



ISSN: 0975-833X

Available online at <http://www.journalcra.com>

International Journal of Current Research
Vol. 12, Issue, 02, pp.10196-10199, February, 2020

DOI: <https://doi.org/10.24941/ijcr.38108.02.2020>

INTERNATIONAL JOURNAL
OF CURRENT RESEARCH

RESEARCH ARTICLE

KNOWLEDGE, ATTITUDE AND PRACTICE REGARDING WEANING ADOPTED BY MOTHERS OF INFANTS IN THE SELECTED RURAL AREA OF HALDWANI, UTTARAKHAND

Neha Suyal^{1,*}, Vedamurthy R.² and Mohammad Sarfraz³

¹Nursing Tutor, Akal College of Nursing, Eternal University, Baru Sahib, Sirmaur, Himachal Pradesh, India

²Associate Professor cum Officiating Vice-Principal, Pal College of Nursing & Medical Sciences, Haldwani, Nainital, Uttarakhand, India

³RICU Incharge, Rohilkh and Medical College and Hospital, Bareilly, Uttar Pradesh, India

ARTICLE INFO

Article History:

Received 24th November, 2019

Received in revised form

10th December, 2019

Accepted 09th January, 2020

Published online 28th February, 2020

Key Words:

Knowledge, Attitude,
Practice,

Weaning, Mothers of Infants.

ABSTRACT

Under-nutrition remains one of the most common causes of morbidity and mortality among children globally, which is directly or indirectly related to knowledge and practice of the mothers regarding child feeding. Haldwani region is also having more undernourished children in the Uttarakhand state. Therefore, the present study was performed to assess the knowledge, practice, and attitude of the mothers regarding weaning which is the major factor for nutritional deficiency in the infants. A mixed research approach and descriptive survey design were adopted among 50 mothers selected through a purposive sampling technique. The majority of the mothers (60%) showed adequate knowledge on the weaning concept and its starting time but were less informed regarding breastfeeding routine. Half of the mothers knew the need for hygiene (50%) and proper cooking practices. The mothers showed a positive attitude in the areas like weaning process, diet, position & hygiene. The present study concludes that mothers require detailed knowledge regarding weaning practices and the attitude in order to improve the nutrition status of the children.

Copyright © 2020, Neha Suyal et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Citation: Neha Suyal, Vedamurthy R. and Mohammad Sarfraz. 2020. "Knowledge, Attitude and Practice Regarding Weaning Adopted by Mothers of Infants in the Selected Rural Area of Haldwani, Uttarakhand", *International Journal of Current Research*, 12, (02), 10196-10199.

INTRODUCTION

Adequate nutrition during infancy is vital to a healthy start in life. As per the guidelines of WHO, Infant and Young Child Feeding (IYCF) an infant should be breastfed for the first 6 months of birth and thereafter, semi-solid and solid foods need to be introduced soon while breastfeeding (WHO, 2010). The process of gradually introducing additional nutrition to the baby is called Weaning (WHO, 2010). It is essential for the rapid growth and development of babies as well as to prevent nutritional deficiency. In the first year of life, infants undergo rapid growth and development where good nutrition is essential. In fact, nutrition in the early years of life is a major determinant of healthy growth and development throughout childhood and good health in adulthood. Poor weaning practice may increase the risks of gastrointestinal infection, respiratory infections, and underweight and mortality, etc (Semahegn et al. 2014; Naseem and Mazher, 2016). Therefore, proper foods after 6 months of age is very essential for the infant along with the breast milk to provide sufficient nutrients (Deshpande et al. 2010; Venugopal and Chandrashekar, 2016).

More than 2.4 million under-five child deaths occur in India each year and 2/3 of these deaths are related to inappropriate feeding practices (Suchitra and Kumar, 2018). According to the WHO and UNICEF poor infant feeding practices and their consequences are one of the major problems and a serious obstacle to social and economic development (Dandekar et al. 2014; Tiwari et al. 2016). Further, in Uttarakhand state, around 10 lakh malnourished and 2,500 severely malnourished under five children were reported on 7th October 2016.

