

A Study To Assess The Knowledge And Attitude Of The Fathers With Children Aged Between 0-1 Years Regarding Infant Care In A Selected Area Of Delhi In A View To Develop And Disseminate Informational Booklet On Infant Care

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Abstract:

Background:

Infancy is the most crucial phase in child's life which influences the further, physical, cognitive development of child in later stages of life. All the factors such as nutrition, growth and development, immunization, hygiene and prevention from home hazard must be carefully monitored and carried out by both the parents equally, this promotes a healthy growth and wellbeing for the baby. Each parents make a unique and important contribution to parenting and to their child's development and the best outcomes happen when parents work as a team.

Materials and Methods:

A community based descriptive study was conducted in RHTC Najafgarh, PHC Palam among fathers of children aged 0-1 year, using purposive sampling technique. Knowledge and attitudes of fathers was assessed by structured knowledge questionnaire along with 5-point Likert scale attitude as a tool and an informational booklet was also disseminated. A total of 60 fathers of children aged 0-1 year participated in this study.

Results:

This study assessed the knowledge and attitude of fathers with children 0-1 years and their responsibilities regarding infant care in a selected area of Delhi. The findings of study show 70% had average knowledge, 26.70% had good knowledge and 3.30% had poor knowledge. This data revealed that most of them had favorable attitude 46 (76.7%), neutral attitude 13 (21.7%), unfavorable attitude 1 (1.6%).

Conclusion: The data revealed most of the fathers had average knowledge regarding infant care and had favorable attitude.

Keyword: Infant care, Father. Knowledge, Attitude, Informational booklet

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I. Introduction

The World Health Organization has declared the involvement of men in maternal and newborn health (MNH) as a priority. It is one of the 8 "strong recommendations" in a list of 12 in its just published WHO recommendations on health promotion interventions for maternal and newborn health. It recommends further research into a family approach, looking also at other key family relationships around the mother and baby. "Interventions to promote the involvement of men during pregnancy, childbirth and after birth are recommended to facilitate and support improved self-care of women, improved home care practices for women and newborn, improved use of skilled care during pregnancy, childbirth and the postnatal period for women and newborn, and increase the timely use of facility care for obstetric and new born complications. UNICEF is also using Father's Day to renew its call to break down cultural and financial barriers preventing fathers from spending quality time with their young children. "There is no time more critical for brain development than the first 1,000 days of a child's life, and there's a growing body of evidence that fathers hold a huge stake in this process. Father's Role in nutrition: Fathers' attitudes have a significant impact on mothers' breastfeeding decisions¹³. Fathers' psychological and practical support influences initiation and duration of breastfeeding. Till 6 months of age the child must be exclusively breastfed. After that the process of weaning starts. The father should know how to start weaning, what kind of complimentary feeding must be started first.

II. Material And Methods

This Descriptive study was carried out on fathers with children of 0-1 years living in selected urban area of New Delhi. A total 120 fathers were for in this study.

Study Design Descriptive study

Study Location: The research setting selected for the study was PHC, Palam and RHTC, Najafgarh, New Delhi.

Sample size: 120 father of children aged 0-1 year.

Subjects & selection method: subjects were selected using purposive sampling technique.

Inclusion criteria:

1. Fathers who are having children (0-1 year)
2. Fathers who are willing to participate in this study.
3. Fathers who understand Hindi/English language.

Exclusion criteria:

1. Father of differently abled children.
2. Father of children who are sick.

Procedure methodology

After written informed consent was obtained, a well-designed questionnaire was used to collect the data of the recruited patients retrospectively. A structured questionnaire was prepared to assess the knowledge and 5-point Likert scale was prepared to assess the attitude regarding infant care among fathers of selected rural area of Delhi. It consisted of 3 sections-Demographic profile, To assess the knowledge level, To assess the attitude level.

The objectives of our study to assess the knowledge and attitude regarding infant care using structured knowledge questionnaire and 5-point attitude Likert's scale consisting of statement with the view to develop and disseminate booklet related to infant care. Booklet was prepared based on articles, review of literature, journals, WHO booklets on infant care. Booklet contains introduction, definition, importance of role of father, nutrition (breastfeeding and complementary feeding), Immunization, Prevention from home hazards, Hygiene, Growth and development.

