



RESEARCH ARTICLE

“A study to assess the effectiveness of structure teaching programme on knowledge and practice regarding weaning among primi mothers of infant (age 6-12 months) in a selected community area in Chennai.”

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Abstract

Weaning or complementary feeding is the process of gradual and progressive transfer of the baby from the breastfeeding to the usual family diet. Evaluative research approach and pre experimental (one group pre test and post test) were used. Non randomized purposive sampling technique was used to select the sample. The total study sample consist 60 primi mother of infant aged 6-12 years. The data were analyzed by using descriptive and inferential statistics. The result of the study reveals that the structure teaching programme is found to be effective in terms of gaining both knowledge and practice. So structure teaching programme is effective in improving the knowledge and practice of primi mothers of infant aged 6-12 regarding weaning.

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Introduction:-

Weaning or complementary feeding is the process of gradual and progressive transfer of the baby from the breastfeeding to the usual family diet. During this process the infant get accustomed to foods other than the mother's milk. Weaning does not mean discontinuity of breastfeeding. Weaning foods are given in addition of breast feed when the amount of breast feeding is inadequate.

Objective:-

- To assess the pre test knowledge and practice regarding weaning among the primi mother of infant age 6-12 months.
- To assess the effectiveness of structure teaching programme in terms of knowledge and practice regarding weaning among the primi mother of infant age 6-12 months
- To assess the post test level of knowledge and practice regarding weaning among primi mothers of infant age 6-12 months
- To determine the association between knowledge of mothers and demographic variables
- To determine the association between practice of mothers and the demographic variables

Hypothesis:-

- H₁: There will be significant difference between pre test and post test level in knowledge and practice regarding weaning among primi mothers of infant age 6-12 months after structure teaching programme.
- H₂: There will be significant association between demographic variables and the post test knowledge regarding weaning among primi mothers of infant age 6-12 months

Methodology:-

Evaluative research approach and pre experimental (one group pre test and post test design) was used. Non randomized purposive sampling technique was used to select the sample for the study. The total study sample consist of 60 primi mothers of infant aged 6-12 months

Results:-

Pre test

Table 1: the pre test level of knowledge and practice regarding weaning

KNOWLEDGE			PRACTICE	
Score interpretation	No	%	No	%
Inadequate (50 and below)	36	60	32	53.3
Moderately adequate (51-75%)	21	35	27	45
Adequate (76-100%)	3	5	1	1.7

Table 1: Reveals that the pre test regarding the knowledge majority of the primi mothers 36(60%) had inadequate knowledge 21 (35%) had moderately adequate knowledge and 3(5%) of the mothers had adequate knowledge. Regarding the practice reveals that majority of mothers 32 (53.3%) had inadequate practice , 27 (45%) had moderately adequate and 1 (1.7%) had adequate practice level.

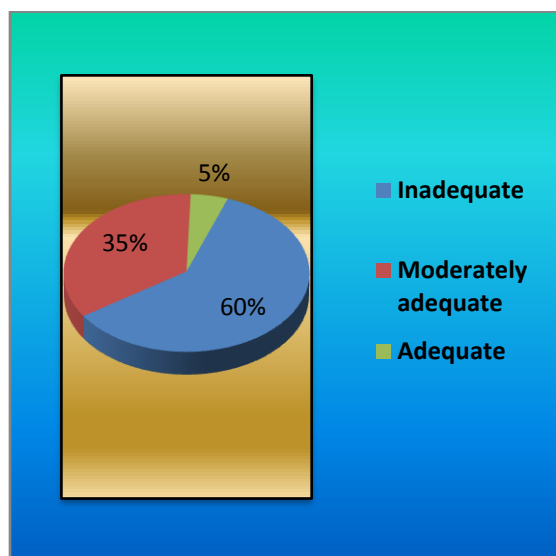


FIGURE 1(A)

