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THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME REGARDING WEANING AMONG MOTHERS OF INFANTS IN TERMS OF KNOWLEDGE IN RURAL AREAS OF COIMBATORE DISTRICT: A STUDY

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ABSTRACT

The study aims to find out the adequate knowledge of mothers regarding weaning in order to reduce infant morbidity, mortality, under-weight and for the happy growth of the child. Data's were collected throughout the selected rural areas of Coimbatore districts. An oral interview were conducted and questionnaire was used to collect the information. After the pretest, structured teaching programme regarding weaning was given to mothers who are having infants. After few days of interval the structured interview questionnaire used for post test with the same duration for each mothers. The result shows that the knowledge level of mothers who are having infants regarding weaning got favorable improved.

KEYWORDS

Weaning foods, Infant morbidity, Child, Planned teaching, Breast milk, Feeding practices, Nutrition, Malnourished, Mothers and Rural community.

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INTRODUCTION

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 nation¹. A healthy child is a sure future is the theme of WHO. The future of our nation depends on the wall in which we nurture our children today.

UNICEF defines weaning as “Systematic process of introduction of suitable food at the right time, in addition to mother’s milk in order to provide needed nutrients to the baby”. The word weaning derived

from Anglo-saxon word. Weaning is the second step for self-existence².

According to WHO introduction of semisolid and solid should preferably be made when the baby is about 5.6 months of age. The concept of weaning has now changed to complementary feeding for the simple reason that with the introduction of other nutritious food³.

Brest milk is the best and safest food and it needs to continue for a period of 2 years. Older babies need extra food as well as breast milk. It is important that babies are given extra food as well as breast milk at the right age and in sufficient amount to enable them to grow and stay healthy. The malnourished child will get sick more often and will be less able to fight against illness⁴. Weaning food can however the very dangerous for babies if they are not hygienically prepared them can be major source of infection. This basically describes good weaning practices to help families to prevent diarrhea among their children⁵.

Weaning or complementary feeding is the process of gradual and progressive transfer of baby from the breast feeding to the usual family diet. During the process the baby gets accustomed to foods other than mothers milk⁶.

STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of planned teaching programme regarding weaning mothers of infants in terms of knowledge in rural community area in Coimbatore district, Tamilnadu.

OBJECTIVE OF THE STUDY

- To access the knowledge of mothers regarding weaning by pre-test
- To evaluate the effectiveness of the planned teaching programme regarding knowledge of mothers by post-test
- To compare the pre and post test knowledge of mothers regarding weaning of infants
- To find out the association between knowledge with selected demographic variables such as age, education, religion, income, occupation.

HYPOTHESIS OF THE STUDY

- There is a significant difference between the pre and post test knowledge scores regarding weaning for infants.
- There is an association between the post test levels of knowledge score with their selected demographic variables.

Table No.2 shows that more number of respondents 60% are between 22-28 years. 54% of respondents are from Hindu religion. 54% of respondents completed their primary education. 77% of respondents are House wife's. 50% of respondents income lies between 5000 - 7000.

Table No.3 shows the scores of pretest with mean score 13.9, standard deviation 3.09 and percentage of mean score 46.3.

Table No.4 shows the scores of posttest with mean score 25.1, standard deviation 1.91 and percentage of mean score 83.6.

Assessing the effectiveness of structured teaching programme on weaning mothers who are having infants.

The formula $E=Y-X$

Where Y= Post test

X= Pre test

E=Effectiveness

- Comparison of pretest and posttest level of knowledge score regarding effectiveness of weaning among mothers who are having infants with age group of 15-35 years and above.
- Area wise comparison of mean, standard deviation of pre test and post test level of knowledge score regarding effectiveness of weaning among mothers who are having infants.
- Comparison of pretest and posttest level of knowledge score regarding effectiveness of weaning among mothers who are having infants.

Table No.5 reflects the knowledge level of weaning mothers. Pretest reflects the maximum score as 63% are inadequate and post test reflects the maximum score 87% as adequate.

Table No.6 shows the Area-wise comparison of mean, standard deviation, percentage, of pretest and

post test score in knowledge regarding weaning among primary mothers, the mean of knowledge in pre test was 13.9 and posttest was 25.1, standard deviation of knowledge in pretest was 3.09 and posttest was 1.91. The obtained t-value 9.22 was

significant at 0.05 level has stated hypothesis was accepted. It is inferred that the structured teaching programme regarding weaning was effective and it improved the knowledge of mothers.

