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"A Study To Assess The Effectiveness of Planned Health Teaching Regarding Katori And Spoon Feeding Among Mothers of Infants In Selected Hospital, Tirupati."

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Abstract
Background: *The Children are major consumers of health care. Infants are considered as special risk groups. Majority of childhood sickness and deaths are preventable by simple low cost measures. Providing balanced and sufficient nutritional diet is most important for infants to promote growth and development, to protect from infections, and maintain good health of infants. In India there is increased mortality rate is due to improper knowledge of mothers about hygienic health practices and feeding techniques of infants. Appropriate and healthy feeding of infants during the first year of life is extremely important.* ***Objectives:*** *to assess the knowledge and knowledge on katori and spoon feeding, to assess the effectiveness of planed health teaching regarding katori and spoon feeding, to associate the relationship between demographic variables and the level of knowledge on katori and spoon feeding.* ***Method:*** *A quasi-experimental single group pre – test and post- test research design was adopted to assess the effectiveness of planned health teaching regarding katori and spoon feeding among mothers of infants in selected hospital, Tirupati. Fifty mothers of infants were selected convenient sampling technique.* ***Results:*** *In pre test scores mean of knowledge was 5.94 and standard deviation was 2.97; mean of practice was 9.94 and standard deviation was 2.33. and In Post- test mean of knowledge was 13.14 and standard deviation was 1.70 and mean of practice was 13.50 and standard deviation was 1.79. Knowledge and practice were significant at 0.01 level.*
Keywords: *planned health teaching, Katori and spoon feeding, mothers of infants.*

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I. Introduction

Breast milk is the best food for newborns and they need nothing else until they are about 6 months old. However not all newborns can suckle, especially those who are very small or sick. Alternative methods such as tube feeding, bottle feeding, and spoon feeding or cup feeding are required until they are strong or mature enough to suckle effectively[1]. Although these alternative methods of infant feeding with a bottle appear to have become established and other feeding methods have been overlooked. Cup feeding receives little mention in medical literature, although katori and spoon feeding is one of the recommended method of feeding.[2]

According to WHO, every year about 15 million babies are born prematurely around the world and that is more than one in 10 of all babies born globally. Almost 1 million children die each year due to complications of preterm birth and improper selection of feeding methods by parents. According to 2016 data 3.5 million babies born are premature Across 184 countries, the rate of preterm birth ranges from 5% to 18% of babies born every year. Out of 1000 babies, 68% of the mothers are using this method to feed their babies until the child is able to suckle.[3s]

II. Need For The Study

Proper feeding is an important in infant's life. Breast milk alone is adequate to maintain optimum growth and development of an infant up to 4 – 6 months. Then progressively transfer the child from breast-feeding to usual diet is an important aspect**.** While feeding the infant by katori and spoon there is chance to get food aspiration which leads to pneumonia and middle ear infection because of lack of knowledge regarding feeding techniques of infants, many of them will get diarrhea due to unhygienic practices of feeding[5]. Many of them will not receive sufficient nutritional diet and this will affect the growth and development and it may results to malnutrition. All these complications, which directly or indirectly affect the child's optimum growth

and development and sum, may leads in death of infants. These all complications are results due to lack of knowledge and feeding practices of mothers of infants[6].

This study aimed to improve knowledge regarding katori and spoon feeding among mothers of infants[7] .the knowledge regarding katori and spoon feeding was inadequate among mothers of infants. So Improved knowledge may help adopt better practices to the parents especially among mothers of infants.[8]

