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Dr. Lily Podder

Associate Professor, BV (DU)
CON, Pune, Maharashtra,
India

Sunitabala Shagolsem

Fourth Yr. B. SC. Nsg
Students, BV (DU) CON,
Pune, Maharashtra, India

Monali Salunke

Fourth Yr. B. SC. Nsg
Students, BV (DU) CON,
Pune, Maharashtra, India

Knowledge regarding complementary feeding among mothers

Dr. Lily Podder, Sunitabala Shagolsem and Monali Salunke

Abstract

An exploratory survey was conducted by the investigators selected urban areas of Pune city with objectives to assess the knowledge regarding complementary feeding among mothers and to associate the knowledge with selected demographic variables. Quantitative research approach with non-experimental exploratory survey design was adopted for the present study. 100 mothers having children between 6-24 months of age, willing to participate and who can understand and speak English, Hindi and Marathi were recruited in the study using non probability purposive sampling technique. A structured questionnaire consisting of objective type questions were prepared to assess the knowledge regarding complementary feeding among mothers. Data collection was carried out in Upper Indira Nagar Bibvewadi, Padmavati Vasant Sahakar Nagar and Padmavati Taljai Vasahat areas of Pune City from 24/10/17 to 6/11/17. Findings of the study revealed that the majority of the samples (52%) in the study were between 20-25yrs, 64% of the mothers were having secondary education, the majority of the samples in the study 55% were from joint families, 64% of the mothers were housewives, 47% of the mothers' monthly families income were ranging between Rs.10,001/-Rs.15,000/- and 48% of the mothers had two children. Majority of the mothers (54%) possess good knowledge and 25% of mothers had poor knowledge regarding complementary feeding. Data further revealed that the knowledge of the mothers were associated with their age, education, monthly family income and the number of children they have.

Conclusion: Mothers does not possess excellent knowledge regarding complementary feeding so nurses should organize education programme to create awareness regarding complementary feeding among mothers.

Keywords: Knowledge, mothers, complementary feeding, urban areas

Introduction

Mother is a very humanizing effect. Mother is placed at the level of God to provide love, warmth and satisfy needs of baby. The average annual number of births during a year per 1,000 persons in the population at midyear is known as birth rate. The birth rate is usually dominant factor in determining the rate of population growth ^[1]. Establishing appropriate universal and timely introduction of complementary feeding has emerged as one major strategy to compact avoidable under nutrition in young children ^[2]. As the baby grows and become more active, an age is reached when breast milk alone is not sufficient to meet child nutritional needs. So complementary foods are than needed to fill the gap between the total nutritional needs of child and the amount provided by breast milk ^[3]. Complementary feeding is the systemic 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 ^[4].

WHO, recommends that infants start receiving complementary foods at 6 months of age in addition to breast milk initially 2-3 times a day between 9-11 months and 12-24 months with additional nutritious snacks offered 1-2 times per day. Under nutrition is responsible for at least 35% of under 5 deaths worldwide. As estimated 32% of children less than 5 year of age in developing countries are stunted & 10% are wasted. Appropriate complementary feeding is critical for the achievement of health growth & development & more survival of young children ^[1].

Previous research studies reported that infants and young children are at an increased risk of malnutrition from 6 months of age onwards when breast milk alone is no longer sufficient to meet all their nutritional requirement and complementary feeding should be started ^[5].

Correspondence

Dr. Lily Podder

Associate Professor, BV (DU)
College of Nursing, Pune,
Maharashtra, India

Materials and Methods

Quantitative approach non- experimental exploratory survey design was adopted for the study.100 mothers were included in study by Non probability purposive sampling technique from urban areas of Pune city. Structured Questionnaire having objective type questions were used to collect the data. The tool was administered to the mothers and they were instructed to answer within 30 mins. The collected data were coded, tabulated and analyzed using descriptive and inferential statistics.

Results

The maximum possible score in the knowledge questionnaire was The mean knowledge score was 33.33 among the mothers regarding complementary feeding. The majority of the mothers i.e, 54(54%) has good knowledge score and 25 (25%) has poor knowledge score and only 21 (21%) of the mothers has excellent knowledge regarding complementary feeding. Overall mean value of the data analysis is 33.33. 25% of the mothers between 20-25 yrs of age group possess excellent knowledge regarding complementary feeding where as 33% of mothers between 26-30 yrs of age group possess good knowledge regarding complementary feeding. 40% of mothers' who were educated up to secondary level possesses good knowledge. 20% of mothers from joint family possess excellent knowledge. 22% of mothers having two children possess excellent knowledge. 35% of mothers whose family income are Rs.10001-Rs.15,000/- possess good knowledge. 34% of mothers were housewives who possess excellent knowledge.

