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### Effectiveness of planned intervention on weaning process in terms of knowledge & practice among mothers of infant

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#### Abstract

Weaning is defined as 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 physical & physiological growth is slower in toddlers than n infants. One of the most important components of maintaining a child's health is the promotion of good nutrition & dietary habits. The nurse's role involves encouraging and assisting parents in providing adequate nutrition for their child .A quasi Experimental Design One Group pretest posttest study to develop planned intervention on weaning process in terms of knowledge & practice among mothers of infant in selected area of Ranchi district. The main objective of this study was to develop and validate planned intervention on weaning process for mothers of infant, to assess & compare the mean pre-test and mean post-test knowledge score on weaning process among mothers of infant. The literature review and 300 mothers of infant were selected and interviewed by a purposive sampling technique. The interviews continued up to data saturation as well.

**Background of the Study:** Infant and young child nutrition has been engaging the attention of scientists and planners since long for the very simple reason that growth rate in the life of human beings is maximum during the first year of life and infant feeding practices comprising of both the breastfeeding as well as complementary feeding have major role in determining the nutritional status of the child. The link between malnutrition and infant feeding has been well established. Recent scientific evidence reveals that malnutrition has been responsible, directly or indirectly, for 60% of all deaths among children under five years annually. Over 2/3 of these deaths are often associated with inappropriate feeding practices and occur during the first year of life. Only 35% of infants world-wide are exclusively breastfed during the first four months of life and complementary feeding begins either too early or too late with foods which are often nutritionally inadequate and unsafe. Poor feeding practices in infancy and early childhood, resulting in malnutrition, contribute to impaired cognitive and social development, poor school performance and reduced productivity in later life. Poor feeding practices are, therefore, a major threat to social and economic development as they are among the most serious obstacles to attaining and maintaining health of this important age group.

**Research Design:** Quasi Experimental Design

**Samples and Sample Size:** 300 Primi mothers of Infant.

**Result:** Analysis and interpretation of frequency and percentage of level of knowledge & Practice the data regarding pretest knowledge score, (41%) samples were having moderate knowledge score whereas (38.7%) subject had adequate knowledge score, (20.3%) mothers demonstrated inadequate knowledge were as the data of concerning post-test knowledge score, (88%) samples were having inadequate knowledge score whereas (11.7%) subject had moderate knowledge score.

**Conclusion:** The participants had increased their perception level relating to substitution method once the implementation of academic intervention. The study suggested that a multidisciplinary teaching approach which incorporates teaching, hand on talent, issuance info brochure and reinforcement may need result on perception and apply of healthy food pattern could facilitate to extend awareness.

**Keywords:** weaning process, knowledge & practice, mothers, intervention

#### Introduction

Weaning is defined as 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 physical & physiological growth is slower in toddlers than infants. One of the most important components of maintaining a child's health is the promotion of good nutrition & dietary habits. The nurse's role involves encouraging and assisting parents in providing adequate

nutrition for their child

A quasi Experimental Design One Group pretest posttest study to develop planned intervention on weaning process in terms of knowledge & practice among mothers of infant in selected area of Ranchi district was conducted by Ms. Sunita Kumari in partial fulfillment of the requirement of the award of Doctorate degree in nursing at the JJT University Jhunjhunu Rajasthan.

Objectives of the study were: This study was designed to investigate the weaning Process in terms of Knowledge and Practice among mother of infant Therefore, the obtained results can be used for health policymakers who design strategies to prevent physical and mental damage to mothers and their children. The main objective of this study was to develop and validate planned intervention on weaning process for mothers of infant, to assess & compare the mean pre-test and mean post-test knowledge score on weaning process among mothers of infant. To assess & compare the mean pre-test and mean post-test practice score on weaning process among mothers of infant. To find the association between mean pre-test practices score on weaning process among mothers of infant with selected demographic variables. To find the association between mean post-test practices score on weaning process among mothers of infant with selected demographic variables.

**Materials and Methods:** The sequential combination exploratory mixed methods design was used to develop the questionnaire format in two sections. The qualitative section was designed to probe the role of cultural beliefs on weaning, which included a

Literature and related tools review and fieldwork, the literature review and 300 mothers of infant were selected and interviewed by a purposive sampling technique. The interviews continued up to data saturation as well In addition. Data analyses for both steps were conducted using

conventional and textual content analyses.

The tool used for data collection was structured interview schedule, which consisted of a questionnaire to assess the knowledge of the sample regarding Weaning Process among Primi Mother of Infant.

