

Effectiveness of Structured Teaching Programme Regarding Weaning Practices among Primipara Mothers in a Selected Area at Kanchipuram District, Tamilnadu, India.

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Abstract

To evaluate the effectiveness of structured teaching programme regarding weaning practices among Primipara mothers. To determine the association on weaning practices with the selected demographic variables. The convenience sampling technique with the sample of 53 primipara mothers and self structured questionnaire to assess the pre-test and post-test knowledge of mothers on weaning practices. The structured teaching programme to assessing the level of knowledge of primipara mothers on weaning practices. The level of significance selected was $p < 0.05$. The data collection tools was validated and reliability was established. The data were collected by self structured questionnaire. The collected data was tabulated and analyzed. Descriptive and inferential statistics were used. The pre test mean value is 8 and post test mean value is 97 and the pretest standard deviation is 2.227 and post test standard deviation is 336.4. The study showed that pretest on 1.88 % of primipara mothers had adequate knowledge, 58.4% of primipara mothers had moderate knowledge, 39.6% of the primipara mothers had inadequate knowledge and post test on 92.4% of primipara mothers had adequate knowledge, 7.54 % of primipara mothers had moderate knowledge, 0% of the primipara mothers had inadequate knowledge on weaning practices and there was a significant association of the knowledge with demographic variables.

Keywords: Knowledge, Weaning practices, Primipara mothers.

Introduction

“Children are the wealth of tomorrow; take care of them if you wish to have a strong India ever ready to meet various challenges” —[Jawaharlal Nehru]

The term ‘to wean’ means to ‘accustom’ and it is defined as the process by which the infant gradually becomes accustomed to the full adult diet. The physiological process of weaning is complex and includes biochemical, microbiological, immunological,

nutritional and psychological adjustments. Weaning food is important both socially and nutritionally. Additional protein becomes necessary towards the end of the first year of life and the infant also wants bulk of roughage about this time (K. Park, 2005).^[14]

Weaning is the term which will be familiar for every mother. Proper knowledge and training is required to perform effective weaning. Many studies conducted on Weaning practices in India and abroad reveal that most of the mothers, especially primipara mothers have inadequate knowledge regarding effective weaning practices as they are following traditional feeding practices. Effective weaning in the child requires proper knowledge and good technique skills in the mothers. The investigator found the Structured Teaching Programme to improve the level of knowledge on primipara mothers regarding Weaning.^[12]

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Weaning is one of the many milestones in baby’s process of development. It is very important for baby’s health and development. Weaning is process were baby moves or shifts from having breast feed to consuming solid or semi solid or Its gradual adaptation of the baby from breast feed to other foods(Piyush Gupta 2014).^[12]

Weaning can be initiated by child, mother or it may be shared decision of both in age between 4 month to 4 years. It is unknown for an infant younger than 12 months to self wean. The duration of weaning varies from child to child.^[11]

Weaning can be a very emotional time for the woman and child. It is not just a transition to another feeding method, but conclusion of special relationship between mother and child. During this process child may need more attention and cuddle time to take the place the nursing (Ghai OP, Paul VK, Bagga.A 2015).^[11]

Research Methodology: A Quantitative approach with descriptive design was used in the study. The study was conducted among Primipara mothers above(6 months-1 year) in a Selected area, Kanchipuram District, Tamil Nadu, India. Non-probability purposive sampling technique was used to select 58 samples with the following inclusion criteria.Primipara mothers who are:After 6 months of postpartum period,Accessible during the study,Willing to participate in the study,Who can read and understand Tamil and English.The data was analysed by using descriptive and inferential statistics.

Research Tool: It consists of self structured questionnaire to assess the pre-test and post-test knowledge of mothers on weaning practices.A structured teaching programme will be prepared for weaning practices as a tool for data collection. It will consist of the following section.

Part-1: Questions related to socio demographic profile of mother which includes.Age of mother (in years) at time of delivery, Type of family, Mothers education, Mothers working status, Monthly income in rupees, Nationality, Types of delivery, Gestational age, History of baby admitted in NICU, Information regarding weaning practice.

Part-2: Self-structured Questionnaires related to weaning practices.

Scoring Interpretation:

Scoring	Level of Knowldege
Below 75%	Adequate knowledge
51-75%	Moderated knowledge
Above 50%	Inadequate knowledge

Summary, Finidings, Implications, Limitations, Conclusion And Recommendations: The essence of any research project lies in reporting the findings this chapter gives brief of the present study including conclusion drawn from the finding recommendation,Ilimitations, suggestion for future studies and running implication.

Summary: The objectives of the study were

1. Evaluate the effectiveness of structured teaching programme regardingweaning practices among Primipara mothers.
2. Determine the association on weaning practices with the selecteddemographic variables.

