

A study on the awareness of weaning practices in mother of (Jalesar) Hathras (U.P.)

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Abstract:- Breast feeding and complementary feeding are two most important child rearing practices which have a direct weaning on the health of the infants. One hundred (100) mothers and their children below the age of two years were selected from Hathras city through multistage stratified random investigation aimed at studying prevalent weaning practices in Hathras city. The main findings of the present study were in the age group of 25-40 Years followed by 41% in the age group of 30-35 years and the minimum (1%) were in the age group of 35-40 years. 55% were having the child in the age group of 12-18 months, 43% of the age group of 6-12 months and the minimum 2% were having the child in the age group of 0-6 months. 42% gave breast feed after two days of birth and minimum gave breast feed to their child after more than three days. Majority gave colostrum after birth and 51% were breast feed their child for six months 54.22% reported the ratio of water equal to milk. Majority had the knowledge of weaning food while 46% started weaning food to their child at age of six months. Majority informed that their child liked weaning food while minimum reported that their child accepted weaning food forcibly one-two day. Majority reported that their child did not refuse any special food stuff with in a year while 18.67% child did vomiting at the first time of weaning. 52.75% reported that the liquid diet was given to the child at the first time of weaning.

I. Introduction :-

India is one of the major developing countries in the world. Infants and children up to the age of 5 years contribute approximately 15-16% of total population and considered as a vital and vulnerable group with special reference to nutrition. It is well established that the infant mortality rate is around 80 per thousand live birth in India respectively.

It is well established that the infancy is the most valuable, critical and vital period where in the infant needs an utmost care specially affection and nurturance and an apt nourishment to build up the body and mind of an infant. Breast feeding plays an important role in infants to have healthy mental and physical growth and also development as it possess specific psychological, emotional and physical care, nutrition and defense against infection.

During the first four to six months of life, breast milk usually supplies all the nutrients needed by the baby. The child grows well, depending entirely on mother's milk during the period. Breast milk may still be available to the infant even after six months. But this is not sufficient by itself to meet the increasing nutritional needs of the growing baby. Supplementary food supplying the shortfall in the nutrients are therefore necessary from this period of life (Dr. K. Saraswathi).

Breast feeding alone is sufficient food for all babies till 6 months of age, from 6 months, complementary foods are required to ensure adequate growth and to prevent malnutrition and stunting. In order to feed babies appropriately, we need to know the age of introduction of weaning, type, texture, frequency, amount of food and method of feeding. 6-11 months period is an especially vulnerable time because infants are just learning to eat and must be fed soft foods frequently and patiently. Care must be taken to ensure that these foods complement rather than replace breast milk. For older infants and toddlers, breast-milk continues to be an important source of energy, protein, vitamin A and vitamin C. Therefore breast feeding should be continued up to the age of 2 years along with complementary feeding. All health care providers should counsel mothers with regard to complementary feeding.

Weaning is a gradual process, extending from the time when baby is solely breast fed, until he is feeding entirely on the adult diet from an average weight of 3 kilos at birth, baby's weight increases almost to 5 kilos, at the end of 3 months. In fact, from birth to 1 year is the time of fastest growth for the baby. Milk alone cannot fully meet the baby's need and sustain this rapid rate of growth.

Infancy is a period of rapid growth and the weaning in particular requires extra nourishment for new tissue development and growth, as many mothers do not have enough milk to form the sole source of nutrition for the infant time of weaning and type of weaning food are thus crucial in determining the future growth and development of infants in the community. The role of inappropriate weaning practices in causing malnutrition has previously been underscored by various authorities (Ghosh, 1995). Objectives of the study to know the

socio economic status, dietary pattern of the infants, type of foods of the infants and growth characteristic of infants during feeding trial experiments.

II. Methodology :-

The primary purpose of this chapter is to describe the method employed by the investigator for selecting adequate sample, deciding upon the use of tools and techniques and explaining the procedure of the data collection with the help of tools and techniques. One hundred (100) mothers and their children below the age of two years were selected from (Jalesar) Hathras City (U.P.)

The investigator selected the problem (Awareness of weaning practices in Hathras city) with the aim to know the weaning practice and its associated factors prevail in the community.

