

Effect of teaching module on knowledge of mothers regarding infant and young child feeding in a selected area of Bhubaneswar, Odisha

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Abstract: An quantitative study aimed to evaluate the effect of teaching module on knowledge of mothers regarding infant and young child feeding in a selected area of Bhubaneswar , Odisha with objectives to assess the knowledge of mothers regarding infant and young child feeding , to determine the effectiveness of information booklet on knowledge of mothers ,to find out the association of post test knowledge score of mothers with their selected demographic variables .Total 50 number of samples were selected by using purposive sampling technique. Information booklet was given for 7 days. In analysis , there was highly significant difference were found in four areas, these are Concept & advantages of breast milk , substitute feeding, complementary feeding along with overall scores. Thus the difference in mean score value related to the above mentioned area were true difference. As the calculated value is higher than the tabulated value at the level ($p=0.01$).Significant association was not found between pre & post test knowledge score with age , education , per capita income ,type of family, no. of children less than 2years,food habits and previous source of knowledge, but significant association was found between pre test & post test score with occupation of mothers.

Key words: Booklet, substitute feeding, complementary feeding, young child feeding

Date of Submission: 17-12-2019

Date of Acceptance: 31-12-2019

I. Introduction

The nutritional well being of a population is both an outcome and an indicator of national development; nutrition is therefore, an issue of survival, health and development for current and succeeding generations. Good nutrition in first year of life helps in growth and development of child, improves ability to learn and helps to prevent illness. The children who are poorly nourished doesn't grow well, they are less active, have less interest in everything and they can often feel sick.¹ Most of children die due to childhood illness are poorly nourished. Helping young children for getting good nutrition helps to prevent early deaths . Infant and young child feeding is very much important for child survival and promotion of growth and development. The child grows maximum in first 2 years of life, if child have poor nutrition during this period it can increases morbidity and mortality. Therefore, to improve child's growth and development and to reduce health illnessbreastfeeding and proper nutrition is essential.²

Under nutrition is estimated to be 45% of all child deaths. Many infants and children do not receive optimal feeding. In the year 2007-2014 only about 36% of infants worldwide were exclusively breastfed. In the year 2016 globally, 155 million children under 5 were estimated to be stunted, 52 million were wasted and 41 million were overweight or obese. Only few children receive nutritionally adequate and safe complementary foods, it is estimated that in many countries less than one fourth of 6-23 months of age children meet the criteria of adequate diet that are appropriate for their age.¹

A national family health survey conducted in Tamilnadu says that 23% of children are underweight, in Chennai 25% of children show moderately stunted growth, in Madhya Pradesh 60% have malnutrition which has India's highest number of malnourished children. And Jharkhand with 56.5%, has India's second highest number of malnourished children. This is followed by Bihar, at 55.9%.²

A study was conducted in Agra to assess the complementary feeding practices in rural area. Results revealed that there were 30.9% of the infants were not receiving complementary foods, and 21.9% mothers initiated complementary feeding at the right age. There was significant association with literacy status among mothers ($p<0.005$), mostly 87.1% infants were receiving family pot feeding and Demand feeding was being practiced by 66.7% mothers. The study concluded that the complementary feeding practices were not satisfactory in the rural area of Agra.³

A study was conducted in Kenya on the development of weaning practices among women. A total 59 number of mothers had participated and the result revealed that 65% of the sample practicing inadequate weaning, 35% of mothers introducing complementary foods prior to 6 months of age. This study recommended that on breastfeeding and weaning, the nurses and other health personnels should provide the proposed flyers and suggested to start weaning among mothers in the maternity ward to ensure a better understanding about breast feeding and adequate weaning.⁴

A study was conducted at Nepal on infant feeding practices among urban mothers, among 168 mothers who were interviewed, only 43.5% of the mothers initiated breast feeding within 1 hour of birth and 60.5% were practicing exclusive breast feeding at 5 months. Almost 40% of the mothers started weaning before the recommended age of 6 months and 22.5% delayed introduction of weaning beyond the recommended age. This study concluded that this mothers were lacking in knowledge of weaning and its practices.⁵

A study was conducted in Varanasi, India on infant and child feeding practices. A total 784 mothers were interviewed. And result revealed that 53.8% of urban children were breast fed up to 6 month, 66.67% of children were weaned in urban at 6 months, as compared to 40.14% and 33.63% in slum and rural groups, as compared to 10.21% of those in urban slums and 5-9% of rural children were weaned in a poor manner. So this study revealed that rural mothers had poor knowledge about weaning.⁶

In Odisha, according to a UNICEF report around 57% of the tribal children bear a higher burden with under-fives being chronically undernourished and 45% of under - three children suffers from chronic under-nutrition. The situation among Odisha's rural tribal children aged 18-23 months is even more serious with the prevalence of stunting as high as 83%.⁷

The researcher during her clinical practice in community came to know that the mothers of under 2 years child are having lack of knowledge regarding infant and young child feeding, for which the children are suffering from malnutrition and other associated problems. To understand the degree of knowledge and their practice towards infant and young child feeding which will helps in future improvement so the researcher choose selected area, Bhubaneswar in order to improve the knowledge of mothers of children under 3 years regarding infant and young child feeding by preparing an information booklet.