Table 1: Distribution of samples according to their demographic characteristics

Demographic Variables	Frequency (F)	Percentage (%)
AGE		
<20YRS	3	3%
20-25YRS	52	52%
26-30YRS	42	42%
31-35YRS	3	3%
>35YRS	00	00%
Education		
Illiterate	00	00%
Primary	24	24%
Secondary	63	63%
Graduation	11	11%
Post Graduation	2	2%
Number of Children		
Only one	33	33%
Two	40	40%
Three	26	26%
Four	1	1%
Five &above	00	00%
Type of Family		
Extended	22	22%
Joint	55	55%
Nuclear	23	23%
Monthly Income		
<Rs.5000	1	1%
Rs.5001-Rs.10,000	22	22%
Rs.10,001-Rs.15,000	49	49%
>Rs.15,000	28	28%
Mother Occupation		
Housewife	64	64%
Government employed	7	7%
Private employed	26	26%
Self employed	3	3%
Others	00	00%

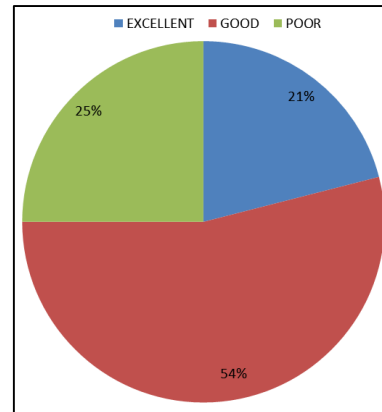


Fig 1: Distribution of mothers according to their knowledge level

Table 2: Association between the knowledge of mothers regarding complementary feeding with selected demographic variables.

Demographic variables	Level o of Knowledge			Chi X ²	df	Table Value
	Poor	Good	Excellent			
Age						
20yrs	0	3	0			
20-25yrs	10	17	25			
26-30yrs	3	33	6	38.68*	8	15.51
31-35yrs	3	0	0			
>35yrs	0	0	0			
Education						
Illiterate	0	0	0			
Primary	7	7	10			
Secondary	13	40	10	19.001*	8	15.51
Graduation	2	3	6			
Post-Graduation	0	0	2			
Type of Family						
Extended	2	12	8			
Joint	15	15	25	8.097	4	9.49
Nuclear	3	12	8			
No. of Children						
Only1	8	15	10			
Two	3	15	22			
Three	2	4	20	16.668*	8	15.51
Four	0	1	0			
Five and more	0	0	0			
Monthly Income						
<Rs.5000	1	0	0			
Rs.5001-Rs.10,000	7	5	10	21.178*	6	12.59
Rs.10001-Rs.15000	7	35	7			
>Rs.15,000	3	15	10			
Mother Occupation						
Housewife	20	10	34			
Govt. Employee	2	2	3			
Private Employee	6	8	12	7.381	8	15.51
Self Employee	0	2	1			
Others	0	0	0			

Discussion

A study was done on “complementary feeding reasons for inappropriateness in timing, quality and consistency” in 2008 January Delhi. The findings were among 200 children

studied, 32(16%) poor knowledge regarding complementary feeding, 35 (17.5%) mothers having good knowledge regarding complementary feeding and only 7 (3.5%) mothers started at adequate quality with proper time. Only 16 (8%) mothers had excellent knowledge of all aspect on complementary feeding.

In our study 25% of mothers are having poor knowledge regarding complementary feeding, 54% of mothers having good knowledge, 25% of mothers having excellent knowledge regarding complementary feeding.

Comparison of knowledge regarding complementary feeding with selected demographic variables revealed that according to age of the mothers, the majority of 25% are 20-25yrs who scored excellent; the majority of 33% are 26-30yrs who scored good.

According to education, the majority of 40% are secondary education who scored good. Related to type of the family, the majority of 20% are joint family who scored excellent. According to the number of children, the majority of 22% are having two children who scored excellent. According to monthly income, the majority of 35% are Rs.10001-Rs.15,000/- who scored good. Related to mother's occupation, the majority of 34% are housewives who scored excellent.

Conclusion

Mothers does not possess more excellent knowledge regarding complementary feeding, so nurses should organize education programme to create awareness regarding complementary feeding among mothers. Nurses should performed the demonstration regarding complementary feeding in front of the mothers to increase the knowledge of the mothers.

Recommendations

Keeping in view the findings of the present study, the following recommendations were made:

- A similar study can be replicated in different setting to strengthen the findings.
- A similar study can be done to assess the effectiveness of an information booklet regarding complementary feeding among mothers.
- A similar study can be done on a large sample to generalise the findings.

A comparative study can be undertaken to see the differences in knowledge regarding complementary feeding, between mothers residing in rural and urban areas

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