The finding of the study have been properly discussed in the light of the available research material on the subject and subsequently summarized through light on all the major aspects covered with in the scope of the study. The research have been presented under the little of the conclusion and the action implication of satisfy the different aspect of the research. Multistage stratified random sampling technique was used for the selection of sample for the present study. Hathras city was selected purposively as it was convenient for the researcher.

The interview schedule divided into three parts. General information and feeding practice.

General Information:- In this section, information related to socio-economic characteristics of the mother and their child were recorded.

Feeding Practice:- This part of the schedule included the feeding practice, knowledge regarding weaning food and nutritive value of the food etc.

Statistical Analysis:- The collected data were coded, tabulated and analyzed using various statistical techniques.

III. Result :-

This chapter deals with the result obtained from the present study on "Awareness of weaning practices mothers of Jalesar in Hathras city" and the finding have been presented

Table No.-1- Distribution of the respondents according to their age.

Age in years	Respondents	
	No.	%
15-20	5	5.0
20-25	44	44.0
25-30	37	37.0
30-35	14	14.0
Total	100	100.0
Mean	24.72	
SD	3.58	

Above table shows the mean age of the respondents was found to be 24.72 years in the present study.

Table No.-2- Distribution of the respondents according to family monthly income.

Monthly income in Rs.	Respondents	
	No.	%
0-10000	27	27.0
10000-20000	29	29.0
20000 and above	44	44.0
Total	100	100.0
Mean	15411.00	
SD	9356.38	

Table:-2 Shows the distribution of the respondents according to family monthly income, Out of 100 respondents, Majority of them (44.0%) were in the family monthly income group of Rs. 20000 and above, followed by 29.0% in the family monthly income group of Rs. 10,000 -20,000 and the minimum (27.0%) were in the family monthly income group of Rs. 0-10,000. Average income of the respondents was found to be Rs. 15410.00 in the present study.

Table No.:- 3- Responses of the respondents regarding breast fed after birth.

Breast Fed after Birth	Respondents	
	No.	%
One day	25	31.25
Two day	42	52.50
Three day	10	12.50
More than three days	3	3.72
Total	80	100.00

52.50% gave breast feed after two days of birth, followed by 31.25% one day and the minimum (3.75%) gave breast feed to the child after more than three days

Table No.:-4 : Responses of the respondents regarding the age of child starting weaning food.

Age of Child starting Weaning food in months	Respondents	
	No.	%
Four	17	17.0
Six	46	46.0
Nine	13	13.0
Twelve	7	7.0
Not Starting	17	17.0
Total	100	100.0

Above table shows the responses of the respondents regarding the age of child starting weaning food. Out of total respondents, majority of them (46.0%) started weaning food to their child at age of six months, followed by 17.0% at the age of four months and minimum (7.0%) started weaning food to their child at the age of twelve months.

Table No.:-5:- Responses of the respondents regarding the type of weaning food accepted by their child.

Type of Weaning food	Respondents	
	No.	%
Rice water	33	36.26
Dhal Water	39	42.86
Vegetable Soup	12	13.19
Fruits	7	7.69
Total	91	100.0

Out of 91 respondents, majority of them (42.86%) accepted dhal water, followed by 36.26% rice water and minimum (7.69%) accepted fruits as weaning food by their children.

Table No.:- 6- Responses of the respondents regarding liquid diet to the child at the first time of weaning.

Liquid diet at the first time of weaning	Respondents	
	No.	%
Kheer	14	15.38
Pulse's Water	48	52.75
Rice Water	14	15.38
Tea	11	12.09
Soup	4	4.40
Total	91	100.0

Above table shows the responses of the respondents regarding liquid diet to the child at the first time of weaning. Out of the 91 respondents, majority of them (52.75%) reported that the liquid diet was given to the child at the first time of weaning, followed by 15.38% each kheer and rice water the minimum (4.40%) informed that the soup was given to the child at the first time of weaning.