Notably, it is the plain districts, where thousands migrate from the hills in hope of a better income, which ranks worse than the hilly regions. Among the 2,500 severely malnourished children 394 were in Udham Singh Nagar, 744 in Haridwar, 172 in Dehradun, 136 in Nainital and 183 were in Tehri. In view of the above, present study was performed to assess the knowledge, practice, and attitude regarding weaning adopted by mothers of infants in the selected rural area of Haldwani, Uttarakhand (The Times of India, 2016). In view of the above, present study was performed to assess the knowledge, practice, and attitude regarding weaning adopted by mothers of infants in the selected rural area of Haldwani, Uttarakhand.

*Corresponding author: Neha Suyal,

1Nursing Tutor, Akal College of Nursing, Eternal University, Baru Sahib, Sirmaur, Himachal Pradesh, India.

Objectives

- To assess the knowledge & practice of the mothers of infants regarding weaning.
- To assess the attitude of the mothers of infants regarding weaning.
- To identify the need of the mothers of infants regarding weaning knowledge.

Operational Definitions

- **Knowledge:** It refers to the correct responses of the mothers of infants to the semi structured interview regarding weaning which consists weaning concepts, practice, diet, position, preparation and hygiene.
- **Practice:** It refers to the practices followed by mothers in preparing weaning food to the infants consisting of weaning concept, practice, diet, position, preparation, hygiene & effect, assessed through an unstructured interview.
- **Attitude:** It refers to the general feeling or a expressed opinion of mothers of infants regarding weaning consisting on weaning concepts, practice, diet, position, preparation, hygiene & effect, assessed through a structured attitude checklist.
- **Mothers of infants:** Mothers having a child aged between 4 to 12 months.
- **Weaning:** It refers to sequential introduction of liquid, semi solid and solid foods along with breast milk at appropriate time to provide adequate nutrients to the infants.

MATERIALS AND METHODS

Research Approach- Based on the nature of the study researcher had selected a mixed research approach to achieve the objectives of the present study.

Research Design- In this study, the researcher adopted a descriptive survey design as described earlier (Sivambika et al. 2017; Swamy and Jayalakshmi, 2018).

Research Setting - Based on the feasibility and availability of the samples, Gaulapar village of Haldwani, Uttarakhand was selected

Population of the study: In the present study population includes mothers of infants aged (4-12 months).

Sample: In this study mothers of infants aged (4-12 months), who are weaning the baby were participants.

Sample Size: in the present study the sample size consisted of 50 mothers having infants of 4-12 months.

Sampling technique: The sampling technique adopted for the present study was the non-probability purposive sampling technique.

Sampling Criteria

Inclusion Criteria

- Mothers of infants aged (4-12 months) who were willing to participate in the study.

- Mothers who can read and write Hindi.
- Mothers who were weaning the infants.

Exclusion Criteria

- Mothers who were sick during the time of data collection.
- Mothers whose infants sick, during data collection. i.e. LBW, IUGR, premature.

Variables

- **Research variable:** Knowledge, practice and attitude regarding weaning adopted by mothers.

Development and description of the tool:

- Section I: Socio-Demographic variables.
- Section II: Semi-structured knowledge and practice questionnaire on weaning.
- Section III: Structured attitude checklist.

Socio-Demographic variables. -The items in the socio-demographic variable were- age of the mother, religion, education status of mother, occupation status of mother, monthly Income of the family, type of family, type of gravid, no of children in family, gender of the baby, previous Source of information regarding weaning and types of food habits.

Semi-structured knowledge and practice questionnaire on weaning: In this section, the knowledge questionnaire was categorized into six areas & the practice questionnaire was categories in seven areas, as mentioned below

Weaning knowledge

1. Weaning concept
2. Weaning process
3. Weaning diet
4. Weaning position
5. Preparation of weaning
6. Food hygiene

Weaning practice

1. Weaning concept
2. Weaning process
3. Weaning diet
4. Weaning position
5. Preparation of weaning
6. Food hygiene
7. Effect of weaning

Structured attitude checklist: It had 14 statements to assess the attitude of mothers. Among them, 10 items depicted a positive attitude and 4 items showed a negative attitude.

