

# A descriptive study to assess the knowledge and attitude regarding weaning practices among mothers of infants in selected rural communities, Jaipur

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**Abstract:** The term ‘wean’ means to accustom and it describes the process by which the infant gradually becomes accustomed to the full adult diet. **Objectives** 1. To assess the knowledge among mothers of infants regarding weaning practices. 2. To assess the attitude among mothers regarding weaning practices. 3. To correlate the knowledge and attitude among mothers regarding weaning practices. 4. To associate the knowledge and attitude of mothers of infants with the selected demographic variables. **Methodology** descriptive research approach with 100 sample with convenient sampling technique was used. Data collected with interview and likert scale. **Result** This study revealed that attitude score is better than knowledge score. Because majority of mothers of infants had positive attitudes towards weaning practices. There is inadequate knowledge among mothers of infants on weaning practices.

**Keywords:** Weaning practices, knowledge and attitude

## Introduction-

The term ‘wean’ means to accustom and it describes the process by which the infant gradually becomes accustomed to the full adult diet. The world health organization has given this definition of weaning as “weaning is the process by which an infant gradually becomes accustomed to an adult diet WHO (2003).” Another historical definition is “To replace mother’s milk with other nourishment”.

The infant mortality rate in world shows 44.13/1000 live births in 2010 While the infant mortality rate declined to 41.61/1000 live births from 2010-2011. The decline in infant mortality has been attributed to

- (a) Improvement in standard of living trends in the society
- (b) Better control of communicable diseases
- (c) Better obstetrics and other health care services.

## Review of literature

In order to accomplish the goal of the present study, the review has been organized under the following headings.

- Weaning and weaning practices
- Knowledge on weaning practices
- Attitude on weaning practices and
- Variables that influences the knowledge and attitude on weaning practices.

## Objectives

1. To assess the knowledge among mothers of infants regarding weaning practices.
2. To assess the attitude among mothers regarding weaning practices.
3. To correlate the knowledge and attitude among mothers regarding weaning practices.
4. To associate the knowledge and attitude of mothers of infants with the selected demographic variables.

## Assumptions

1. The mothers of infants may have inadequate knowledge regarding weaning practices.
2. The selected demographic variables have an influence on mother’s knowledge and weaning practices.
3. The adequate knowledge of mothers regarding weaning has influence on promotion of infant’s health.

## Hypothesis

### Null hypothesis

HO<sub>1</sub>: There is no significant correlation between knowledge and attitude among mothers of infants regarding weaning practices.

HO<sub>2</sub>: There is no significant association with the selected demographic variables

## **Methodology**

### **Research Approach**

A descriptive survey research approach was considered the best to assess the knowledge and attitude on weaning practices.

### **Research design**

The investigator selected non-experimental descriptive design to assess knowledge and attitude among mothers of infants regarding weaning practices in selected rural communities, Jaipur

**Setting of the study-** Achrol village was chosen from Achrol P.H.C

### **Population of the study**

The target population in the present study included mothers who are having 6-12 months infants residing at rural communities, Jaipur.

### **Sample and sampling technique**

Sample size is 100 mothers of infants who fulfill all the required characteristics of population. Non-probability convenient sampling technique was followed for the present study

**Tool-** In this study a structured interview schedule and Linker scale was prepared to assess the knowledge and attitude of mothers of infants on weaning practices. Interview schedule was selected to get extra and complete information from mothers of infants.

### **Data collection-**

Prior to the data collection permission was obtained from the medical officer of Achrol P.H.C. On the request of medical officer the auxillary health workers and social workers informed to the mothers to co-operate with the investigator. Before interview the purpose of the interview was explained to mothers with self-introduction. The investigator took an average time of 15 -20 minutes for each interview.

### **Major findings of the study were:**

The data analyzed from the study subjects were analyzed and interpreted in terms of the objectives and hypothesis of the study. Descriptive and inferential statistics were used for data analysis; the level of significance was at 5%.

- Assessment level of knowledge of mothers revealed the mean for overall knowledge of mothers of infants was 17.34 (S.D = 2.92). The highest mean knowledge was for weaning foods 8.37 (S.D = 1.59) and the lowest mean was for care during weaning 1.01(S.D = 0.76). This decrease in the total knowledge indicates that the mothers of infants need more information on weaning practices.
- The assessment of attitude of mothers of infants revealed that the mean score of overall attitude was 62.33% (S.D = 6.21). The maximum level of mean score was obtained in attitude regarding weaning foods was 29.63 (S.D= 4.78) and the minimum score was obtained for attitude regarding care during weaning was 6.56 (S.D = 1.93)
- The correlation between the knowledge and attitude showed that there was a positive correlation between knowledge and attitude of mothers of infants with regard to weaning practices. Hence the null hypothesis  $H_0_1$ , which stated "there is no significant correlation between knowledge and attitude among mothers of infants on weaning practices", was rejected. This shows that efforts can be undertaken by the community health nurse to educate the community regarding weaning practices.
- There was a statistically significant association found between level of knowledge and demographic variables such as age and source of information of mothers at  $p < 0.01$  level. Hence, the null hypothesis  $H_0_2$  which stated that "there is no significant association with selected demographic variables of mothers of infants" was rejected.
- There was no statistically significant association between level of attitude and the demographic variables such as religion, marital status, educational status, occupation, income of the family, type of family and number of children. Hence, the null hypothesis  $H_0_2$  which stated that "there is no significant association with selected demographic variables of mothers of infants" was accepted.

### **Conclusion**

This study revealed that attitude score is better than knowledge score. Because majority of mothers of infants was had positive attitudes towards weaning practices. There is inadequate knowledge among mothers of infants on weaning practices. Hence, the individuals in community could be given health education repeatedly. Regular health education programs should be conducted by the health personnel related to weaning practices for future studies.

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