It was prepared in Hindi and English language and the content validity of the tool and booklet was established by experts.

Statistical analysis

Analysis is the process of organising and synthesizing data so as to answer research questions and test hypothesis. According to the objectives of study, it was planned to analyse data by using descriptive statistics. The following plan for analysis is developed:

Frequency and percentage were computed for describing the demographic characteristics of 120 fathers of children 0-1year and their infants.

Mean, median and standard deviation were computed for assessment of knowledge regarding infant care among fathers.

Mean and standard deviation were computed for assessment of attitude regarding infant care among fathers.

III. Result

The characteristics are described in terms of educational level of father, occupation, type of family, no. of children, family income (per month), sex of infant, age of infant, weight of infant, gestational age.

Regarding the educational qualification of the fathers, data revealed that, out of the 120 samples, most of them i. e. 50(41.7%) were of diploma and above, 26(21.7%) were of 6th to 10th standard, 22(18.3%) were of 11th to 12th standard, 22(18.3%) were of <5th standard.

Regarding the occupation, most of them i.e., 50(41.7%) were self-employed, 50(41.7%) belonged to private job, 14(11.6%) belonged to others and 6(5%) were of government job.

Regarding the type of family, most of them 64(53.3%) belonged to joint family,52(43.4%) belonged to nuclear family and 4(3.3%) belonged to extended family.

Regarding the number of children data revealed out of 120 samples most of them i.e., 66(55%) had 2 children, 34(28.4%) had 1 child, 10(8.3%) had 3 and 4 more children.

Regarding the family income (monthly) in rupees, data revealed that out of 120 samples, most of them I. e. 48(40%) were having family income of below 15,000/-,42(35%) were having family income between

15,001-30,000/-, 18(15%) were having family income \geq 45,000/- and 12(10%) were having family income between 35,001-45,000/-

Regarding the sex of the infant, out of 120 samples, majority of them i.e., 68(56.6%) were male, 52(43.4%) were female.

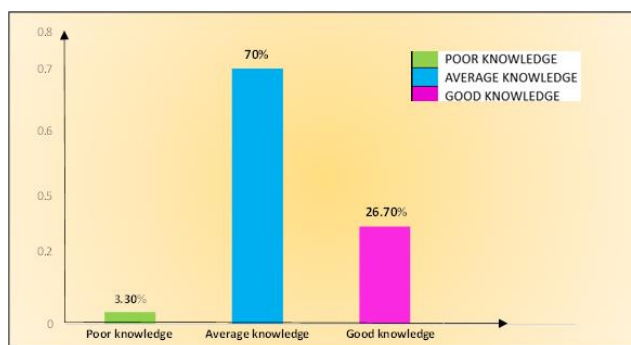
Regarding the age of infant, data revealed out of 60 sample majority of the infants were of ages, 29(48.4%) 10-12 months, 16(11.6%) of 4-6months, 8(13.4%) were of 29th day-3 months ,7(11.6%) were of 7-9 months.Regarding the weight of the infant data revealed that out of 120 samples, most of them i.e.,48(40%) weighed 10-13kg, 44 (36.6%) weighed 4-7kg, 18(15%) weighed 7-10kg, 10(8.4%) weighed) \geq 3kg.

Regarding the gestational age, data revealed that out of 120 samples, most of them i.e., 84 (70%) were born in the 9th month,22(18.4%) after 9th month,12 (10%) in 8th month,2 (1.6%) in 7th month.

Frequency and percentage distribution, mean and standard deviation of the assessment of knowledge regarding infant care.

