A Study to Assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Weaning and Its Importance Among Mothers of Under Five Children in Selected Area at Vijayapur Karnataka

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Abstract—**Background**
Breast feeding is an excellent way to feed your baby in the early months &breast milk continues to be the best food for baby's first year .It is a complete food for baby because it contains many immune cells which help the baby fights the germs &infections without first falling ill. it also creates a psychological security & bond between the mother &child. babies on mother milk are less than the one fed on formula feeds. the incidents of diabetes &intestinal diseases is also much lesser in a breast-fed child. Breast milk does provide all the nutrients that a baby needs for healthy development in the first 6months of life. But after the first few months, your baby's needs are no longer met entirely by breast milk. Around the age of 6 months, solid food should be introduced. this is called Weaning the baby. weaning, as the word indicates is the process of transition from a purely milk-based intake of the child (i.e. weaning away from) to a semi solid diet for the child.

OBJECTIVES OF STUDY

- **To assess the knowledge regarding weaning &its importance among mothers of under five children in selected area at Vijayapur.**
- **To assess the effectiveness of planned teaching programme regarding weaning & its importance among mothers of under five children in selected area at Vijayapur**
- **To find the association between pre-test &post test knowledge score with selected socio demographic variables**

METHODOLOGY
The research design consisted of pre-experimental research design of one group pretest and post-test design. The population selected for the study was mothers of under five children of selected area at Vijayapur district. The study samples were 60 mothers of under five children and were selected by using purposive sampling technique. The development of the tool involved steps of test construction i.e. preparing the blue print, selection of items, content validation and establishment of reliability. The content validity of the questionnaire was done and modifications were done according to the suggestions given by the experts. Pre-testing and reliability of the tools were done co efficient of the knowledge questionnaire was found to be 0.893.The tool was foundto be reliable.

Results
In the pre-test, level on knowledge of mothers of under five children from selected area in Vijayapur before using Planned Teaching Programme. 48(80.00%) of mothers were have inadequate knowledge regarding weaning, 12(20.00%) of them were have moderate knowledge and none of them have adequate knowledge regarding weaning before planned teaching programme
After the administration of planned Teaching Programme, level of knowledge among mothers of under five children in selected area at Vijayapur. 25(41.7%) of them were have moderate knowledge regarding weaning, 35(58.3%) of mothers have adequate knowledge and none of them have inadequate

knowledge regarding weaning after planned teaching programme

Interpretation and Conclusion

There were association between knowledge scores with their selected socio-demographic variables such as religion, educational status and type of occupation. But there were not significant between knowledge scores and selected socio demographic variables such as Age, marital status, income of the family, type of the family, number of children and source of information.

***Index Terms*—Evaluate, Effectiveness, Planned Teaching Programme, Weaning and its importance and Mothers of under five children.**

I. INTRODUCTION

Breast milk does provide all the nutrients that a baby needs for healthy development in the first 6months of life. But after the first few months, your baby's needs are no longer met entirely by breast milk. Around the age of 6 months, solid food should be introduced. this is called Weaning the baby. weaning, as the word indicates is the process of transition from a purely milk-based intake of the child (i.e. weaning away from) to a semi solid diet for the child.[4]The term "to wean" comes from an ancient phrase that means "to accustom to". So, weaning refers to the period during which an infant gradually becomes accustomed to food other than milk. Weaning means addition or introduction of semi-solid foods along with continuation of breast feeding as long as possible. The term 'Weaning' describes the process by which baby moves or shifts from having breast milk to consuming semi-solid or solid foods with a gradual reduction in the intake of breast milk and /or baby formula.[5]

Weaning a baby from the breast is a big change for mothers as well as for baby's besides affecting you physically; it may also affected you emotionally. Some mothers said a little sad to loss some of the closeness that breast-feeding provides. Weaning should be started at a suitable time. Mixed feeding may be introduced early into an infant's diet (say from 2months after birth) depending on the infant's growth pattern. Also, it's easier to get babies accustomed to new foods earlier than when they grow older. However, weaning should definitely start around months.[6]

II. OBJECTIVES

- To assess the knowledge regarding weaning &its importance among mothers of under five children in selected area at Vijayapur.
- To assess the effectiveness of planned teaching programme regarding weaning & its importance among mothers of under five children in selected area at Vijayapur
- To find the association between pre-test &post test knowledge score with selected socio demographic variables

III. RESEARCH HYPOTHESIS

- H_1: There will be significant difference found between pretest and post test knowledge scores of mothers of under five children regarding weaning and its importance.
- H_2: There will be significant association between the knowledge of mothers of under five children regarding weaning and its importance with selected socio demographic variables at 0.05 level of significance.