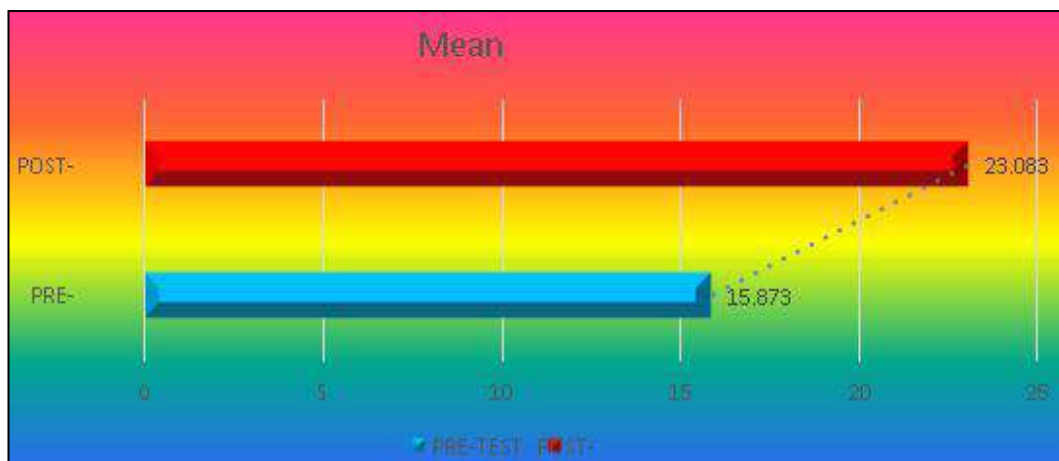
**For generating necessary data, a structured questionnaire was developed which consisted of two sections.**

**Section-I:** Included items seeking information on demographic Profile (08 questions).

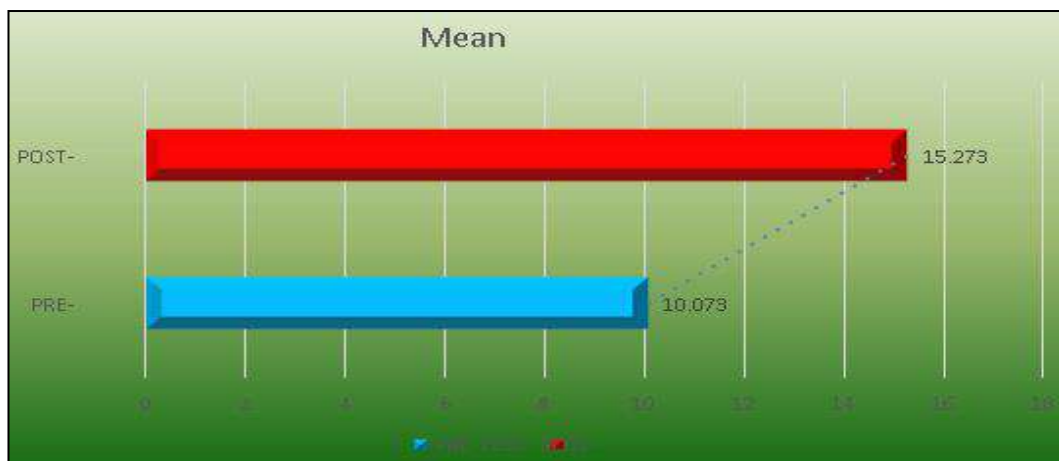
**Section-II:** Included items to assess the knowledge regarding weaning process in children among Primi Mother (30 questions) & section-iii check list regarding weaning process. Pilot study was carried out on 30samples for feasibility.

A quasi experimental study was done on 300 samples. “One group pre-test post- test design” The data collection was done in the month of November 2019. On the 1st day the existing knowledge was assessed and health teaching carried out. On the 7th day post- test was administered. The data collected were analyzed in term of frequency, percentages “t” test and co- efficient of correlation and presented in the form of tables and graphs.

### Major findings of the study



**Fig 1:** Effectiveness of knowledge on weaning process



**Fig 2:** Effectiveness of practice on weaning process

Analysis and interpretation of frequency and percentage of level of knowledge the data regarding pretest knowledge score, (41%) samples were having moderate knowledge score whereas (38.7%) subject had adequate knowledge score, (20.3%) mothers demonstrated inadequate knowledge were as the data of concerning post-test knowledge score, (88%) samples were having inadequate knowledge score whereas (11.7%) subject had moderate knowledge score.

### Conclusions

Deficit of information and apply gift all told the areas on substitution method in pre-test. The findings incontestable that alertness program on substitution was a good strategy in transfer concerning changes in data, affection and {Psychomotor content cognitive content mental object bodily method body process bodily function activity domain among mothers from chosen space relating to substitution process. Subjects gained positive increase in perception and apply score shows that structure teaching program was terribly effective. This program was acceptable and helpful strategy of teaching for participants. The charm of information & apply method concerning substitution method is partaking once weighted against the rising value of health care there's a sub merge would like for border publication of knowledge concerning baby nutrition, particularly focusing baby, to prevent their growth and development. This study generated knowledge on info relating to this subject before and once the intervention of advance cognizance program. The participants had increased their perception level relating to substitution method once the implementation of academic intervention. The study suggested that a multidisciplinary teaching approach which incorporates teaching, hand on talent, issuance info brochure and reinforcement may need result on perception and apply of healthy food pattern could facilitate to extend awareness. The abstract framework adopted for this study was system theory is helpful in understanding the influence of input, method and output connected health promotion side of nutrition supported the study finding disclosed that implementation of structure teaching program among the mothers gained adequate data concerning this idea.

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