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A study to assess the knowledge on Infant and Young Child Feeding (IYCF) practices among the mothers of rural and urban area of Kolar district with a view to develop information leaflet

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Abstract

A study was conducted to assess the Knowledge on Infant and Young Child Practices (IYCF) among the rural & urban mothers of Kolar district with a view to develop information leaflet.

Method and Methodology includes descriptive design by using a convenient sampling technique. 100 samples (50 mothers from rural & 50 mothers from urban) were included. Findings were finalized by using descriptive and inferential statistics. Data is presented in tables and graphs.

Result shows that 72% of rural mothers had poor Knowledge, 28% of rural mothers had average Knowledge and none of the rural mothers had good Knowledge, whereas 70% of urban mothers had below average Knowledge, 24% of urban mothers had average Knowledge and only 6% of urban mothers had good Knowledge on feeding.

Keywords: Knowledge, infant, young child, practice, rural, urban, mothers

Introduction

Mothers are women who inhibit or perform the role of bearing some relation to their children. Every child's mother is a very special and important person. In fact, she is the most precious gift of God for anyone. A child can get acquainted with the world only because of her. She is a friend, parent, guide, and teacher to her child ^[1].

Feeding has a direct impact on the growth rate, production capacity and health status of the human life. The child's life span of first two years are crucial, as a healthy diet during this time reduces morbidity and mortality or the risk of chronic diseases and promotes overall development ^[2].

Infant and Young Child Feeding (IYCF) is a set of well-known, common and scientific recommendations for appropriate feeding of Infant and children under two years. Infant and Young Child Feeding (IYCF) practice comprising breast feeding in addition complementary feeding which has a significant impact on children's growth and development. It is an essential component of pediatric care. Newborn and young child feeding is an important area for increasing child survival and promoting healthy growth and development ^[3]. Children considered as 'critical window' of possible chance, as this period the groundwork for future healthy growth and development is laid. Thus, adequate nutrition during this period has been identified as a national and global priority ^[4].

As per the statistic given by UNICEF'S, we can say that IYFC practices in India are extremely poor, possibly due to lower literacy rates, a lack of education and counselling, and a lack of support for IYFC among mothers. Mothers also have incorrect perceptions and false beliefs about the appropriate age to begin complementary feeding, owing to a lack of IYCF education ^[5].

According to WHO Exclusive breastfeeding is defined as no other neither food nor drink even water, except breast milk for six months old, but allows the infant to receive ORS, drops and syrups ^[6]. Exclusive breastfeeding from 0 to 6 months, helps children survive, supports healthy brain development, improves cognitive performance and is associated with better educational achievement at age 5 ^[7].

Complementary food includes cereals with added iron and cooked and pureed meat, poultry, fish, tofu and legumes [8]. A cross sectional analysis was done on a community based research on rural areas' strategies for feeding infants and small children of Karnataka at a teaching in tertiary care hospital in Davangere. 26% of the mothers were found to be giving WHO recommended minimum adequate diet to their children [9]. Complementary Feeding promotes optimal growth, Prevents Stunting, Micronutrient deficiencies, Anemia and various Gastro Intestinal diseases [10].

Based on the above statistics and data we found that its important at Community level, Campaigns should be organized to raise public awareness in order to gain the knowledge of the mothers in taking care of the infant.

Materials and Methods

A non-experimental descriptive survey design was used for the study and obtained ethical clearance from the SDUCON ethical committee. Based on the study's objectives, a structured knowledge questionnaire and information leaflet on IYFC was prepared in English and then translated into Kannada and sent the tool and information leaflet to research and subject experts for its content validity. The selected study venue rural & urban areas of Kolar, such as Mallapanahalli, Betagarahalli, Doddagarahalli and Rahamath Nagar. After obtaining permission from the panchayat leader, the researchers approached Rural and Urban mothers having infant and young child and then explained to them about the statement of problem and objectives of the study. Then using a simple random sampling technique, 100 mothers were selected in which 50 from Rural Area & 50 from Urban Area who met inclusion criteria. After this, by using the structured knowledge questionnaire the data were collected from the mothers. Followed by distribution of the information leaflet to the mothers. The data was collected from 01/02/2022 to 10/03/22. Then the collected data were analyzed by using Descriptive statistics & inferential statistics.

Results

The instrument used in the present study is Structured Knowledge Questionnaire which comprises of two sections:

Section 1: Socio demographic proforma of mother

Section 2: A. Knowledge on feeding practices of mother
B. Knowledge on Infant and Young Child feeding (IYCF) practices of mother.

Section 1

1.1 Socio demographic proforma of mother

Age, Gender of child, Education of mother, Occupation, Number of children, Family income, Religion, Area, Type of family, Type of delivery.

Section 2

It consists of two parts

2.1 Knowledge on feeding practices of mother: Checklist consists of items to assess knowledge on feeding practice which includes breast feeding, weaning diet and positioning during breast feeding.

2.2 Knowledge on Infant and Young Child feeding (IYCF) practices of mother:

Checklist consists of items to assess knowledge on meaning of IYCF, exclusive breast-feeding technique, weaning required, Quantity required for optimum growth and requirement of children during 0 to 2 years of baby.