Data analysis: The data were collected through a structured interview schedule and analyzed by descriptive statistics and content analysis.

RESULTS

Socio-demographic variables: 70% of the mothers were Hindu, 60% were in the age group of 26-30 years, 50% of mothers had education up to Intermediate and the remaining 50% were graduate. The majority 58% of the mothers was house makers, 54% were multigravida, 74% belonged to a nuclear family and 74% of mothers revealed that their source of information was family members and friends.

Knowledge & practice of the mothers on weaning: The majority of the mothers had adequate knowledge of the weaning concept, weaning routine & food hygiene but they were having less information regarding breastfeeding routine

& preparation of weaning food. In the practice area, the mothers showed good practice in the weaning diet, position of feeding, hygiene area and less practice in preparation of weaning food, the effect of weaning.

The attitude of the mothers on weaning: The mothers showed a positive attitude in the majority of the area of weaning. Among them, 80% believed that weaning is essential during infancy and it has no link with teeth eruption. Further, 80% of mothers revealed that they did not add any extra things (sugar, ghee, jaggery) in weaning foods. All the mothers had a positive attitude towards personnel hygiene & 80% of mothers were aware that “improper and delayed weaning leads to delayed growth and development.

DISCUSSION

Assessment of the knowledge, attitude & practice of the mothers of infants regarding weaning is very crucial to deal with under-nutrition among society. The present study revealed the status of awareness among the mothers of Haldwani region. Similar studies were performed by Gonah et al. (2016) and Ambadan and Shekhar (2017) in which the knowledge of the mothers was assessed regarding weaning practices. They have revealed that most of the respondents were having correct weaning knowledge and they knew about ideal weaning time. Regarding weaning diet and position, our results are in accordance with Tewari et al. (2016) as most of the mothers have used Khichdi and meshed foods to the infants of 6-8 months with 2-3 meals per day along with breastfeeding. Moreover, the average amount of each meal can be 2-3 tablespoons by using the lap as a referred position for weaning. Further, the solid foods should not be given to the infants until the baby is able to sit on a chair with back support. It can be concluded from the study that mother's knowledge is important on dietary practices in prevention of malnutrition, which in turn can help them to have a good attitude towards the dietary practices, so that, they can change their behavior and harmful practices.

Weaning food preparation, hygiene and the effect of weaning are some important aspect in order to spread the awareness. A study conducted by Islam et al. (2013) regarding hygiene intervention to reduce contamination of weaning food in Bangladesh. They have found that weaning foods were heavily contaminated with fecal coliforms (FC) and fecal streptococci (FS). They have recommended the following measures for reducing the level of FC and FS: (i) washing hands with safe water (water-free from harmful microorganisms and substances) and soap before starting meal preparation or feeding a child, after cleaning a child's bottom and after using a latrine; (ii) using safe water to wash utensils and prepare food; (iii) cooking and reheating foods until boiling; and (iv) covering the food with a lid during storage. In our study, it was observed that the majority of respondents had sufficient knowledge regarding handling the health problems during weaning. Diarrhea was the most frequent problem complained by the mothers after weaning.

Conclusion

The purpose of this study was to assess the knowledge, practice, and attitude regarding weaning adopted by mothers of infants in the selected rural areas of Haldwani, Uttarakhand. Knowledge and awareness of the exclusive breastfeeding for

the first six months, timely and adequate supplementation, and maintaining breast milk long enough to ensure its replacement by a safe and nutritious diet and discouraging the bottle feeding are extremely important to ensure a healthy start in life. The researcher found the lacunas in several areas that were tried to be overcome by developing and distributing the informational booklet on weaning. This study helped the mothers to gain more knowledge in the weaning area.

Limitation

- Sample size is limited to 50.
- Result cannot be generalized because of individual difference and biases.
- Prescribed data collection period as only 6 week.

Recommendation

- A replication of the present study can be done with large sample.
- A comparative study can be conducted between rural and urban mother's knowledge and Practice of weaning.
- Mother's knowledge and practice can be assessed after giving self instructional module or structured teaching programme.