III. Review Of Literature

- **Dala S,Nayaki senthil et al [2011]** conducted a study on "knowledge on cup and spoon feeding among mothers of infants in selected areas of Saudi Arabia." A survey research design was used. The sample for the present study consists of 60 mothers between the age group of 18 to 45 years from the selected areas of Saudi Arabia. Convenience non- probability-sampling technique was adopted. The technique for data collection was self-structured questionnaire for identifying knowledge of mothers regarding cup and spoon feeding. The study results shows that out of 60 mothers, 20 (33.33%) had adequate knowledge, 39(65%) had moderate knowledge and 1 (1.67%) had inadequate knowledge.[9]
- **Aytekin S.M et al [2014]** was conducted a study on effectiveness of structured teaching programme on cup and spoon feeding among mothers of infants . by using convenient sampling technique 50 mothers were selected. The study results are the total mean in pre-test is 28.40 and posttest is 79.20. the OSD in the pre-test is 13.91 and post- test is 22.11. The paired "t" value shows that there was a significant improvement in knowledge and knowledge on practices regarding cup and spoon feeding at $p<0.0001$ level. [10]
- **Arun vijay paul R et al (2017**) A cross- sectional descriptive study was conducted study on " Knowledge and practice of hand washing is low among rural mothers" The study was carried out among 250 mothers of under- five children residing in five urban slums at Coimbatore. Demographic data and information on hand washing at different times were recorded. Results: Overall 67.2% of the study group practiced hand washing with soap at critical times, whereas at other instances (after touching pet animals or toys, after changing child's diaper, after coughing or sneezing) the level was below 50%.
- The age of mother, literacy status and joint family was significantly associated with good practices ($P<0.05$).The study.[11]

IV. Operational Definitions

Katori and spoon feeding: It is a method of feeding with expressed breast milk to an infant from a small cup.
Mothers of infants: mothers who are having children from 0 to 1 year of age.

Hypothesis:

- There will be significant difference in knowledge of the mothers of infants regarding katori and spoon feeding before and after planed health teaching.
- There will be significant improvement in practices of mothers of infants regarding kantori and spoon feeding after planned health teaching.

Assumptions:

- Mothers may have inadequate knowledge regarding katori and spoon Feeding.
- Planned health teaching on katori and spoon feeding to the mothers of infants would bring about changes in their better practices.
- Mothers may spread the information to others.

V. Methodology

Research design

The research design selected for the present study was a quasi- experimental single group pre- test and post- test research design. The study was conducted in selected Hospital, Tirupati. The population of this study includes mothers of infants. Sample size consisted of 50 mothers of infants with convenient sampling technique was adopted.

Inclusive criteria

- Mothers of infants.
- Mothers who are available at the time of data collection.

Data Analysis

After giving a score for each mother, both pre – test and post – test results were tabulated. Descriptive and inferential statistics were used for the analysis of the pre – test and post – test.

VI. Results

Table 1 (Annexure – I) : distribution of demographic variables among mothers of infants. The data presented in table - 1 shows that out of 50 infant mothers, , majority 32(64.00%) were aged 21-30 years and 12(24.0) were less than 20 years 6(12.0) were 31-40 years. Related to Gender of the baby, majority 28 (56.0%) were female babies and 22(44.0%) male babies Related to education of the mother, majority 19(38.0%) were collegiate education 15 (30.0%) were primary education, 9(18.0%) were secondary education,6(12.00%) were illiterate, 1(2.0%) technical education. Related to education of the father, majority 15(30.0%) were collegiate education, 14(28.0%) were secondary education 12(24.0%) were primary education, 6(12.0%) were Illiterates, 3(6.0%) were technical education. Related to occupation of the mother majority 34(68.0%) were homemakers, 14(28.0%) were labour, 2 (4.0%) were employees. Related to occupation of the father majority 17(34.0%) were labour, 14(28.0%) were business, 11(22.05%) were employee, 8(16.0%) were agricultural labour. Related to religion majority 38(76.0%) were Hindu, 9(18.0%) were Muslim, 2(4.05%) were Christian, 1(2.0%) were others. Related to residence majority 31(62.050 were from rural, 10(20.0%) were from urban, 9(18.0%) from semi urban. Related to family income (per month in rupee) majority 21(42.0%) were 5001-10000, 15(30.0%) were <5000, 8(16.0%) were 10,001-15,000, 6(12.0%) were 15001 and above Related to type of type of family majority 25(50.0%) were Nuclear family, 20(40.0%) were joint family, single family 3(6.0%), 2(4.0%) were extended family. Related to information received from majority 28(56.0%) were taking from family/friends/relatives, 12(24.0) were taking from health personnel, 5(10.0%) were taking from mass media, 5(10.0%) were taking from others.