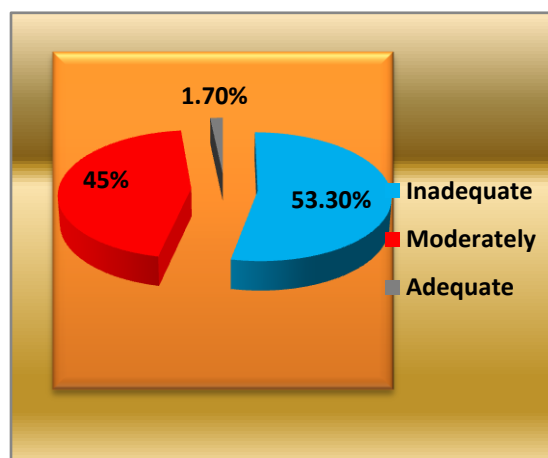


FIGURE 1(B)

Post test

Table 2: the post test level of knowledge and practice regarding weaning

KNOWLEDGE			PRACTICE	
Score interpretation	No	%	No	%
Inadequate (50 and below)	0	0	0	0
Moderately adequate (51-75%)	18	30	3	5
Adequate (76-100%)	42	70.0	57	95

Table 2: Reveals that regarding the knowledge level the post test after structure teaching programme the majority of the sample 42(70.0%) out of 60 experience adequate level of knowledge and 18 (30%) out of 60 sample experienced moderate adequate level of knowledge. Regarding the practice level it reveals that the post test after structure teaching programme the majority of the sample 57(95%) out of 60 had adequate level of practice and 3 (5%) out of 60 sample had moderate adequate level of practice

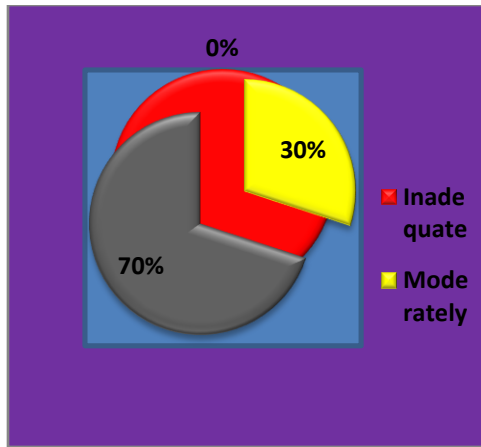


FIGURE 2(A)

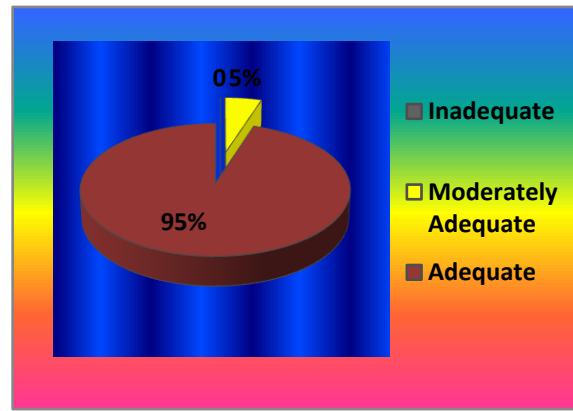


FIGURE 2 (B)

Table 3: The effectiveness of structure teaching programme regarding weaning among the primi mothers of infant (age 6-12 months)

Overall knowledge and practice score interpretation	KNOWLEDGE				PRACTICE			
	PRE TEST		POST TEST		PRE TEST		POST TEST	
	No	%	No	%	No	%	No	%
Inadequate (50 and below)	36	60	0	0	32	53.3	0	0
Moderately adequate (51-75%)	21	35	18	30	27	45	3	5
Adequate (76-100%)	3	5	42	70.0	1	1.7	57	95

Table 3: shows that the pre test and post test knowledge level of weaning among the primi mothers of infant age 6-12 months. A majority of 36(60%) had inadequate knowledge, 21(35%) had moderately adequate knowledge, and 3 (5%) had adequate knowledge in pre test. 0 % had inadequate knowledge in post test, 18(30%) had moderately adequate knowledge and a majority of them 42(70%) had adequate knowledge in the post test. Regarding the practice level reveals that the pre test and post test practice level of weaning among the primi mothers of infant age 6-12 months. A majority of 32(53.3%) had inadequate practice, 27(45%) had moderately adequate practice, and 1 (1.7%) had adequate practice in pre test. 0 % had inadequate practice in post test, 3(5%) had moderately adequate practice and a majority of them 57(95%) had adequate practice in the post test.

