

## **Video Assisted Teaching on Knowledge Regarding Weaning among Mothers – Pre Experimental Non Randomized One Group Pretest and Posttest Study**

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### **ABSTRACT**

Consumption of food is a dynamic which is determined by quickly changing tendency in food practices for infants and difficult to understand what children are being fed and how practices are alternating. The study was to assess the video assisted teaching on knowledge regarding weaning among mothers of infants attending paediatric OPD at SRH. Quantitative, pre experimental non randomized one group pretest and posttest design, convenient sampling technique was used to collect the 120 sample paediatric OPD. Self structured knowledge questionnaire was administered during pretest and video assisted teaching was given about 30 minutes as an intervention. After 7th day posttest was conducted through what's app. About 3% of mothers had inadequate and 93% of mothers had moderately adequate and 6% of mothers had adequate knowledge level in pretest where as in posttest 14% of mothers had moderate level and 86% of mothers had adequate level knowledge on weaning. The mean posttest knowledge score of mothers of infant was 17.49 with SD=1.914 was highly significant difference in pretest mean score was 11.08 with SD=2.164 and computer paired t test value  $t=35.867$ . The study concludes that video assisted teaching programme was effective on knowledge regarding weaning among mothers of infants.

**Keywords:** *Video assisted teaching, Knowledge, Weaning, Mothers of infant*

### **Introduction**

Childhood involve lots of modification in growth, development, feeding pattern, and other functions than any other time of life. Consumption of food is a dynamic which is determined by quickly changing tendency in food practices for infants and difficult to understand what children are being fed and how practices are alternating. Alternating, decreases the risk of poor eating habits, and develop empirical feeding recommendations. (Agedew, E., Demissie, M., Misker, D. and Haftu, D., 2014).

Breastfeeding is a instinctive and good source of nutrition which gives the healthiest start for an infant. Along with the nutritional benefits, breastfeeding promotes a unique and emotional bonding between mother and baby. First six months of life exclusively breast fed the baby, followed by breastfeeding need to introduce complementary foods. Breast milk is the ideal first food for the baby for the first six months of life. (Aragé, G. and Gedamu, H., 2016)

Weaning influence lot of changes in both mental and emotional growth of the baby. During weaning the close connection between mothers and their babies must progressively increase.

Healthy growth and development is based on proper feeding. Infant also need emotional connection and the good care when they are ill. (World Health Organization, 2007)

Under nutritious children are more prone to get common infections, and delay recovery. The outcome between under nutrition and infection leads to worsening illness and deteriorating nutritional status. Poor nutrition in the first 1,000 days of a child's life can also lead to growth retardation, which is correlated with impaired cognitive ability and poor school and work performance. (UNICEF, 2017).

### **Methodology**

An Pre-experimental non randomized one group pre test and post test design was used for this study. 120 mothers of infants who are in 3-4 months attending paediatric OPD of Sri Ramachandra Hospital were taken as samples based on inclusion criteria using convenient sampling technique. Mothers of infants who were having complications like congenital anomaly (Tracheo Esophal Fistula, Cleft lip and palate, Cardiac defect) excluded from the study. An approval to conduct the study at paediatric OPD of Sri Ramachandra Hospital was obtained from Principal, College of Nursing, the Head of the Paediatrics Department, Medical Director and Department Head in Nursing. Then an approval to conduct a study was obtained from ethics committee for student's project (Ethical reference number - CSP/18/APR/68/99). Confidentiality was maintained throughout the study. Further to selection, the mothers of infants were made to sit comfortably in the chair at the room provided within the paediatric OPD and the researcher established a rapport with the study subjects. The purpose of the study was explained, written consent was obtained from participants prior to data collection. A sample of 120 mothers were selection using convenient sampling technique. The first time mother's of infant who is coming to paediatric OPD for immunization and minor illness were included in this study. Each day consist 5-8 mothers one to one teaching was conducted. The pretest was conducted by using self structured multiple choice questionnaire on weaning. Video assisted teaching is delivered through lecturer cum discussion method about 30 minutes by using laptop in paediatric out patient department class room. After intervention the investigator clarified the doubt regarding weaning and collected contact number from mother for future evaluation. On 7th day of video assisted teaching programme, the posttest was conducted by sending self structured questionnaire through what's app to the same group. Mothers were insisted a reminder through phone call. Post test was conducted through what's app on same day to assess the posttest knowledge on weaning. In addition the pamphlets were sent to mothers of infant through in portable document format (PDF). The tool consisted of two parts. Part I background Part I: Background variable questionnaire  
It consisted of two section.

Section A: Demographic characteristics of mothers of infants. It included information about the participant's age, education, occupation, family type, family income, source of information.

