

## A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING COMPLEMENTARY FEEDING AMONG PRIMIPARA MOTHERS IN SELECTED VILLAGES OF KHARAR, MOHALI, PUNJAB

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### ABSTRACT

*The study was conducted to assess the effectiveness of planned teaching programme on knowledge regarding complementary feeding among primipara mothers in selected villages of kharar, mohali, Punjab to find out the difference between pretest and posttest knowledge score among primipara mothers regarding complementary feeding and to find out the association between pretest and posttest knowledge with selected demographic variables among primipara mothers. The aim of the study is to assess the knowledge of primipara mothers regarding complementary feeding. Main study was conducted in village Badala and Badali, Kharar, Mohali. 60 primipara mothers were selected for this study. The data was collected by self structured knowledge questionnaire. Planned teaching programme were imparted to educate the primipara mothers. The data gathered were analyzed by using descriptive and inferential statistics. Pretest result showed that 0% primipara mothers had good knowledge, 22% had average knowledge and 78% had low knowledge on complementary feeding. Posttest results showed that 100% primipara mothers had good knowledge on complementary feeding.*

**KEY-WORDS:** *Effectiveness, complementary feeding, primipara mother.*

## INTRODUCTION

Children constitute a major proportion of the global population today. They constitute the most important and vulnerable segment of our population. They are truly the foundation of a Nation. “A healthy child is a sure future” is one of the themes of WHO. The future of our Nation depends on the way in which we nurture our children today.

Health of a child depends upon genetic endowment freedom from illness and adequacy of nutrition. Nutritional requirement of children are much higher (compare to adults) because they have to grow from an average weight of 3 kg at birth to over 50 kg at adolescence and they spend a lot of energy in their day to day activities.

Breast milk is the natural first food for babies and should be fed alone for at least 4 months and if possible 6 months. However, after this period additional foods (complementary foods) are needed. To make sure that young children grow well and stay healthy, it is important to know which foods to give, how much to give, and how often.

Adequate nutrition during infancy and early childhood is fundamental to the development of each child’s full human potential. It is well recognized that the period from birth to two years of age is a “critical window” for the promotion of optimal growth, health and behavioural development. Longitudinal studies have consistently shown that this is the peak age for growth faltering, deficiencies of certain micronutrients, and common childhood illnesses such as diarrhoea. After a child reaches 2 years of age, it is very difficult to reverse stunting that has occurred earlier (Martorell et al., 1994). The immediate consequences of poor nutrition during these formative years include significant morbidity and mortality and delayed mental and motor development.

## OBJECTIVES OF THE STUDY

The objective of the study is to assess the knowledge of primipara mothers regarding complementary feeding.

## MATERIALS & METHODS

A Quantitative research approach was adopted to accomplish the objectives of the study. The research design selected for this study was Descriptive Research design to achieve the objectives of the study. In the present study the samples were selected by non probability, convenience sampling technique. The study was conducted among 60 primipara mothers of village Badala and Badali, Kharar, Mohali. The target population of the study was primipara mothers who are living in Badala and Badali villages of Kharar.

## CRITERIA FOR SAMPLE SELECTION

Sample was selected for collecting data on the basis of:

- Availability at the time of data collection.
- Willingness to participate in the study.
- Primipara Mothers.

## DESCRIPTION OF THE TOOL

The tool used for this study was consists of two parts:

**PART A:-** Demographic variables consists of 9 items which includes age, education, occupation of mother, education and occupation of father, monthly family income, religion, type of family, previous source of information.

**PART B:-** A structured knowledge questionnaire was prepared consisting of 30 items. For each correct response 1 mark was awarded and for incorrect response 0 mark was given. Maximum marks were 30 and minimum was 0.

## DATA COLLECTION PROCEDURE

The data collection period was from 24-01-2014 to 24-02-2014. On day one, an administrative approval was obtained from the Principal and Senior Medical Officer to conduct the study. The purpose of the study was explained to the samples and an informed consent was taken before conducting the study. 60 Primipara mothers were selected using non probability, convenience sampling technique. 7-8 primipara mothers were selected per day for the study. The data were collected from Badala and Badali villages, Kharar during the time period of 9am to 5pm. Pre test was conducted by using structured knowledge questionnaire for about 20-30 minutes followed by planned teaching programme for 40 minutes on the same day. Post test was conducted on the samples by using the structured knowledge questionnaire after seven days. The data collection procedure was concluded by thanks giving to all the samples for their cooperation and active participating in the study.

## RESULT

The pretest results of the study showed that 0% sample had good knowledge, 22% had average knowledge and 78% had low knowledge on complementary feeding. However, Postest results showed that 83% had good knowledge, 10% had average knowledge and only 7% had low knowledge on complementary feeding.