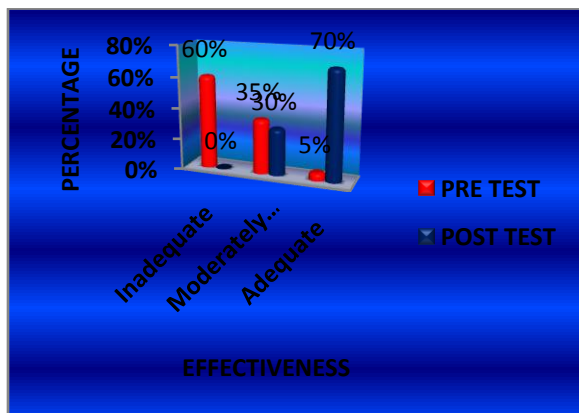


FIGURE 3 (A)

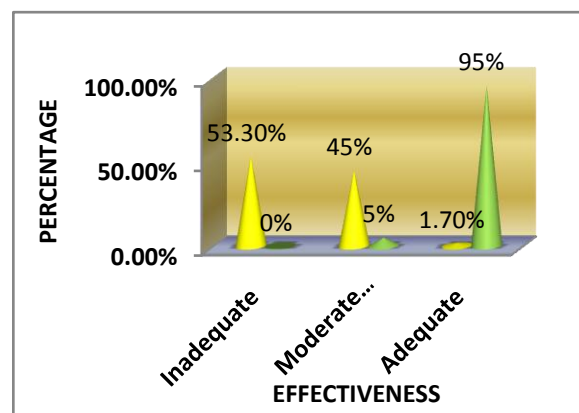


FIGURE 3(B)

Table 4: The mean and standard deviation of pre and post test knowledge and practice

Variables	pretest knowledge		Posttest knowledge		Effectiveness		(paired) 't' value
	MEAN	SD	MEAN	SD	MEAN	SD	
Knowledge	41.0	20.2	78.8	10.9	37.8	2.1	140
Practice	42.7	19.0	84.8	5.2	42.1	2.3	145.0

S : STATISTICAL SIGNIFICANT*P<0.001**

Table4 : Reveals the effectiveness of structure teaching programme in terms of knowledge among the primi mothers of infant age 6-12 months. The mean value is 41.0 before the structure teaching programme and 37.8 after the structure teaching programme. The standard deviation value is 20.2 before teaching programme and 2.1 after teaching programme. The difference of mean and standard deviation is 37.8 and 2.1 respectively. To test the significant 't' test has been applied. The over all paired 't' test value is 140. It is hypothesized that as there is significant ($p<0.001$) in effectiveness of structure teaching programme among the primi mothers. The table reveals the effectiveness of structure teaching programme in terms of practice among the primi mothers of infant age 6-12 months. The mean value is 42.7 before the structure teaching programme and 84.8 after the structure teaching programme. The standard deviation value is 19.0 before teaching programme and 5.2 after teaching programme. The difference of mean and standard deviation is 42.1 and 2.3 respectively. To test the significant 't' test has been applied. The over all paired 't' test value is 145.0. It is hypothesized that as there is significant ($p<0.001$) in effectiveness of structure teaching programme among the primi mothers.

Conclusion:-

Based upon the findings most of the mothers have inadequate knowledge and practice regarding weaning. The structure teaching programme is found to be effective in terms of gaining both knowledge and practice ($p<0.001$). So structure teaching programme is effective in improving the knowledge and practice of primi mothers of infant aged 6-12 regarding weaning

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