Table 2 (Annexure – II): Distribution of level of knowledge scores regarding katori and spoon feeding among mothers of infants. Out of 50 mothers the level of knowledge on katori and spoon feeding. In pre test 37 (74.0%) had inadequate knowledge, 10 (20.0%) had moderate knowledge, 3(6.0%) had adequate knowledge. In post test 12(24.0%) had moderate knowledge, 38(7.6%) had adequate knowledge.

Table 3 (Annexure- I): **Distribution of level of knowledge on practices score regarding katori and spoon-feeding among mothers of infants.** Reveals that in per test 12(24.0%) had in adequate knowledge, 29(58.0%) had moderate knowledge, 9(18.0%) had adequate knowledge on practice. In post test 14(28.0%) had moderate knowledge, 36(72.0%) had adequate knowledge on practices.

Table 4 (Annexure –I) : the effectiveness of planned health education related to level of knowledge and knowledge on practices regarding katori and spoon feeding among mothers of infants. Both the level of knowledge and practices were significant at $p<0.01$ level.

VII. Discussion

The first objective of the study is to assess the knowledge and knowledge on practices regarding katori and spoon feeding among mothers of infants.

This study was supported by Fosiul A et L [2014] was conducted a study on "knowledge on katori feeding among mothers of infants" the study was conducted with (n= 174) mothers of infants .the data was collected by using self structured questionnaire. Convenient sampling technique was adopted. The results of the study shows that out of 174 mothers, 72.2% had adequate knowledge 69.5% had moderate knowledge and 32.8% mothers had inadequate knowledge on katori feeding.[12]

The second objective of the study to evaluate the effectiveness of structured teaching program on knowledge regarding katori and spoon feeding among mothers of infants.

This study was supported by Vandana S. Thangavel [2013] was conducted a study on effectiveness of planed health education in improving level of knowledge among mothers of under five children's at Nagpur by structured questionnaire, by using random sampling technique 30 mothers were selected .The study results are the total mean in the pre-test is 82.86 and in post test is 91.96. The SD in the pre- test is 5.65 and post – test 4.91 which shows that the data is consistent. The pr- test mean score is 36.6% and post- test mean score is 90%. As the "t" value calculated is 6.30which is greater than the table value (2.05) at $p>0.005$ which indicates highly significant. This data signifies that the planned health education is effective.[13]

The third objective of the study was to find out the relationship between socio-demographic variables and knowledge regarding katori and spoon feeding among mothers of infants.

This study was supported by Ramesh et all (2014) conducted study on" knowledge regarding katori and spoon feeding among mothers of preterm children presenting to a selected hospital, Bangalore, south India" .This study aimed to assess the knowledge regarding katori and spoon feeding among mothers of preterm children's admitted in NICU this was across sectional study conducted in a rural hospital between march and august 2011.forty mothers were selected using non-probability convenient sampling technique. Structured interview questionnaire was used to collect the data. Most of the mothers 28(70%) were above the age of 30 years, 17 (42.5%) were uneducated. the findings revealed that there was a statistically significant association between level of knowledge with age, educational status of mothers at $p<0.01$ level. [14]

VIII. Conclusion

Nursing implications:

In order to improve the efficiency of mothers of infants to promote optimum child development, there is a need of structured teaching programme.The findings of the study has implications in nursing services, nursing education, nursing administration and nursing research.

Nursing services:

Health education programmes are the essential part of nursing service. The results of the study would help the nurse to enlighten their knowledge on impotence of health education.

- ✓ Provide family centered nursing care and involve the parents in the health programmes in hospital and community.
- ✓ Provide anticipatory guidance to mothers regarding katori and spoon feeding .
- ✓ In pediatric ward , well baby clinics, primary health centers, sub centers, anganwadi centers, and schools health education is planned and implemented using various teaching audio visual aids lick charts, flip cards, pamphlets and block board.

