# A Study to Assess the Knowledge, Implementation of Practices Regarding Complementary Feeding among the Mothers of Infants in Selected Rural Areas of Vadodara

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**Abstract: Introduction**:Complementary feeding is very crucial for the growth,development and overall health of infants. In selected rural areas, assess to knowledge and the implementation of practices regarding complementary feeding may be limited , Mothers of infants have challenges and gaps in knowledge and the implementation of practices.malnutrition caused 69% of dealths of children below the age of five[1].Accoording to WHO "the process starting when breast milk alone is no longer sufficient to meet the nutritional requriment of infants , and therefore other foods and liquids are needed, along with breast milk"[2].

**Objective:** To assess the knowledge of complementary feeding practices,To assess the practices of complementary feeding practices,To find out the correlation between knowledge score and complementary feeding practices score ,To find out the association between knowledge score with their selected demographic variables.

**Methodology:** A Quantitative research approach & Descriptive research design was used in research. Researcher selected 120 mothers of infants from selected rural areas of vadodara through Convenience Sampling Technique. Self-structured knowledge questionnaire & self-structured practice questionnaire was used.

**Result:** Findings of the study revealed that 17(14.2%) of Mothers of infants had Good Level of Knowledge, where as 58 (48.3%) mothers of infants had Average level of Knowledge and only 45 (37.5%) mothers of infants had Poor level of Knowledge. And in practice level 23(19.2%) had adeqaute practice where as 69(57.5%) had moderate level of practice and only 28(23.3% ) had poor level of practice. Correlation was used for identifying the correlation between knowledge and practices regarding complementary feeding . and correlation between the knowledge and practice in that the knowledge score mean value is 1.7667 and standard deviation is 0.68272, whereas in practice mean value is 1.9583 and standared deviation is 0.65332. Result shows that there was very weak positive corrlation (r=0.003) between knowledge and practices regarding complementray feeding among mothers of infants.

**Conclusion:** It is considered that almost mothers of infants were having good, average and poor level of knowledge. Majority of mothers of infants were having adequate, moderate and inadeqaute level of practices. It indicates that with increase in knowledge there is an increase of practices towards complementary feeding among mothers of infants.**Ethical approval :** Studies were conjuction with the standards for human research after the ethical permission of component authority of Parul University Ethics Committee For Human Research (PU-IECHR) prior permission / Written consent was obtained from each research participants.

**Keywords:** Knowledge, Practices , Complementry Feeding , Mothers Of Infants .

## 1. Introduction

Complementary feeding is very crucial for the growth, development and overall health of infants. In selected rural areas, assess to knowledge and the implementation of practices regarding complementary feeding may be limited , Mothers of infants have challenges and gaps in knowledge and the implementation of practices. Complementary Feeding Helping to reduce all forms of childhood malnutrition, including stunting, wasting, micronutrient deficiencies, overweight, obesity and diet-related non-communicable diseases. In addition, lifelong food preferences, tastes and habits are often established in childhood. stunted, overweight, or obese children, especially malnutrition & death,

reduces the growth and development of infants.[3] Malnutrition caused 69 percent of deaths of children below the age of five in India, according to a UNICEF. This includes stunting (35 percent), wasting (17 percent) and overweight (2 percent). Only 42 percent of children (in the age group of 6 to 23 months) are fed at adequate frequency and 21 percent get adequately diverse diet.[4]Gujarat has found that nearly 39% of children in the 0-4-year group are stunted — the fourth worst in the country. The first 1,000 days (from conception to age two years) is considered the most important period to intervene to prevent lifelong damage caused by malnutrition.[5]

## 2. Material and Method

A Quantitative research approach and Descriptive research design was implied to conduct this study. The study was conducted at rural areas of Vadodara, Mothers of infants are the sample for the study and sample size was 120. A Convenience Sampling Technique was used for sample selection. Criteria for the sample, inclusion criteria include Mothers of infants who are taking care of infants aged 6 to 12 months, and Mothers of infants who all are providing feeding to the infants , Mothers of infants who are willingly participate in the study .and in exclusion criteria include Mothers of Infants who all are having post maternal diseases, Mothers of Infants who all are not available at the time of data collection and Mothers of Infants living in the urban Areas. Tool used in this study was self-structured knowledge questionnaire and self-structured practice questionnaire. The data collection tool was sent to 5 experts out of whom 5 received back with their valuable suggestions and comments on the study tool. 30 Sample were taken for the pilot study. The reliability for knowledge and practices w a s calculated using the split-half method. Reliability for knowledge and practices calculated r=0.85 which is significant. Collected data were analyzed by using descriptive analysis and split – Half coefficient of correlation statistics.

