

A Study to Evaluate Effectiveness of Structured Teaching Programme on Knowledge Regarding Weaning among Postnatal Mothers in Selected Urban Areas of Kanpur, U.P.

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ABSTRACT

Weaning, the gradual introduction of complementary foods alongside breast milk or formula-made milk, plays a pivotal role in the nutritional transition of infants. It is an extremely significant dietary transition for the infant; the shift from a mother's milk-based diet to a more heterogenized food-based diet, from exclusive breastfeeding to a diversified diet, the weaning, and the diet thereof plays a crucial role in shaping the growth, development, and health of the infants. Title of the study was to evaluate effectiveness of structured teaching programme on knowledge regarding weaning among postnatal mothers in selected urban areas of Kanpur, U.P." objective of the study was to assess the pretest knowledge weaning among postnatal mothers in selected urban areas of Kanpur, U.P. to assess the post-test knowledge regarding weaning among postnatal mothers in selected urban areas of Kanpur, U.P. To assess the effectiveness of structured teaching programme on knowledge regarding weaning among postnatal mothers in selected urban areas of Kanpur, U.P. To find out the association between pretest knowledge scores with their selected demographic variables. "Methodology adopted for the study was quantitative research approach with a pre-experimental one group pretest and posttest was adopted. In this study, the sample consists of 30 postnatal mothers who fulfilled the inclusion criteria for the study. The convenience sampling technique was used for this study. A structured Socio demographic variables and Knowledge questionnaire on weaning were selected based on the objectives of the study. The tools are prepared in two sections. Section A was socio- demographic data, and the Section –B was Knowledge questionnaire on weaning. Validity of the tool was established with experts. Pilot study was conducted on young adults from 20-08-2024 to 05-09-2024 to assess the tools feasibility and it was found to be feasible to collect the required information. For the main study the data collected from 20-10-2024 to 25-11-2024 from postnatal mothers who fulfilled the inclusion criteria. The collected data was tabulated according to various parameters and the complete analysis was done with descriptive and inferential statistics. Paired t test used to assess the effectiveness of STP on knowledge regarding weaning and the obtained value was 14.87 and the table value was 1.68 at 0.05 level of confidence. Since the obtained value greater than the table value STP was effective So, the H1 hypothesis was accepted. The investigator concluded the structured teaching program was effective. The chi-square calculation explains that there was a significant association between pre test knowledge level and the sociodemographic variables previous knowledge regarding weaning as the chi-square value was greater than the table value at 0.05 level of significance.

KEYWORDS: structured teaching program, knowledge, weaning, postnatal mothers, urban areas, kanpur

Need for the study: -

Children forms 38% to 40% of our general population. In the first year of life, infants undergo periods of rapid growth when good nutrition is crucial. As the

baby grows, their nutritional needs the food that we give them will help them grow and develop.

According to WHO and UNICEF, poor infant feeding practice and their consequences are one of the world

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major problem and serious obstacle to social and economic development.

By reviewing this all article researcher come to a conclusion to construct a problem statement to evaluate effectiveness of structured teaching programme on knowledge regarding weaning among postnatal mothers in selected urban areas of Kanpur, U.P.”

Objectives

1. To assess the pretest knowledge weaning among postnatal mothers in selected urban areas of Kanpur, U.P.
2. To assess the post-test knowledge regarding weaning among postnatal mothers in selected urban areas of Kanpur, U.P.
3. To assess the effectiveness of structured teaching programme on knowledge regarding weaning among postnatal mothers in selected urban areas of Kanpur, U.P.
4. To find out the association between pretest knowledge scores with their selected demographic variables.

Material and method:-

Research approach and design: - Quantitative approach with pre experimental one group pretest post-test design was adopted.

Setting of the study: - Selected urban areas of Kanpur, U.P.

Study population: - postnatal mothers

Accessible population: - post natal mothers residing in selected urban areas Kanpur U.P.

Sample size: - 30

Sampling technique: - Non probability convenient sampling technique.

Inclusive criteria:

1. Who were residing in selected urban areas of Kanupur
2. Who were willing to participate
3. Who knows to read and write Hindi or English.

Exclusion criteria

1. Who was not available at the time of data collection.

2. Who have already attended this type of study.

Variables under study

Independent variable: The structured teaching programme is the independent variable.