Nursing Research:

- Nursing research on newer method of teaching focusing on interest, quality, and cost of effectiveness.
- There is a great need for nursing research in the areas of mother's education, particularly about katori and spoon feeding.

SUGGESTIONS:

Based on the study findings, the following suggestions are proposed.

- A study could be conducted using the post- test after one month, six months, and one year to see the relation of knowledge.
- The study could be conducted with large samples.
- The study could be replicated in different settings, such as community areas to strengthen the findings.
- A comparative study could be done in rural and urban setting.
- A similar study conducted by administering self- instructional material on katori and spoon feeding which could be also serve as reference material for mothers.
- A descriptive study to assess the knowledge and practices regarding katori and spoon feeding among mothers of infants could be undertaken.

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ANNEXURE-I

Table 1: Distribution of demographic variables among mothers of infants.

(n=50)

S.No	Demographic Variables	Frequency	Percentage %
1.	**Age of the Mother**		
	Less than 20 years	12	24.00
	21 to 30 years	32	64.00
	31 to 40 years	6	12.00
	Total	**50**	**100**
2.	**Gender of the Baby**		
	Male	22	44.0
	Female	28	56.0
	Total	**50**	**100**
3.	**Education of the Mother**		
	Illiterate	6	12.00
	primary education	15	30.0
	Secondary education	9	18.0
	collegiate education	19	38.0
	Technical education	1	2.00
	Total	**50**	**100.0**
4.	**Education of the Father**		
	Illiterate	6	12.00
	primary education	12	24.0
	Secondary education	14	28.0
	collegiate education	15	30.0
	Technical education	3	6.00
	Total	**50**	**100.0**
5.	**Occupation of the Mother**		
	Home maker	34	68.0
	Labour	14	28.0
	Employee	2	4.0
	Total	**50**	**100.0**
6	**Occupation of the Father**		
	Labour	17	34.0
	Agricultural Labour	8	16.0
	Business	14	28.0
	Employee	11	22.0
	Total	**50**	**100.0**
7	**Religion**		
	Hindu	38	76.0
	Muslim	9	18.0
	Christian	2	4.0
	Others	1	2.0
	Total	**50**	**100.0**
8	**Residence**		
	Urban	10	20.0
	Semi urban	9	18.0
	Rural	31	62.0
	Total	**50**	**100.0**
9	**Family Income (per month in rupees)**		
	<5000	15	30.0
	5001 to10000	21	42.0
	10,001 to15,000	8	16.0
	15001 and above	6	12.0
	Total	**50**	**100.0**
10	**Type of Family**		
	Nuclear family	25	50.0
	Joint family	20	40.0
	Extended family	2	4.0
	Single family	3	6.0
	Total	**50**	**100.0**
11	**Sources of information received from**		
	Health personel	12	24.0
	Family/Friends/Relatives	28	56.0
	Mass media	5	10.0

	Others	5	10.0
	Total	**50**	**100.0**

Table 2 : Distribution of level of knowledge scores regarding katori and spoon feeding among mothers of infants.

(n=50)

variables	PRE TEST						POST TEST					
Knowledge	Inadequate		moderate		adequate		inadequate		moderate		adequate	
	n	%	n	%	n	%	n	%	n	%	n	%
	37	74.0	10	20.0	3	6.0	0	0	12	24.0	38	76.0

Table 3 : Distribution of level of knowledge on practices score regarding katori and spoon-feeding among mothers of infants.

(n=50)

Variables	PRE TEST						POST TEST					
	inadequate		moderate		adequate		inadequate		moderate		adequate	
	n	%	n	%	n	%	n	%	n	%	n	%
practice	12	24.0	29	58.0	9	18.0	0	0	14	28.0	36	72.0

Table 4 : the effectiveness of planned health education related to level of knowledge and knowledge on practices regarding katori and spoon feeding among mothers of infants.

(n=50)

	Pre-test		**post- test**						
score	Mean	N	SD	Mean	N	SD	t-value	p- value	significance
knowledge	5.94	50	2.97	13.14	50	1.70	25.855	0.000	**
practice	9.96	50	2.33	13.50	50	1.79	16.675	0.00	**

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