Table No.:- 07- Responses of the respondents regarding solid diet to the child at the first time of weaning.

solid diet at the first time of weaning	Respondents	
	No.	%
Mashed Banana	19	20.88

Biscuit	16	17.58
Daliya	17	18.68
Bread	28	30.77
Khichri	8	8.79
Rice	3	3.30
total	91	100.0

Above table shows the responses of the respondents regarding solid diet to the child at the first time of weaning, out of the 91 respondents, majority of them (30.77%) reported that bread was given to the child at the first time of weaning, followed by 20.88% mashed banana and the minimum (3.30%) informed that the rice was given to the child at the first time of weaning.

IV. Discussion:-

Present study was to study the demographic profile of mothers in context to certain selected areas. The selected parameters taken were religion, cast, family type, number of family members, age, education and occupation. It was found that out of the total 100 respondents, majority of them were Hindus, belonged to general caste, living in joint families.

The results of the present study revealed that the majority of respondents were in the age group of 20-25 years educated up to graduate, engaged in business, having one earning member in the family and monthly income were above Rs. 20,000.

The result of the study also revealed that all of the them were married, having one child and belonged to family having 5-10 members. Most of them were having male child aged 12-18 months.

The study was to study the feeding practice of the child by the selected respondents. In the present study, majority gave breast feed to their child, most of them gave breast feed after two days of birth only one fifth of them gave colostrum their child. Charak (1st AD) and sushruta (4cent AD) recommended that colostrum should be discarded. WHO team (1953), Jyothi et.al. (1963) Narayanan (1974), Gurudeva, George et. al (1982) reported that the practice of discarding colostrum as quite common in different parts of India.

Result of the present study also demonstrate that majority were breast feed their child for six months. However, few past studies conducted by Bala Krishnan and Hussain (1977) and Chen (1978) have reported comparatively less percentage of infant who were breast feed up to 6 months. Ghosh (1976) found that younger mothers breast feed their babies for a longer period.

In the present study, majority of respondents reported that they consumed milk powder for their child, diluted milk with water, add sugar in milk, gave milk four times in a day. Tirumala Rao (1962) the use of fresh animal milk as commonest type of milk used for supplementary milk feedings. Thaman and Anand (1964) reported that 85% of Kashmiri Mothers used (1968-69) has reported the buffalo's and cow's milk as common milk used for top feeding in urban community of Delhi. Kushwaha and mathur (1987) documented the use of powder milk (26.10%). whereas in a study done in Malaysia by chen (1978) the main type of milk used was found to be powder milk (25%). Rivera (1971) also found similar findings in his study conducted in New Yourk and San Francisco.

Out of 100 respondents, majority had the knowledge of weaning food, supplementary food and started weaning food to their child at age of six months dhal water and their children accepted weaning food because they liked it as it was nutritious. All of them prepared weaning food to their child at home. Majority of the mothers observed change after given weaning food to their child at the first time of weaning. In most of the studies done in the past (by Narayanan (1974), that introduction was delayed beyond 6months and in few studies majority received after one year of age. But karkal (1975), observed that in majority of infants it was introduced before 6 months or one year. Sharma and lahari (1977) and Nalwa (1981) also noted the trend of earlier introduction of solids and semi solids with increasing family income and literacy of the mothers.

Result of the present study indicate that approximately half of mothers of study population followed "regimental" feeding schedule. Bhandari and patel (1973) and Bahel reported that feeding schedule was based mostly on demand basis.

V. Conclusion:-

Children are the greatest asset who will shape the future or out country and strengthen the nation. Therefore, we all must strive to ensure the optimal growth and development of children so that they can effectively contribute towards progress of the nation.

Breast feeding and complementary feeding are two most important child rearing practices which have a direct bearing on the health of the infants. The practices are, intern, vastly influenced by the prevalent customs

and superstitions apart from age, education and socio-economic status of mothers among families. The human children is totally dependent on others at birth for both physical and physiological care. The transition from dependency to being independent takes a long time with wide individual difference. This transition again has its roots in the child care practices. The nourishment given through appropriate and suitable food, along with tender loving care in this early phase of life, helps the child to grow into a normal healthy child both physically and physiologically. Needless to say that the knowledge, attitude and practices regarding child care are inter linked.

One hundred mothers and their children below the age of two years were selected from Hathras city through multistage stratified random sampling techniques.

Majority of mothers of sample group know the importance of weaning and supplementary food and the right time to introduce these foods and even right kind of food and the portion to be given to the them.

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