EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING COMPLEMENTARY FEEDING AMONG MOTHERS OF CHILDREN UP TO 2 YEARS

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ABSTRACT

Introduction: Complementary feeding service offers direct care to the child who is up to 2 years of age. The main aim of the study was to facilitate the knowledge regarding complementary feeding among mothers of children up to 2 years of age.

Methodology: One group pre test post test design was selected for the study. The study was conducted on 100 mothers in selected rural area in Ajitgarh Punjab. Convenience sampling technique was used for the study. Data was collected by using structured questionnaire. Pre test was administered to mothers followed by structured teaching program for 30 minutes.

Result: The pre test mean knowledge score was 17.28 and post test mean knowledge score was 21.80. So result reveals that significant increase in knowledge of mothers. Therefore structured teaching program was useful in improving knowledge regarding complementary feeding among mothers up to 2 years of age.

Conclusion: It was concluded that there were significant difference between pre test and post test knowledge among mothers residing in rural area.

Key words: - Knowledge, Complementary feeding, Mothers.

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INTRODUCTION:

Children constitute a major proportion of the global population today. The basic necessities of human life like “food, clothing, shelter, health, care and love “ are same in all cultures. Yet, the infant caring practice and resources vary tremendously by culture in families and communities. There are many misconception and confusion regarding the dietary requirements in most communities! The human milk alone, even in reasonable qualities, cannot provide all the energy and protein required for maintaining an adequate velocity of growth for infant, after the age of six months.

Malnutrition in children results in growth retardation and limited intellectual abilities that diminish their working capacity during adulthood, decreased resistance to disease and infections and ultimately ill health and death. It delays motor and mental development, exposes to frequent attack of diarrheal disease; most importantly it can interfere with attainment of full human potential.

Nutritional deficiency constitutes a major public health problem in India and other

countries of the developing world. In infants and children every year over, 50percent of children are undernourished. The most vulnerable period of malnutrition in first 3 year. Adequate nutritional and early feeding patterns are important determinants of health during infancy. Infancy holds an important role in the life of every individual as the entire structure of man’s life is formed during this time.

PROBLEM STATEMENT:

A pre- experimental study on effectiveness of structured teaching program on knowledge regarding complementary feeding among mothers of children up to 2 years at selected rural area in Ajitgarh, Punjab.

OBJECTIVES OF THE STUDY:

1. To assess the knowledge regarding complementary feeding among mothers of children up to 2 years of age at selected rural area in Ajitgarh, Punjab through pretest and posttest.
2. To compare the pretest and posttest knowledge score of STP on

complementary feeding among mothers of children up to 2 years of age.

3. To find out the association between the pretest knowledge score and socio demographic variables among mothers of children up to 2 years of age.

RESEARCH HYPOTHESIS:

There was significant increase in the knowledge on complementary feeding among mothers of children up to 2 years of age after structured teaching program (STP).

Operational Definitions:

- **Structured teaching program:-**It refer to the systematically planned group instructions designed on knowledge regarding definition, types, method of preparation, benefits, principles and feeding problems of complementary feeding.
- **Complementary feeding:** - It means giving the child other nutrient foods in addition to breast milk.

METHODOLOGY:

Quantitative Research Approach.

Research Design: Pre-Experimental one group pre test and post test design

Research Design.

Sampling Criteria:

Inclusion Criteria: Mothers who were present at the time of data collection.

Mothers who were willing to participate in the study Mothers who understand Hindi or Punjabi.

Exclusion Criteria: Mothers of children more than 2 years of age.

Description of Tool :

Section A: It consist of variables to collect identification and socio-demographic information such as, age of Mother, education of Mother, occupation of Mother, type of family, monthly Income of family(in rupees), religion of family, marital status and source of information.

Section B: Questionnaire on knowledge regarding definition, types, method of preparation, benefits, principles and feeding problems of complementary feeding. It consists of 26 items.

RESULTS:

The data was analysed by descriptive and inferential statistical methods. The comparison of pre test and post test, among mother of children up to 2 years of age.

Majority of the study sample in post test

90% mothers had good knowledge and 41% in pre test, 10% mothers had average knowledge in post test and 58% in pre test and none of them had poor knowledge in

post test and in pre test 1% had poor knowledge.

Figure shows, Comparison of pre test and post test knowledge score regarding complementary feeding among mothers of children up to 2 years of age. (N=100)
Study results reveal that there is no significant association between the level of

score and socio demographic variables (age, religion, type of family, monthly income, age of child and source of information regarding complementary feeding) at the 0.05 level of significance.

DISCUSSION:

The finding of the study revealed that in pre-test majority 58% mothers had average knowledge regarding complementary feeding, 41% had good knowledge and 1% had poor knowledge regarding complementary feeding.

The finding are supported by Olatona F. A., Odozi M. A., Amu E. O. A study conducted in Nigeria on awareness of mothers regarding complementary feeding, out of the 335 mothers only 38% of mothers had good knowledge regarding complementary feeding, 42% of mothers had average knowledge and 20% of mothers had poor knowledge regarding complementary feeding.

The present study shows that the association between the level of score and socio demographic variable. Based on the 3rd objectives used to Chi-square test used to associate the level of knowledge and selected demographic variables. The Chi-square value shows that there is significance association between the score level and demographic variables(Education of mothers and occupation of mothers). There

is no significance association between the level of scores and other demographic variables The calculated chi-square values were less than the table value at the 0.05 level of significance(age, religion, type of family, monthly income, age of child and source of information regarding complementary feeding).

The finding were supported by **D Souza A, Valsaraj BP, Priyadarshini S.** A pre experimental study was conducted in two primary health centers of Udupi Taluk with a sample size of 50 mothers to assess the effectiveness of planned teaching program on knowledge and attitudes about complementary feeding. The study showed that the mean post- test knowledge score (32) was higher than mean pre-test knowledge score (14) and mean post-test attitude score (68) was higher than mean pre-test attitude score(50). The t-test computed to determine the significant difference of mean pre-test knowledge score of mothers on complementary feeding and selected variables like age of the youngest child in months, type of family and educational status. No significant association was observed between the pre-

test attitude of mothers and selected variables and study also found that there was relation between pre-test knowledge score and pre-test attitude scores on complementary feeding. That study revealed that majority 80% expressed that planned teaching program was easy to understand. Hence the study found to be effective in meeting the objective.

Nursing Implications:

The finding of the study have several implication on nursing practice, nursing education, and nursing research. The investigator with the finding of the study elaborates implications which are discussed under the following headlines:

In Nursing Education:

Education is the key component in improving the knowledge and building the right attitude. Education in nursing has vital role to play. Nursing education should prepare mothers with potential for imparting information about complementary feeding.

In Nursing Administration:

Nursing administration should take interest in providing information on complementary

feeding to all mothers. Nurses as an administrator should plan and organize education program. Every mother should receive quality information regarding complementary feeding so quality of the care of the child can be improved

In Nursing Practice:

- Education program should be conducted by nursing personnel in hospital.
- Imparting knowledge to nurses regarding complementary feeding.
- Nurses play an important role in imparting education, education program with effective teaching strategies to motivate the nurses to practice complementary feeding.

In Nursing Research:

It is essential to identify the present level of knowledge of mothers regarding complementary feeding to know the information extent to be taught. Extensive research must be conducted in this area to assess the knowledge and use effective method of education

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