Table no 1: Frequency and Percentage distribution of assessment of knowledge regarding infant care

Level of Knowledge	Scores	Frequency	Percentage	Mean	Standard Deviation
Poor Knowledge	\leq 10	4	3.30%	17.65	3.88
Average Knowledge	11-20	84	70%		
Good Knowledge	21-30	32	26.70%		

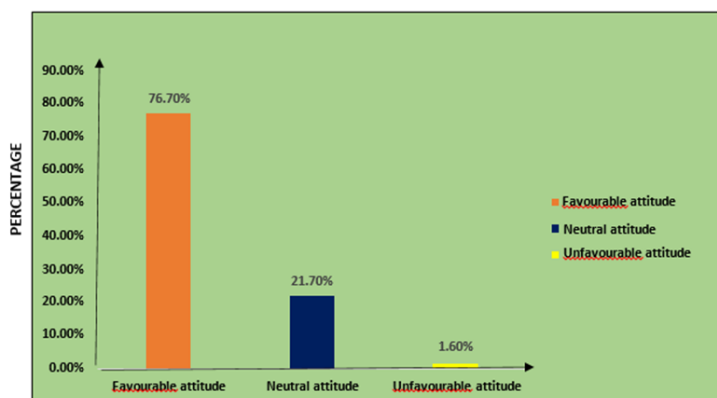


The data in Table No. 1 revealed that most of them had average knowledge 42(70%),16(26.70%) had good knowledge and 2(3.30%) had poor knowledge. It also shows the mean scores of the knowledge regarding infant care as 17.65 with a standard deviation of 3.88.

Findings related to the assessment of attitude of the samples regarding infant care. This section describes the attitude and frequency distribution of the assessment of attitude regarding infant care.

Table No. 2 - Frequency distribution of the assessment of attitude regarding infant care.

Attitude	Criteria	Frequency	Percentage	Mean	Standard Deviation
Unfavourable Attitude	\leq 50%	2	1.6	40.36	5.48
Neutral Attitude	50%-75%	26	21.7%		
Favourable Attitude	\geq 75%	92	76.7%		



This data in table no 2 describes the frequency and percentage distribution of assessment of attitude in infant care. This data revealed that most of them had unfavourable attitude 92 (76.7%), neutral attitude 26(21.7%), favourable attitude 2(1.6%). It also describes the mean scores of the attitude towards infant care 40.36 with a standard deviation of 5.4

IV. Discussion

The present study assessed the knowledge and attitude of fathers with children 0-1 years and their responsibilities regarding infant care in a selected area of Delhi. The findings of present study show 70% had average knowledge, 26.70% had good knowledge and 3.30% had poor knowledge.

A cross-sectional study was conducted by Karani Mogusu, Narasannavar Ashwini, Deepchand Agre, Kumar Jitendra, Mubashir B.A. 1 to assess the knowledge, attitude and practice of fathers of under-five children regarding child care in Ram Nagar area, Belagavi, Karnataka. The study sample constituted of 400 fathers of under-five children who were willing to participate. The data was collected using a pre-designed and pre-tested questionnaire. Findings revealed that majority of the fathers 207(52%) were having good knowledge on under five child care, 107(26.5%) had average knowledge and 86(21.5%) had poor knowledge. Out of 400 participants, 322(80.5%) were having positive attitude, 78(19.5%) had average attitude and none of the fathers had poor attitude. Regarding practice, 183 (45.5%) of fathers had poor practices on child care.

A similar cross-sectional study was conducted by Sachdeva Soni and Gupta Shipra to assess knowledge, attitude and involvement of first-time fathers in infant and young child feeding and care practices, and their relationship with each other. A total of 60 first-time fathers having only one child in the age group of 6 months to 3 years residing in the National Capital Region of India constituted the sample. A questionnaire was used to gather information on general and family characteristics, child's profile, and knowledge, attitude and involvement of fathers in infant and young child feeding and care practices. Findings revealed that maximum fathers (43%) had 'average' knowledge. Nearly 60% and 38% fathers had 'very good' and 'good' total attitude scores. High percentage of fathers had 'good' (43%) and 'very good' (30%) total involvement scores related to their infant/young child feeding and care practices.

The present study revealed that most of them had unfavourable attitude 92 (76.7%), neutral attitude 26 (21.7%), favourable attitude 2(1.6%). It also describes the mean scores of the attitude towards infant care 40.36 with a standard deviation of 5.

V. Conclusion

The major conclusion drawn on the basis of the findings of the study were as follows: The data revealed that, out of 120 samples, most of them had average knowledge i.e., 84(70%), 32(26.70%) had good knowledge and 4(3.30%) had poor knowledge. The data revealed that most of them i.e., 76.7% had favourable attitude ,21.7% had neutral attitude and 1.6% had unfavourable attitude.

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