Findings related to demographic variables of mothers

Table 1: Urban Mother

Majority 52% of urban mother belongs to 18-25 years, Majority 62% of the urban mother have female child, Majority 54% of mother completed their secondary school in urban area, Majority 84% of urban mother are home maker, Majority 44% of urban mother having 1 child, Majority 40% of urban mother had family income <10,000rs, majority 86% of urban mother are Muslim, Majority 62% urban mother belongs to joint family.

Table 2: Rural Mother

Majority 58% of rural mother belongs to 18-25 years, Majority 56% rural mother have female child, Majority 36% mother completed primary school in rural area, Majority 82% in rural mother are home maker, Majority 58% of rural mother having 1 child, Majority 44% of rural mother had family income <10,000rs, Majority 98% of the rural mothers are Hindu, Majority 72% of rural mother belongs to nuclear family.

Table 1: Urban Mother

	Frequency	Percentage
Age in year		
18-25	29	58%
26-35	20	40%
36-45	1	2%
>45	0	0%
Gender		
Male	22	44%
Female	28	56%
Educational Status		
Primary School	18	36%
Secondary School	15	32%
Bachelor's Degree	16	30%
Post Graduate Degree and above	1	2%
No formal Education	0	0%
Occupational Status		
Home maker	41	82%
Private Employee	8	16%
Government Employee	0	0%

Other	1	2%
Number of children		
1	29	58%
2	20	40%
3	0	0%
More than 3	1	2%
Family Monthly income Status		
<10,000rs	22	44%
11,000-20,000rs	18	36%
21,000-30,000rs	5	10%
>30,000rs	5	10%
Religion		
Hindu	49	98%
Muslim	1	2%
Christian	0	0%
Other	0	0%
Type of Family		
Nuclear family	36	72%
Joint family	13	26%
Extended family	1	2%
Other	0	0%
Type of Delivery		
Normal	30	60%
LSCS	20	40%

Table 2: Rural Mother

Knowledge level	Frequency	Percentage
Below average (<14)	35	70%
Average (14-20)	12	24%
Above average (>21)	3	6%
Total	50	100%

Table 3: Urban mother

Knowledge level	Frequency	Percentage
Below average (<14)	36	72%
Average (14-20)	14	28%
Above average (>21)	0	0%
Total	50	100%

Table 3 & 4: - Knowledge score on overall feeding practices of mother. Majority 72% of rural mother and 70% of urban mother had below average knowledge. 6% of rural mother and none of the urban mother had above average knowledge and 28% of

rural mother and 24% of urban mother had average knowledge.

Description of mean, mean percentage and standard deviation for the knowledge on feeding practice

It is evident that Maximum mean score is 4.04, mean % obtained is 44.88%, standard deviation is 2.080 in Rural community. Where that Maximum mean score is 5.06, mean % obtained is 46%, standard deviation is 2.853 in urban community.

Description of mean, mean percentage and standard deviation for the knowledge on Infant and Young Child Feeding (IYCF)

Maximum mean score is 7.14, mean % obtained is 59.50%, and standard deviation is 2.408 in rural community. Whereas Maximum mean score is 6.76, mean% obtained is 52%, standard deviation is 2.897 in urban community.

Table 4: Description of mean, mean percentage and standard deviation for the total knowledge on feeding practice.

Area	Sample Size (N)	Score	Total Score	Max Score	Min Score	Mean	Mean %	Sd
Urban (Group 1)	50	On Feeding practices	13	11	1	5.06	46%	2.853
		On IYCF	15	13	2	6.76	52%	2.897
Rural (Group 2)	50	On Feeding practices	13	9	0	4.04	44.88%	2.080
		On IYCF	15	12	1	7.14	59.5%	2.408

Maximum mean score is 11.18, mean percentage obtained is 58.84% in rural population where Maximum mean score is 11.82, mean percentage obtained is 49.25% in urban

population. Rural population standard deviation is 3.745 where urban population standard deviation is 4.835.

Table 5: Description of mean, mean percentage and standard deviation for the total knowledge on feeding practice.

Area	Score	Total Score	Max Score	Min Score	Mean	Mean%	Sd
Urban (Group 1)	On Feeding practices	28	24	3	11.82	49.25%	4.835
	On IYCF						
Rural (Group 2)	On Feeding practices	28	19	3	11.18	58.84%	3.745
	On IYCF						

Discussion & Conclusion

Rural Mother

Majority 72% of rural mother had knowledge that was below average, 6% of rural mother had above average knowledge and 28% of rural mother had average knowledge.

Urban Mother

Majority 70% of urban mother had below average knowledge, none of urban mother had above average knowledge, and 24% of urban mother had average knowledge.

Description of mean, mean percentage and standard deviation for the feeding scores of mothers

It is evident that Maximum mean % obtained by the subject found in the aspect of the knowledge on IYCF and feeding practice is 59.50% & 44.88% simultaneously in Rural Mothers whereas 52% & 46% in Urban mother. Total knowledge on feeding practice in rural population 58.84% where 49.25% is in urban population. More dispersion found in the urban population 4.835 where in the rural population standard deviation is 3.745.

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