**Table 1: Frequency and percentage distribution of primipara mothers based on their pre test & post test knowledge regarding complementary feeding:**

N=60

Level of knowledge	PRE TEST		POST TEST	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Good ( $\geq 75\%$ )	0	0	50	83
Average (51-74%)	13	22	6	10
Low ( $< 50\%$ )	47	78	4	7

**Table 2: Distribution of primipara mothers based on association between demographic variables with post test knowledge.**

N = 60

Variables	Options	Above Mean	Below Mean	Chi Test
1. Age of mother (in years)	a) 18-22	2	7	5.011 df=3 NS
	b) 23-27	15	19	
	c) 28-32	8	6	
	d) Above 32	0	3	
2. Education of mother	a) Primary	4	8	6.196 df=4 NS
	b) Matric	3	9	
	c) Secondary	7	11	
	d) Graduate	11	6	
	e) Post graduate	0	1	
3. Occupation of mother	a) Home maker	20	25	9.348 df=3 S
	b) Skilled	0	7	
	c) Laborer	2	3	
	d) Business women	3	0	
4. Education of husband	a) Primary	7	6	4.740 df=4 NS
	b) Matric	6	13	
	c) Secondary	6	12	
	d) Graduate	5	2	
	e) Post graduate	1	2	
5. Monthly family income (in rupees)	a) 5000-10,000	13	24	2.174 df=3 NS
	b) 10,001-15,000	6	4	
	c) 15,001-20,000	4	5	
	d) Above 20,000	2	2	
6. Food habits	a) Vegetarian	19	25	0.156 df=1 NS
	b) Non-vegetarian	6	10	
7. Religion	a) Sikh	18	20	1.390 df=2 NS
	b) Christian			
	c) Hindu	6	13	
	d) Muslim	1	2	

8. Type of family	a) Joint	12	19	0.231 df=1 NS
	b) Nuclear	13	16	
9. Source of information	a) Mass media	15	25	3.326 df=3 NS
	b) Peer group	1	2	
	c) Health personnel	2	0	
	d) Family member/elders	7	8	

❖ S=Significant (P&lt;0.05)

NS= Non significant (P&gt;0.05)

Table 2 showed significant association between occupation of mother and post-test knowledge score. There is no significant association found between other demographic variables such as age, education of mother, education of husband, monthly family income, food habits, religion, type of family, previous source of information with post test level of knowledge.

**Table 3: Distribution of difference between pre test and post test knowledge score among primipara mothers regarding complementary feeding.**

N= 60

Groups	Mean	SD	Mean difference	Paired 't' value
Level of Pre test Knowledge	12.38	3.087	15.800	37.525
Level of Post test knowledge	28.18	1.049		

Table 3 showed that post test mean score (28.18) was higher than pre-test mean score (12.38). The difference was found to be statistically significant at 0.05 level by paired 't' test (t = 37.525). This finding shows that the planned teaching programme has significant effects in increasing knowledge of primipara mothers regarding complementary feeding.

## DISCUSSION

The researcher draws conclusion about the meaning and implication of the findings. The purpose of the study is to assess the knowledge of primipara mothers regarding complementary feeding. A pre experimental study was found to be appropriate. The findings were discussed based on study objectives.

The first objective is to assess pre-test knowledge score regarding complementary feeding among primipara mothers. Pre test results shows that 78% samples had inadequate knowledge, 22% had moderate knowledge.

The second objective is to assess post-test knowledge score regarding complementary feeding among primipara mothers. Post test results shows that 83% had good knowledge, 10% had average and 4% had poor knowledge regarding complementary feeding

The third objective is to find out significant difference between pre-test and post-test knowledge scores among primipara mothers regarding complementary feeding. The study findings showed that post-test mean score 28.18 is higher than the pre-test mean score 12.38. The obtained 't' value is 37.525 which is significant at 0.05 level. This findings show that the planned teaching programme has significant effect on knowledge of primipara mothers regarding complementary feeding.

The fourth objective is to find out the association between pre-test and post-test knowledge with selected demographic variables among primipara mothers. Association of Age, education and occupation of mother, education and occupation of father, monthly family income, religion, type of family, previous source of information in regard to the effectiveness of planned teaching programme on complementary feeding was analyzed using inferential statistics namely chi square. There is no significant association between the demographic variables.

## CONCLUSION

Among 60 primipara mothers 0% had good knowledge, 22% had average knowledge and 78% had low knowledge on complementary feeding as pre test score. Post test shows that 83% had good knowledge, 10% had average and 4% had poor knowledge regarding complementary feeding. These findings showed that Structured Teaching Programme had significant effects on Knowledge primipara mothers regarding complementary feeding.

## IMPLICATIONS

### Implications in nursing education

1. Nursing curriculum should insist regarding complementary feeding for nursing students.
2. Nurse educator should possess theoretical and practical knowledge regarding complementary feeding.

### Implications in nursing service

1. Nursing personnel should plan to implement and evaluate various teaching programs regarding complementary feeding among nurses, primipara mothers in community.
2. Planned teaching programme served as a teaching aid for self learning or group learning among primipara mothers. .

### **Implications in nursing administration**

1. In service education programs, workshop can be initiated to conduct continuous teaching programs periodically so that they can teach the students which further can teach the community.
2. Pamphlets, handouts and booklets should be kept in hospitals, PHC, CHC regarding complementary feeding.

### **Implications in nursing research**

1. The findings of this study is helpful for the nursing professionals and nursing students to conduct further studies so as to find the effectiveness of various methods of providing education on complementary feeding.
2. There is a need for extensive and intensive research in this area so that strategies for educating primipara mothers on complementary feeding can be developed.

### **RECOMMENDATIONS**

1. The study can be conducted using large samples.
2. A similar study may be replicated with a control group at selected villages.
3. A comparative study may be conducted to find the effectiveness between planned teaching programme and self instructional module regarding the complementary feeding.

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