Assumptions

- Mothers will be having inadequate knowledge regarding weaning &its importance
- Mothers will be less aware regarding the weaning.
- Well prepared information media can be effective one for mothers to improve their knowledge

Delimitations

The Study will be delimited to;

The study is limited to mothers of under-five children residing in selected areas of Vijayapur.

IV. MATERIALS AND METHODS

Research Approach

Quantitative research approach was used for this study.

Research Design

One group pre test, post- test design was used for this study.

Variable:

- Independent variable: - Planned Teaching Programme on weaning and its prevention

- Dependent variable: - Knowledge of mothers of under five children regarding weaning and its prevention.
- Sociodemographic variables: Age in years, gender, religion, type of the family, place of residence, and source of information Educational status.

Inclusion Criteria:

The Mothers of under five children; who are;

- Living in the selected areas at Vijayapur.
- Co-operative and willing to participate in the study.
- Available during the time of data collection.
- Able to read & write English

Exclusion criteria

The Mothers of under five children who are;

- Not co-operative and non-willing to participate.
- Not available at the time of data collection.

Setting of the study

Settings are the more specific place where data collections will occur. The present study was conducted in selected areas at Vijayapur.

Study Population

The population for this study are mothers of under five children at Vijayapur.

Sampling Technique

- The non randomized purposive sampling technique used for this study

Sample size

The sample size for the present study is 60

V. DESCRIPTION OF THE INSTRUMENTS

The data collection instrument is divided in to 2 parts:

Part I: Structured questionnaire for socio-demographical variables

Part II: - Self-administered knowledge questionnaire regarding weaning

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VI. DATA ANALYSIS

Data will be analyzed by using descriptive and inferential statistics.

- Frequency, percentage, mean, median, and standard deviation will be used to describe demographic variables and knowledge scores.
- The effectiveness of the planned Teaching Programme will be determined by comparing pre-test and post-test knowledge scores using the paired t-test.
- Association between pre-test knowledge scores and selected demographic variables will be determined using the Chi-square test. The level of significance will be set at $p < 0.05$.

VII. RESULTS AND DISCUSSION

1- Demographic variables of respondents

Age

14(23.33%) of the Mothers were between the age group of 16-20 years, 13(21.67%) of them were between the age group of 21-25 years and 18(30.00%) of mothers were between the age group of 26-30 years and 15(25.00%) them were between age group of 31-35 years.

Religion

35(58.33%) of the Mothers were Hindu and 25(41.67%) of them were Muslim.

Marital status

90(54.00%) of the Mothers were Married and 06(10.00%) of them were Widow.

Educational status

05(8.33%) of the Mothers were illiterate, 28(46.67%) of mothers were have educational status of primary school, 13(21.67%) of them were have secondary school education and 14(23.33%) of them were have graduation and above.

Type of occupation

04(6.67%) of the Mothers were house wife , 18(30.00%) of mothers were working in agriculture, 23(38.33%) of them were laborers and 15(25.00%) of them were Skilled workers.

Income of family per month (in Rs)

11(18.33%) of the Mothers were having income of 1500-2000 , 23(38.33%) of mothers were having income of 2001-3000, 20(33.33%) of them were having income of 3001-4000 and 06(10.00%) of them were having income of above 4000.

Type of family

18(30.00%) of the Mothers were belonging to Nuclear family , 36(60.00%) of mothers were belonging to joint family and 06(10.00%) of them were belonging to extended family.

No of children

8(13.33%) of the Mothers of under five children were having one child , 32(53.33%) of mothers were

having two children, 14(23.33%) of them were having three children and 06(10.00%) of them were having above three children.

Source of information

32(53.33%) of the Mothers of under five children were getting information from Mass media , 12(20.00%) of mothers were getting information from News paper/Magazine, 10(16.67%) of them were getting information from peer group/Elder and 06(10.00%) of them were getting information from Health team members.