The study attempted to examine the following research hypothesis that

H₀. There is no significant association on weaning practices with selected demographic variables among primipara mothers in a selected area at Kanchipuram District, Tamil Nadu, India.

The review of literature enabled the investigator to develop methodology of the study literature review was done and organized as studies to knowledge on weaning practices among primipara mothers .

1. The research approach used was quasi experimental one group pretest post test research design to evaluate the weaning practice among primipara mothers.
2. 53 samples were selected by sampling the main study was done in a selected area at Kancheepuram District, Tamil Nadu, India.
3. A self structured questionnaire was used to collect the data regarding the knowledge on weaning practices being among primipara mothers.
4. The data gathered were analyzed by using descriptive and inferential statistical method .The finding were presented on the basis of objectives of the study.

Findings: Findings of the study were presented under the following headings based on the study objectives.

Objective 1: To evaluate the knowledge on structured teaching programme regarding weaning practices among Primipara mothers.

The Findings of the Present Study Reveals that Pretest:

S.No.	Level of Knowledge	Frequency	Percentage
1	Adequate knowledge (below 75%)	01	1.88%
2	Moderate knowledge (51-75%)	31	58.4%
3	Inadequate knowledge (above 50%)	21	39.6%
		Total	100%

The Findings of the Present Study Reveals that Post Test:

S.No.	Level of Knowledge	Frequency	Percentage
1	Adequate Knowledge (below 75%)	49	92.4%
2	Moderate Knowledge (51-75%)	04	7.54%
3	Inadequate Knowledge (above 50%)	0	0%
		Total	100%

Objective 2: To determine the association on weaning practices with the selected demographic variables among primipara mothers.

To find out the association between pretest level of knowledge regarding weaning practices with selected sociodemographic variables. But since there is inadequate pre test level of knowledge between selected socio demographic variables, the investigator cannot proceed to analyze the association between pre test level of knowledge with selected socio demographic variables.

The findings of the study shows that there is a statistically significant difference between pre test and post test level of knowledge and there was no statistical significant in pre test level of knowledge with regard to age of mother (in years at time of delivery), types of family, mothers education, mothers working status, types of delivery, gestational age, baby admitted to the NICU, received information on weaning practices.

Nursing Implication:

Nursing Practice: The community health nurses working in the health services should be equipped with the knowledge to evaluate the knowledge on weaning practices among primipara mothers.

Health teaching programmes to evaluate knowledge regarding weaning practices are to be scheduled on fixed days and time. The nurse to evaluate the knowledge on primipara mothers by using appropriate audio visual aids like flash cards and through mass media.

Nursing Education: During training period, emphasis needs to be given in preparing health education regarding importance of monitoring the health status.

A structured teaching programme regarding weaning practices on conduct the pretest and post test should be given special focus in nursing education. The students are given opportunity to do flash card to the primipara mothers regarding weaning practices. In area setting people are utilized to teach the mothers to gain knowledge on post test regarding weaning practices.

Nursing Administration: The community health nursing administrator holds more responsibilities in understanding weaning practices of primipara mothers.

The administrator should initiate health education programmes in a community utilizing the trained staff and encouraging them in such activities.

Extend the role in strengthening and designing the primary health centre services as per the felt of the community to bring healthy future citizens.

Regular follows-up services are to be planned in an effective way to strengthen and widen the peripheral approach.

The administration should facilitate to implementation of various health education programmes and such activities need to be documented for better implementation.

Nursing Research: Nurse researchers should be motivated to conduct more studies on weaning practices.

Nurse researchers should concentrate on weaning practices children.

Nurse researchers should come forward to develop validate new strategies standardized tool to improve knowledge on primipara mothers.

Limitations: Primipara mothers in early postpartum period (Before 6 months) are only included in the study.

Mothers who are not willing.

Recommendations: The study can be conducted in the rural area.

The study can be conducted at the hospital setting, PHC, child clinic.

The study can be taken for the cross sectional, pre experimental study.

Health education like flash cards, booklet, modules regarding weaning practices can be taught to the postnatal mothers.

Conclusion

The finding of the present study reveals that pretest on 1.88% had Adequate knowledge, 58.4% had Moderate knowledge, 139.6% had Inadequate knowledge, that post test on 92.4% had Adequate knowledge, 17.54% had Moderate knowledge, 0% had Inadequate knowledge, The findings of the study shows that there is a statistically significant difference between pre test and post test level of knowledge and there was no statistical significant in pre test level of knowledge with regard to age of mother (in years at time of delivery, types of family, mothers education, mothers working status, types of delivery, gestational age, baby admitted to the NICU,

received information on weaning practices with selected demographic variables.

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