ABBREVIATIONS

IYCF: Infant and Young Child Feeding

WHO: World Health Organization

UNICEF- United Nations International Children's Emergency Fund

IUGR-Intra uterine growth retardation

LBW-Low birth weight

Conflict of interest: There is no conflict of interest among the authors.

REFERENCES

- Ambadan, G.R., Shekhar, S. 2017. Knowledge of Recommended Weaning Practices Prevalent Among Urban Mothers. *Int J Pure App Biosci*, 6(1):101-109
- Dandekar, R.H., Shafee, M., Kumar, R. 2014. Breastfeeding and weaning practices among literate mothers: a community based study in rural area of Perambalur taluk, Tamil Nadu. *The Health Agenda*, 2(1):15-21
- Deshpande, J.D., Giri, P.A., Phalke, D.B., Phalke, V.D., Kalakoti, P., Syed, M.M.A. 2010. Socio-cultural practices in relation to breastfeeding, weaning and child rearing among Indian mothers and assessment of nutritional status of children under five in rural India. *Aus Med J*, 3(9):618-624
- Gonah, L., Mutambara, J. 2016. Determinants of weaning practices among mothers of infants aged below 12 months in Masvingo, Zimbabwe. *Ann Glob Health*, 82(5):875-884
- Islam, M.S., Mahmud, Z.H., Gope, P.S., Zaman, R.U., Hossain, Z., Islam, M.S., Mondal, D., Sharker, M.A., Islam, K., Jahan, H., Bhuiya, A., Endtz, H.P., Cravioto, A., Curtis, V., Touré, O., Cairncross, S. 2013. Hygiene intervention reduces contamination of weaning food in Bangladesh. *Trop Med Int Health*, 18(3):250-8.
- Naseem, A., Mazher, N. 2016. A study to evaluate the knowledge, attitude and practices of exclusive breast

- feeding among primi mothers of healthy term neonates in a tertiary care hospital and predictors of failure of establishment of exclusive breast feeding in first six months. *Int J Contemp Pediatr*, 3(3):810-814
- Semahegn, A., Tesfaye, G., Bogale, A. 2014. Complementary feeding practice of mothers and associated factors in Hiwot Fana specialized hospital, eastern Ethiopia. *Pan Afr Med J*, 18:143
- Sivambika, G., Ajitha, S., Lakshmi, D.L., Malathi, D.V. 2017. A descriptive study to assess the level of knowledge regarding weaning practice among mothers of under five children in Poonchari village, Kancheepuram district, Tamilnadu, India. *Int J Sci Res Edu*, 5(10): 6896-6899
- Suchitra., Kumar, R. 2018. Knowledge of Rural Women Regarding Nutrition Practices in Bikaner District of Rajasthan, India. *Int J Curr Microbiol App Sci*, 7(2): 3174-3184
- Swamy, N.M., Jayalakshmi, L.S. 2018. A descriptive study to assess the knowledge and attitude regarding weaning practices among mothers of infants in selected rural communities, Jaipur. *Int J Res Trends Innov*, 3(6): 2456-3315
- The Times of India [Internet]. Dehradun: Bennett, Coleman & Co. Ltd.; 2016. Uttarakhand to use locally grown therapeutic food to curb severe malnutrition, anaemia; 2016 Oct 7 [2018 May 12]; [about 3 screens]. Available from: <https://timesofindia.indiatimes.com/city/dehradun/Uttarakhand-to-use-locally-grown-therapeutic-food-to-curb-severe-malnutrition-anaemia/articleshow/54723455.cms>
- Tiwari, S., Bharadva, K., Yadav, B., Malik, S., Gangal, P., Banapurmath, C.R., Zaka-Ur-Rab, Z., Deshmukh, U., Kumar V., Agrawal, R.K. 2016. Infant and Young Child Feeding Guidelines. *Indian Pediatr*, 8;53(8):703-13
- Venugopal, S., Chandrashekar, C. 2016. Knowledge of complementary feed and its effect on the child nutrition. *Int J Pediatr Res*, 3(1):24-31
- World Health Organization. 2010. Indicators for assessing infant and young child feeding practices, Part 2, Geneva: WHO press. Available from: <http://www.who.int/nutrition/publications/infantfeeding/9789241599290/en/>