Section II: Analysis of pre test and post test knowledge weaning and its importance among mothers of under five children

a) Pre test knowledge level

			n=60
Level of Knowledge	Score	No of Respondents	
		No	%
Inadequate	> 50%	48	80.0
Moderate	50--75%	12	20.0
Adequate	>75%	0	0

48(80.00%) of mothers of under five children were have inadequate knowledge regarding weaning ,12(20.00%) of them were have moderate knowledge and none of them have adequate knowledge regarding weaning before planned teaching programme

b) Post-test knowledge

			n=60
Level of Knowledge	Score	No of Respondents	
		No	%
Inadequate	> 50%	0	0
Moderate	50--75%	25	41.7
Adequate	>75%	35	58.3

25(41.7%) of them were have moderate knowledge regarding weaning, 35(58.3%) of mothers have adequate knowledge and none of them have inadequate knowledge regarding weaning before planned teaching programme

Section III: Evaluate the Effectiveness of planned Teaching Programme on Knowledge Regarding weaning and its importance among mothers of under five children

				n=60
Domain	Mean	SD	Mean %	Paired 't' test
Pre test	8.26	2.77	27.5	37.4**
Post test	3.83	0.43	76.6	
Enhancement	12.09	2.98	40.3	

**Significant at P<0.01 level

Section IV: To Determine the Association between Demographic Variables and Level of Knowledge of Mothers

								n=60
S.No	Demographic variables	No	%	Level of Knowledge				Chi square
				< Median (30)		≥ Median (30)		
				No	%	No	%	
1	Age							
	a. 16-20Years	14	23.33	9	30.00	5	16.67	5.1
	b. 21-25Years	13	21.67	8	26.67	5	16.67	df 3
	c. 26-30 Years	18	30.00	9	30.00	9	30.00	N.S
	d. 31-35 Years	15	25.00	4	13.33	11	36.67	
2	Religion							
	a. Hindu	35	58.33	13	43.33	22	73.33	5.56*
	b .Muslim	25	41.67	17	56.67	8	26.67	df 1 S
	c. Christian	0	0.0	0	0	0	0	

	d. Others	0	0.0	0	0	0	0	
3	Marital status							
	a. Married	54	90.00	28	93.33	26	86.67	df 1 N.S
	b. Unmarried	0	0.0	0	0	0	0	
	c. Divorced	0	0.0	0	0	0	0	
	d. Widow	6	10.00	2	6.67	4	13.33	0.75
4	Educational status							
	a. Illiterate	5	8.33	3	10.00	2	6.67	9.7*
	b. Primary School	28	46.67	18	60.00	10	33.33	df 3
	c. Secondary School	13	21.67	7	23.33	6	20.00	S
	d. Graduation and above.	14	23.33	2	6.67	12	40.00	
5	Type of Occupation							
	a. House wife	4	6.67	3	10.00	1	3.33	9.4*
	b. Agriculture	18	30.00	7	23.33	11	36.67	df 3
	c. Laborer	23	38.33	8	26.67	15	50.00	S
	d. Skilled worker	15	25.00	12	40.00	3	10.00	
6	income of family per month (in Rs)							
	a. 1500-2000	11	18.33	8	26.67	3	10.00	3.11
	b. 2001-3000	23	38.33	11	36.67	12	40.00	df 3
	c. 3001-4000	20	33.33	8	26.67	12	40.00	N.S
	d. Above 4000	6	10.00	3	10.00	3	10.00	
7	Type of family							
	a. Nuclear	18	30.00	11	36.67	7	23.33	1.67
	b. Joint family	36	60.00	17	56.67	19	63.33	df 2
	c. Extended family	6	10.00	2	6.67	4	13.33	N.S
8	No. Of children							
	a. one	8	13.33	6	20.00	2	6.67	5.73
	b. Two	32	53.33	18	60.00	14	46.67	df 3
	c. Three	14	23.33	4	13.33	10	33.33	N.S
	d. Above 3	6	10.00	2	6.67	4	13.33	
9	Source of Information							
	a. Mass media	32	53.33	13	43.33	19	63.33	4.72
	b. News paper/Magazine	12	20.00	8	26.67	4	13.33	df 3
	c. Peer group/Elder	10	16.67	7	23.33	3	10.00	N.S
	d. Health team members	6	10.00	2	6.67	4	13.33	
N.S- Not significant S- Significant at 0.05 level (P>0.05 level)								

The above Table reveals that there were association between knowledge scores with their selected socio-demographic variables such as religion, educational status and type of occupation. But there were not significant between knowledge scores and selected socio demographic variables such as Age, marital status, income of the family, type of the

family, number of children and source of information.

VIII. CONCLUSION

27.5 pre test mean percentage along with mean of 8.26 and SD is 2.77. 76.6 post test mean percentage along with mean of 3.83 and SD is 0.43.

There were association between knowledge scores with their selected socio-demographic variables such as religion, educational status and type of occupation. But there were not significant between knowledge scores and selected socio demographic variables such as Age, marital status, income of the family, type of the family, number of children and source of information.

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CONFLICT OF INTEREST- None declared

ETHICALCLEARENCE- Ethical Clearance Certificate was obtained by Institutional Ethical Committee.

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