## 3. Result

**Section I: Distribution of Mothers of infants according to their socio-demographic data.**
In the Age of the mother majority of mothers fall within the age range of 23-25 years (61.7%), followed by 20-22 years (26.7%) and 26-28 years (11.7%).and in Gender of the Child slightly more female infants (57.5%) than male infants (42.5%), with no transgender infants included.in the Age of the Infant in Months is fairly even across the categories, with 6 to 9 months being the most common (45.0%), followed by 6 months (28.3%) and 9 to 12 months (26.7%). There are no infants in the 12 to 15 months category.and in Mothers' Pregnancy Status majority of mothers are classified as primipara (80.0%), while (20.0% )are multipara, and there are no grand multipara or monozygotic pregnancies in the sample.in the Mothers' Occupational Status Most mothers are homemakers (60.8%), followed by those employed in the private sector (27.5%), and a smaller percentage involved in labor (11.7%). There are no mothers employed in the government sector.and in the Types of Family The largest proportion of families are joint families (72.5%), followed by single-parent families (17.5%), nuclear families (5.0%), and extended families (5.0%).and Attended any Workshops or Seminars Related to Complementary Feeding: Only a minority of mothers have attended such workshops or seminars (11.7%), while the majority have not (88.3%).

**Section II : Level of knowledge regarding Complementary Feeding practices of the Mothers of Infants. n=120**
Results shows the level of Knowledge with complementary feeding practices among mothers of infants. The table depicted that out of 120 mothers of infants, 17 (14.2%) of mothers of infants had Good Level of Knowledge, whereas 58 (48.3%) mothers of infants had Average level of Knowledge and 45 (37.5) mothers of infants had Poor level of Knowledge.

**Section III : Level of practices regarding complementary Feeding practices of the Mothers of Infants. n=120**
Results shows the level of practices with complementary feeding practices among mothers of infants. The table depicted that out of 120 mothers of infants, 23(19.2%) of mothers of infants had Adequate Level of practices, whereas 69(57.5%) mothers of infants had moderate level of Knowledge and 28(23.3%) mothers of infants had inadequate level of practices.

**Section IV: Correlation between knowledge and complementary feeding practices. n=120**
Results shows the result of coefficient of correlation between Knowledge and practices towards complementary feeding at 0.01 level of significance. The value of "r" was 0.003, falling between 0 and 1. This means that it was significant statistically at the 0.01 level. As a result, the Graph shows a very weak positive correlation between knowledge and practice with complementary feeding practices among mothers. This shows that practices towards complementary feeding improve as knowledge grows.

**Section V: Association between knowledge score with their selected demographic variables.** **n=120**

Results shows that association between knowledge score and selected demographic variables among 120 mothers of infants.

In that, Age of the mother significant association between the age of the mother and knowledge score (Chi-value = 9.949, df = 4, p = 0.041*). Mothers aged 20-22 years tend to have poorer knowledge scores compared to those aged 23-25 years and 26-28 years,Gender of the Child there is No significant association is found between the gender of the child and knowledge score (Chi-value = 0.771, df = 2, p = 0.701),Age of the Infant in Months there is no significant association between the age of the infant in months and knowledge score (Chi-value = 3.527, df = 4, p = 0.474),Mothers' Pregnancy Status there is No significant association is observed between mothers' pregnancy status and knowledge score (Chi-value = 0.076, df = 2, p = 0.963),Mothers' Occupational Status There is no significant association between mothers' occupational status and knowledge score (Chi-value = 5.073, df = 4, p = 0.280),Types of Family There is a significant association between the types of family and knowledge score (Chi-value = 15.320, df = 6, p = 0.018*). Mothers from nuclear families tend to have poorer knowledge scores compared to those from joint families, single-parent families, and extended families.and last Attended any Workshops or Seminars Related to Complementary Feeding There is a significant association between attendance at workshops or seminars related to complementary feeding and knowledge score (Chi-value = 6.234, df = 2, p = 0.044*). Mothers who attended such workshops or seminars tend to have better knowledge scores compared to those who did not.

## 4. Discussion

Findings of the study revealed that 17(14.2%) of Mothers of infants had Good Level of Knowledge, where as 58 (48.3%) mothers of infants had Average level of Knowledge and only 45 (37.5%) mothers of infants had Poor level of Knowledge. And in practice level 23(19.2%) had adeqaute practice where as 69(57.5%) had moderate level of practice and only 28(23.3% ) had poor level of practice. Correlation was used for identifying the correlation between knowledge and practices regarding complementary feeding . and correlation between the knowledge and practice in that the knowledge score mean value is 1.7667 and standard deviation is 0.68272, whereas in practice mean value is 1.9583 and standared deviation is 0.65332. Result shows that there was very weak positive corrlation (r=0.003) between knowledge and practices regarding complementray feeding among mothers of infants. The similar study conducted by **S. Bhakti Swarupa, Debasmita Mohapatra** Knowledge of Mothers Regarding Complementary Feeding in Selected Hospital, Bhubaneswar.The result, showed that 3.33% mother has poor, 66.67% has average knowledge and 30% has good knowledge regarding complementary feeding.

## 5. Conclusion

From the above findings it is considered that mothers of infants were having good, average and poor level of Knowledge and level of practices in that adequate, moderate and, also there was very weak positive correlation between Knowledge and practices towards complementary feeding among mothers of infants. Which indicate that practices towards complementary feeding improve as knowledge growths.

## 6. References

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