II. Materials And Methods

For the present study, evaluative research approach was found to be appropriate. The design of the present study was pre-experimental one group pre test- post test design. The main study was conducted in takatpur, Bhubaneswar, khordha Odisha. Total 50 number of samples(mothers who are having under 2years of children) were participated in this study. Selection of samples was done by using purposive sampling technique. Demographic questionnaire was given to the samples and assessed their socio-demographic data. Also a structured questionnaire was given to collect the data on knowledge of mothers regarding infant and young child feeding. Data collection was done for 15days through conducting pre test and post test, but post test was done after 7days of implementation of information booklet.

III. Results

Table-1: Comparison of pre and post-test knowledge score of mothers N=50

Area of knowledge	Max. Score	Pre-test			Post-test			Difference in Mean %
		Mean	SD	Mean %	Mean	SD	Mean %	
Concept and advantages of breast milk	16	6.32	1.50	39.5	10.5	1.60	65.62	26.12
Substitute feeding	3	1.04	0.75	34.66	1.92	0.44	64	29.34
Complementary feeding	13	4.26	2.26	32.76	7.6	1.17	58.46	25.7
Overall Total	32	11.66	2.88	36.43	19.76	1.84	61.75	25.32

Table- 2: Paired “t” value of pre and post-test knowledge score of mothers N=50

Sl. No.	Area	“t” value	Remark knowledge score
1.	Concept & Advantages of breast milk	17.45	Highly Significant
2.	Substitute feeding	7.10	Highly Significant
3.	Complementary feeding	8.89	Highly significant
5	Overall	20.09	Highly Significant

Table value 2.68, df-49, and Level of significance 0.01, level is highly significant.

As the calculated value is higher than the tabulated value at the level ($p \leq 0.01$) hence it stated that statistical hypothesis was accepted.

Table- 3: Association between post-test knowledge score of mothers with their socio – demographic variables N=50

Sl. No.	Demographic Variable	χ^2 value	Level of significance
1.	Age (in yrs)	0.21	Not significant
2.	Educational qualification	1.23	Not significant
3.	Occupation	6.34	Significant
4.	Per-capita income per month	0.50	Not significant
5.	Type of family	0.01	Not significant
6	No of children less than 2 yrs	1.17	Not significant
7	Food habit	0.03	Not significant
8	Previous Source of knowledge	0.02	Not significant

P value ≤ 0.05 and $df = 1$

Table no – 3 reveals that there was only significant association between chi- square test with occupation and there was no significant association between chi- square test with other demographic variables.

IV. Discussion

Paired “t” test calculated to assess the significant difference between pre and post-test knowledge score shows that highly significant difference was found in four areas, these are Concept & advantages of breast milk, substitute feeding, complementary feeding along with overall scores shows that highly significant difference. Thus the difference in mean score value related to the above mentioned area were true difference. As the calculated value is higher than the tabulated value at the level ($p=0.01$) hence it stated that null hypothesis was rejected and statistical hypothesis was accepted and it is indicated that information booklet was effective. The finding is consistent with a supported study by Gupta Anita (2014) to evaluate the effectiveness of an information booklet on infant and young child feeding practice among mothers attending an urban health centers in East Delhi. The study result shows that pre–post–follow-up comparison of knowledge about infant and young child feeding had shown a significant knowledge enhancement on feeding practices for all topics. Hence the information booklet was effective in increasing knowledge about infant and young child feeding.⁸

V. Conclusion

The findings from this study revealed that mothers had poor knowledge on infant & young child feeding prior implementation of the information booklet which was improved after implementation of booklet. So it indicated that information booklet is effective in improving knowledge of mothers on infant and young child feeding.

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Kshirabdhi Tanaya. “Effect of teaching module on knowledge of mothers regarding infant and young child feeding in a selected area of Bhubaneswar, Odisha.” IOSR Journal of Nursing and Health Science (IOSR-JNHS), vol. 8, no. 06, 2019, pp. 54-56.