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A study to assess effectiveness of planned teaching programme Regarding Weaning diet in term of knowledge Among the mother of 6 month to 1 year Children in selected rural area of Surat district

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Abstract

In this evaluative research approach with pre-experimental one group pre test and post test design was used and the study was conducted at valan village. The sample comprised of 25 mothers. Sample was selected by simple random sample technique. Data collection done from 4th April, 2018 formal permission from Valan sarpanch obtained prior to data collection process. Data was analyzed using descriptive and inferential statistics. Majority of sample were of group of 20-23 years. Majority of sample good class status. The mean pre-test knowledge score was 10.76 and the mean post-test knowledge score was 20.32. There was non-significant association between the pre-test knowledge score and selected demographic variable like economic status, No. Of child, and occupation about weaning diet. The results of study concluded that mothers got good knowledge regarding weaning diet. Planned teaching programme on weaning diet. The reliability of the tool was assessed by chi square method. In order to assess reliability, the tool was administered on 6 mother of 6 months to 1 year child of Haldharu rural area, Surat. After obtaining formal permission from the higher authority. The reliability was calculated by formula. Studies assess the present knowledge of samples regarding weaning diet and co-relation of pre-test knowledge score and selected demographic variables. The finding study shows that all samples are female, highest sample belonged to age group 20-23 year. The comparison of the pre test knowledge score showed that there was significant gain in knowledge score of mothers after conducting of PTP at 0.05 level ($t=$). The comparison of pre test score showed that there was a significant gain in score of mothers after conduction of PTP at 0.05 level. This showing that PTP was effective.



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INTRODUCTION

The birth of a child is a significant event in any family. Health of the growing child is always a matter of great concern to the parents. Physical health is important because it is associated with mental and social development. Good nutrition is very important to promote good physical health of the child in order to build up healthy life. Nutritional status of infant will be based on breast feeding and weaning practices.

Weaning is a gradual process of introducing supplementary foods, starting around the age of 4-5 months. It should be supplemented by suitable foods rich in protein and other nutrients which called as “supplementary” foods. These include usually cow’s milk, fruit juices, soft cooked rice, dhal, and vegetables. Weaning should proceed gradually and be based on the infants rate of growth and developmental skills. Weaning food should be carefully chosen to complement the nutritional need of an infant, promote appropriate nutrient intake, and maintain growth. Weaning can be started at the age of 3 to 4 months along with breast milk. Nutritional supplementation can be started with soft and mashed cereal foods. Always the new food should be introduced at lunchtime, when the infant gets adjusted with that food it can be extended gradually to other times. Some infants get mild indigestion in the beginning. These foods should not be bottle-fed; it has to be spoon-fed. Rice is good to start as first cereal and it has to be cooked soft. It can be given with salt and ghee or mixed with curd. When child gets used to this, khichdi (rice and moong dal) can be given. Soups and strained vegetables and fruits may be gradually introduced during the supplementation period. A new food to be given for ideally 2 weeks or minimum 1 week before introducing another food item. The fruits and vegetables will correct the deficiency of iron in breast milk. Fruit must be fully ripe. The well nourished infant doubles his birth weight by 3 to 5 months of age. Ragi powder, suji, and raw plantain powder can be cooked in milk with sugar and can be given for the breakfast.



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OBJECTIVES OF THE STUDY:

1. To assess the knowledge on weaning diet among mothers.
2. To create awareness regarding weaning diet among mother

HYPOTHESES:

H1: The mean post test knowledge score will be significantly higher then to mean pre-test knowledge score after administration of planned teaching programme among mothers of 6 month to 1 year of selected rural area of surat district at level of 0.05 significance.

MATERIAL AND METHODS:

The research methodology indicates the pattern of organizing the procedure for gathering valid and reliable data for the problem under investigation.

This chapter present the methodology adopted for study and also include the research approach, research design, research setting, population, sample, sampling technique and the instrument used for data collection procedure and plan for data analysis.

Research Approach: Experimental research approach

Research Design: one group pre-test post-test pre experimental designs

Variables:

INDEPENDENT VARIABLES: Planned teaching programme

DEPENDANT VARIABLES: knowledge

SAMPLE, SAMPLE SIZE & SAMPLING TECHNIQUES:

Samples:

- ❖ Sample is a subset of population that used to represent the entire group as whole.
- ❖ In this study the samples will be mothers.



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SAMPLE Size:

- ❖ The process of selection of population to represent the entire group
- ❖ In this study sample size will be 25 mothers of selected rural area of Surat district.

Sampling Techniques:

- ❖ A sampling technique is the process by which the entities of the sample have been selected.
- ❖ For this study convenient sampling techniques will be used.

FINDING OF STUDY:

The findings are discussed under following section:

- Section- A: Majority of the sample were of group of 20 to 23 years. Majority of the samples were from middle class status.
- Section-B: The mean pre-test (10.76) and the mean post test (20.32) knowledge score. The mean difference is 6.14. The calculated 't' test value 12.62 . The calculated 't' test value 12.62 is greater than tabulated 't' value 2.001 at 0.05 level of significance which statically proved.
- Section- C: There was non-significant association between the pre test knowledge score and selected demographic variables like age ,marital status , economical status about weaning diet.
- The overall experience of conducting study was satisfying one. The constant encouragement and guidance, co-operation, interest of the collage authority and the college students, who participate in the study, contributed to successful completion of the study. Respondents were satisfied and happy with information they received. The study reveals that the information tool can be used as effective teaching strategies.



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RECOMMENDATIONS

Keeping in view the finding of the present study, the following recommendations have been made for the study.

1. Similar study can be replicated on large sample.
2. A study can be conducted with control group.
3. The comprehensive study may be conducted to find out the effectiveness between PTP regarding the same topic.
4. A study can be conducted to assess the knowledge of mothers.
5. A longitudinal study can be done using post test after 1 week to see the relation of knowledge.

CONCLUSION

Studies assess the present knowledge of samples regarding weaning diet and co-relation of pre-test knowledge score and selected demographic variables.

The finding study shows that all samples are females, highest sample belonged to age group 20-23 year. The comparison of the pre test knowledge score showed that there was significant gain in knowledge score of mothers after conducting of PTP at 0.05 level ($t=$). This study shows that planned teaching programmed was effective. The comparison of pre test score showed that there was a significant gain in score of mothers after conduction of PTP at 0.05 levels. This shows that PTP was effective.

This study finding concluded that mothers had adequate knowledge regarding weaning diet. The PTP had great potential for acceleration the awareness regarding weaning diet.

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