Table No.1: Scoring level of knowledge regarding weaning among mothers of children under 1 year of age group

S.No	Level of knowledge	Percentage of score
1	Inadequate	49% and below
2	Moderately adequate	50-74%
3	Adequate	75-100%

Table No.2: Distribution of Respondents

S.No		Age			Religion			Education			Occupation			Family income				
		15-21	22-28	29-35	Hindu	Christian	Muslim	Illiterate	Primary	Higher Secondary	Own	House wife	Private	2000/5000	5000/7000	7000/10000	10000/13000	
1	Respondents	6	18	6	16	7	7	6	16	8	1	23	6	3	15	10	2	
2	Percentage	20	60	20	54	23	23	20	54	26	3	77	20	10	50	33	7	

Table No.3: Assessment of mean, standard deviation and mean percentage of pretest knowledge score regarding weaning mothers who are having infants

S.No	Area	Max. Score	Mean	Standard Deviation	Mean %
1	Pretest	30	13.9	3.09	46.3

Table No.4: Assessment of mean, standard deviation and mean percentage of posttest knowledge score regarding weaning mothers who are having infants

S.No	Area	Max. Score	Mean	Standard Deviation	Mean %
1	Posttest	30	25.1	1.91	83.6

Table No.5: Knowledge Level

S.No	Level of Knowledge	Pretest		Post test	
		Number	Percentage	Number	Percentage
1	Inadequate	19	63	-	-
2	Moderately adequate	11	37	4	13
3	Adequate	-	-	26	87

Table No.6: Area-wise comparison

S.No	Area	Maximum Score	Mean	Standard Deviation	T
1	Pre test	30	13.9	3.09	9.22
2	Post test	30	25.1	1.91	
3	Overall	60	39	5	9.22

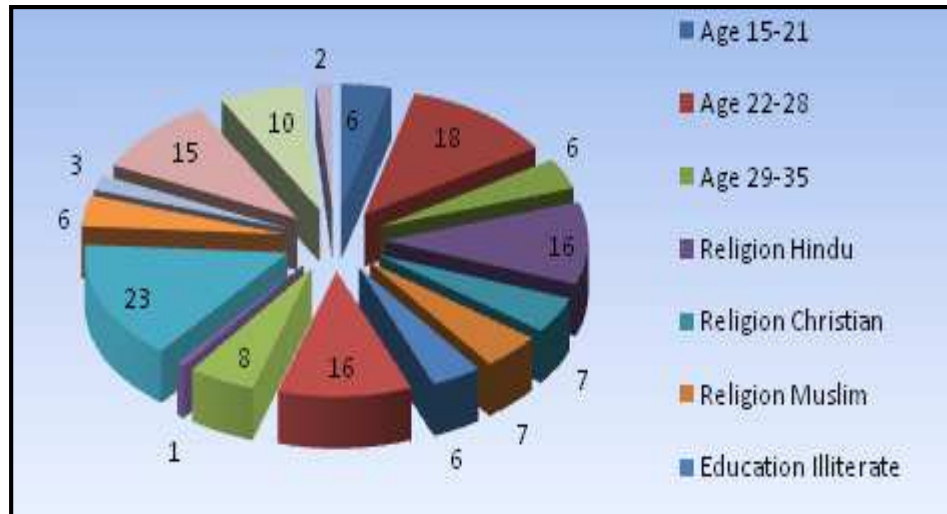


Figure No.1: Distribution of respondents

THE FINDING ARE SUMMARIZED AS FOLLOWS

- Highest 60 percentage mothers are between 22-28 of age group, whereas lowest 20 percentage are between 15-21 years.
- Highest 54 percentage of mothers are from Hindu background, whereas lowest 23 percentage are from Christians and Muslims.
- 54 percent of mothers completed their primary education, whereas 26 percentage of mothers had their higher secondary education. 20 percentage mothers are illiterate.
- 77 percentage mothers are house wife's, whereas 20 percentage of mothers are doing private jobs.
- Monthly income shows that 50 percent of mothers earnings are between 5000-7000, whereas 33 percentage of mothers earnings are between 7000-10,000.
- The pretest result shows that 37 percentage of mothers having moderately adequate knowledge whereas 63 percentage of mothers having inadequate knowledge.
- The post test result shows that 87 percentage of mothers are having adequate knowledge.
- The planned teaching programme result for mothers shows that mean post test knowledge score 25.1 for one group is higher than the mean post test knowledge 13.9.

CONCLUSION

The planned teaching programme is conducted to study the subjects to reinforce their lack of knowledge. The study reveals that the majority of the subjects had inadequate knowledge in pretest and further the post test was conducted and it revealed that they gained adequate knowledge regarding weaning.

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CONFLICT OF INTEREST

We declare that we have no conflict of interest.

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