critical window’ are most efficient in reducing malnutrition and promoting adequate growth and development.⁵ According WHO report 2015 on malnutrition, Lack of knowledge regarding nutritional needs of infants and weaning is a universal problem in India.⁶

STATEMENT OF THE PROBLEM:

“A study to assess the knowledge regarding weaning practice and identify the prevailing weaning practices as expressed by infant’s mothers and finds its association with selected growth and

developmental parameters of infants attending immunization clinic of SPMCHI Jaipur.”

OBJECTIVES OF THE STUDY:

1. To assess knowledge regarding weaning practice among infant’s mother.
2. To identify prevailing weaning practices for infants as expressed by their mothers.
3. To assess attainment of selected growth and developmental parameters achieved by infants.
4. To associate attainment of selected growth parameter with prevailing weaning practices for infants.
5. To associate attainment of selected developmental parameter with prevailing weaning practices for infants.

METHODOLOGY

Descriptive research design was adapted. 60 mothers with their infants aged 9 to 10 months attending immunization clinic at SPMCHI, Jaipur were sampled through convenient sampling technique was used. A structured questionnaire was developed to assess socio demographic data, knowledge regarding weaning, prevailing weaning practices and achievement of developmental parameters. Anthropometric measurements were taken by using WHO growth standard manual for identification of growth and nutritional status of infants. The tools were further

validate for their content by the experts and reliability was established through K.R. 20 method. Infants aged 9 to 10 months attending immunization clinic was assessed for their growth and development. Required permissions for pilot study and data collection were obtained. Informed consents were taken from study participants after ensuring confidentiality and autonomy.

STATISTICAL ANALYSIS

Data was analyzed by using percentage, mean, mode, median and standard deviation c.v. etc. Chi square test was used to find out association between weaning practices and growth & development of infants

RESULTS

Table No. 1 Knowledge regarding weaning among infant's mothers

S. N	Level of knowledge	Frequency	Percentage
1	Inadequate knowledge (<50%)	19	31.66%
2	Moderate knowledge (50%-75%)	25	41.66%
3	Adequate knowledge (>75%)	16	26.66%

Table 1 shows that there are 25(41.66%) mothers have moderate knowledge where is only 16(26.66%) have adequate knowledge.

Table no. 2 Prevailing weaning practices

S.N	Weaning practices	Frequency	Percentage
1	Home prepared food	31	51.66 %
2	Commercially prepared food	16	26.66%
3	Both	13	21.66 %

Table no. 2 shows that majority of the mothers i.e. 31(51.67%) expressed that they giving home prepaid food whereas only 13(21.66%) mothers were giving both type food.

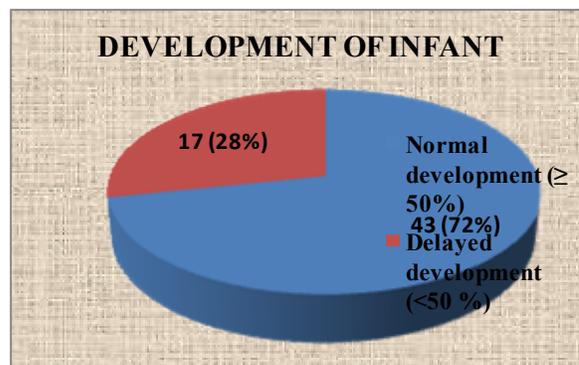


FIGURE-1 Pie diagram showing Achievement of developmental parameters of infant as expressed by infant's mother

Fig. No.1 shows that 43(72%) infants were achieved normal developmental parameters where as only 17(28%) infant's achievement of developmental parameter were delayed.

Table no. 3 Infant's growth

Sr no	Development of infant	Frequency	Percentage
1.	Normal	39	65%
2.	Malnourished	21	35%

Table no 3 reveals that out of 60 infants 39(65%) infants growth (according weight for height parameter) were normal whereas only 21(35%) were malnourished.

ASSOCIATION: Calculated chi-square value was more than tabulated value between weaning practices and growth of infants this means that weaning practices significantly affects the growth of infant.

DISCUSSION

Majority of mothers have moderate and inadequate knowledge regarding weaning and there is prevalence of home prepaid food giving to infants attending immunization clinic at SPMCHI Jaipur. And weaning practices also affects the growth of infants.

CONCLUSION

According to a study was conducted by Pokharel Pratik et al on effect of CF Practices, the prevalence of under nutrition and inadequate complementary practices was observed and according Folasade A et al study on infant weaning knowledge and practices among mothers shows that majority of mothers have moderate knowledge and low weaning practices.

While a survey study on CF practices was conducted by Madhu N and Harish S revealed that majority of mothers started weaning at appropriate time.

IMPLICATION

Study finding will help the health personnel/ agencies/organization to plan health education programmes for mothers of infants. The findings can be utilized for conducting further researchescale to generalize on bigger level.

RECOMMENDATIONS

Awareness among infant's mothers regarding weaning practices with effective health education programme organized by health personal at ANC clinic, PNC word and immunization clinic. Intensive educational programmes may be conducted on weaning practices.

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