Dependent variable: The knowledge among postnatal mothers in selected urban areas of Kanpur is the dependent variable.

Socio demographic variables: The socio demographic variables consist of items on background data of the participants.

Description of Tools

Socio demographic variables and Knowledge questionnaire on weaning among postnatal mothers was constructed by the investigator which contains items in the following aspects.

Section – A: The socio demographic variables consist of items on background data of the participants. It includes It includes data age in year, educational status, type of family, occupational status, gravida status, history of previous preterm delivery, birth weight of the baby, gestational age at the time of delivery.

Section – B: The Knowledge questionnaire on weaning consist of 30 questions.

Scoring for Knowledge questionnaire on weaning.

Minimum score = 0

Maximum score = 30

Data collection procedure: -

For the main study the data collected from 20-10-2024 to 25-11-2024 from postnatal mothers who fulfilled the inclusion criteria. The investigator distributed knowledge questionnaire along with demographic variables and after filling the questionnaire investigator collected it and provided Structured teaching program on weaning among the participants. After 1 week investigator conducted the post test among the same participant to assess the level of knowledge they retain after STP on weaning.

Limitations of the study

1. Only 30 samples are used for this study.
2. Only samples form selected rural areas from Kanpur

Analysis and interpretations**Section I:- Base line characteristics of participants.****Table 1: - Baseline characteristics of the participants**

Sl. no	Demographic variables	Frequency	Percentage
1	Age in years		
	20-25 years	13	43.3
	26-30 years	10	33.3
	31-35 years	4	13.3
	36-40 years	3	10
2	Religion		
	Hindu	15	50
	Muslim	10	33.3
	Christian	3	10
	Others	2	6.7
3	Educational status		
	None	10	33.3
	Primary education	9	30
	Secondary education	3	10
	Graduation and above	8	26.7
4	Employment status		
	Home maker	19	63.3
	Employed	6	20
	Business	5	16.7
5.	Previous knowledge regarding weaning		
	yes	13	43.3
	No	17	56.7
6.	Sources of information		
	Mass media	9	30
	Parents and relatives	8	26.7
	Health professionals	9	30
	Others	4	13.3

Section II: - Effectiveness of STP on Weaning**Table no 2: - Effectiveness of STP on weaning.**

Knowledge level	Poor	Average	Good
Pre test	17	13	00
Post test	00	17	13

Paired t test used to assess the effectiveness of STP on knowledge regarding weaning and the obtained value was 14.87 and the table value was 1.68 at 0.05 level of confidence. Since the obtained value greater than the table value STP was effective So, the H1 hypothesis was accepted. The investigator concluded the structured teaching programme was effective.

Assess the association between pre test knowledge score with selected demographic variables.

Table no: - 3 chi square showing association between pre test knowledge with selected demographic variables.

Sl. no	Demographic variables	Knowledge regarding weaning			Obtained value	Table value	Interference
		Poor	Average	Good			
1	Age of the participants						
	20-25 years	5	8	0	.50	12.59	NS
	26-30 years	5	5	0			
	31-35 years	2	2	0			
	36-40 years	1	2	0			

2	Religion				2.44	12.59	NS
	Hindu	9	6	0			
	Muslim	5	5	0			
	Christian	1	2	0			
	Others	2	0	0			
3	Educational status				10.32	12.59	NS
	None	6	4	0			
	Primary education	7	2	0			
	Secondary education	3	0	0			
	Graduation and above	1	4	0			
4	Employment status				.39	9.48	NS
	Home maker	10	9	0			
	Employed	4	2	0			
	Business	3	2	0			
5	Previous knowledge regarding weaning				30	5.99	S
	Yes	0	13	0			
	No	17	0	0			
6	Sources of information				12.12	12.59	NS
	Mass media	6	3	0			
	Parents and relatives	6	2	0			
	Health professionals	1	8	0			
	Others	4	0	0			

S=Significant, NS = Not Significant

2= 5.99, 4=9.48, 6= 12.59

The chi-square calculation explains that there was a significant association between pre test knowledge level and the sociodemographic variables such as previous knowledge regarding as the chi-square value was greater than the table value at 0.05 level of significance.

Conclusion: -

The study concluded that most of the mother had poor knowledge regarding introduction of weaning hence structured teaching program was effective to bring good knowledge among primi mothers regarding proper introduction of weaning.

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