Section B : Consisted of 20 self structured multiple choice questionnaire were developed

by investigator which consist of definition, infant digestive system, purposes, principles, weaning groups, weaning schedule, general instructions, don'ts and do's of weaning.

### Scoring and interpretation

The areas of knowledge on weaning and the number of questions in each area were as follows

1. Background variable questionnaire ( 07 items)
2. Knowledge regarding weaning questionnaire ( 20 items)

### PART II : Knowledge regarding weaning questionnaire

The total mark for knowledge regarding weaning questionnaire was 20. Each correct answer is one and Zero for every wrong answer. The scores ranged as follows.

Adequate knowledge - 76 to 100%

Moderately adequate knowledge - 51 to 75%

Inadequate knowledge - 0 to 50%

### Results

The pretest, majority 92.5% of the mothers had moderately adequate knowledge, 5.8% of the mothers had adequate knowledge, and 1.7% mothers had inadequate knowledge. In posttest 14.2% of the mothers had moderately adequate knowledge and 85.8% of mothers had adequate knowledge regarding weaning. The present study shows that there was a significant difference in knowledge on weaning among mothers before and after video-assisted teaching programme. The hypothesis was supported by the study findings. There is a highly significant difference between pretest ( $M=11.08$ ) and posttest ( $M=17.49$ ) with mean difference of 14.2 ( $p < 0.001$ ) the video assisted teaching programme was effective in increasing awareness in knowledge of mothers of infants. The present study shows that there was a statistical difference in knowledge on weaning among mothers before and after video-assisted teaching programme with selected background variable among mothers of infants with  $p$  value of ( $p < 0.001$ ).

| Knowledge           | Pretest |      | Posttest |      |
|---------------------|---------|------|----------|------|
|                     | n       | %    | n        | %    |
| Inadequate          |         | 1.7  | 0        | 0    |
| Moderately adequate | 111     | 92.5 | 17       | 14.2 |
| Adequate            | 7       | 5.8  | 103      | 85.8 |

**Table-1: Level of Knowledge on weaning among mothers of infant before and after a video**

### assisted teaching programme (N=120)

**Table 2: Comparison of mean scores of knowledge on weaning before and after video assisted teaching programme (N=120).**

| Variables<br>(group) | Pretest |       | Posttest |       | Mean<br>Difference |      | Paired t  | P value |
|----------------------|---------|-------|----------|-------|--------------------|------|-----------|---------|
| Knowledge            | M       | SD    | M        | SD    | M                  | SD   | 35.867*** | 0.000   |
|                      | 11.08   | 2.164 | 17.49    | 1.914 | 14.2               | 2.99 |           |         |

p< .001\*\*\*

### Discussion

The sample comprises 48.3% of first time mothers belonging to the age group of 18- 22years, 31.7% were between the age group of 23 and 27 years, 20.0% were between the age group of 28 and 32. With regarding education 20.0% of the mothers had primary education, 53.3% of the mothers had secondary education, 26.7% of the mothers were graduates. Regarding 10.0% the mother's monthly family income was Rs 10,001-15,000, 60.8% of the mothers' income was between Rs 15,001-20,000 and 28% of mothers income was Rs 20,001-25,000, 7% of the mothers income was Rs 25,001-30,000. Regarding occupation 45.8% of the mothers were homemakers, 27.5% of the mothers were labourers, 26.7% of the mothers were from private sector. With regard to family type 78.3% of the mothers belonged to nuclear family and 21.7% of the mothers belonged to joint family. Regarding source of information 32.5% of the mothers were getting information from mass media, 10.8% of the mothers were getting information from magazines, 56.7% of the mothers were getting information from peer groups. This study shows that there was no significant association between the level of knowledge on weaning with selected background variables among mothers of infants with p value of (p< 0.00)

Level of Knowledge on weaning among mothers of infant before and after a video assisted teaching programme reported in table -1 and Comparison of mean scores of knowledge on weaning before and after video assisted teaching programme reported in table -2.

Another study shows swaminathan et al. (2018) assessed the effectiveness planned teaching programme on knowledge regarding intervention of weaning diet among mothers of infants admitted in Krishna Hospital Karad. majorly 52% of the children less than five years of age were nutritionally stunted, 18% were wasted, and 53% are underweight. The sample size was 50 and convenient sampling technique was used. In pretest, 30% had poor knowledge, 70% had average knowledge, 0% had good knowledge. Post- test showed 0% had poor knowledge, 78% had average knowledge, 22% had good knowledge. (Table-1) The main outcome of the study was that the mothers of infants must have knowledge regarding weaning diet, if provided with proper

education then there might be an increase in the level of knowledge

## Conclusion

It is concluded that the majority of the mothers had inadequate knowledge on weaning. Video-assisted teaching programme on weaning is effective to increase the level of knowledge on weaning among mothers of infants 3-4 months. The findings may not be generalizeable in the other parts of India.

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