



International Journal of Home Science

ISSN: 2395-7476
IJHS 2019; 5(2): 490-493
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www.homesciencejournal.com
Received: 21-03-2019
Accepted: 25-04-2019

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A study on knowledge level of rural women regarding weaning mix food for infant in Jamnagar district

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Abstract

Study was conducted on young and middle age group farm women having joint family structure. Nearly half of the farm women having knowledge on colostrum, supplementary food, nutritional requirement of infant and breast feeding period up to 2 years. Majority of respondent having knowledge (88%) about mother milk is complete food for infant. Farm women also know time to start weaning food at 6 month of birth (66%). They also having respond for time to start solid food like roti, paratha or regular daily meal start after 10 months. Khichadi-dal rank first (32%) for food for infant (6 to 12 months) and rank second (21.33%) by fruit pulp/juice. Very less mothers are ready for chose ready mix food for their infant. The knowledge for Ready mix food given to infant periodicity on age of 6 to 8 month (56.67%) and 9 to 11 month (49.33%) baby. Same way at the age of 12 to 24 month baby 74.67 per cent having 1 time food, however, 17.33 per cent were 2 time and 8 per cent were 3 time ready to provide mix food.

Keywords: weaning food, infant, nutrition, breast feeding

Introduction

In India, infants are breastfed during the first six months provided the mother can produce enough breast milk to satisfy the hunger needs of the baby. The growth rate of breastfed infants is quite satisfactory during this period. Many types of research have proved that breastfeeding alone is enough during the early stages of an infant for growth and health^[3]. After six months of age, the nutrients and energy requirement of infants cannot be met only by the feeding breast milk. The mother's milk does not meet the calorie and protein requirements of the increasing growth spurt, also the quantity of the milk produced by the lactating mother starts to diminish. Breast milk is a poor source of Vitamin C & D. The iron stored in the liver of the infant lasts only until the 5th or the 6th month. So it becomes imperative to start supplementary feeding to maintain the rate of growth of the infant, beyond six months^[2, 6]. The weaning foods or supplementary foods help the infants to be well nourished, be healthy and also improve their immunity^[1].

Weaning: Weaning is the process of introducing supplementary food to an infant who has been exclusively breastfed till that time and goes on till the infant is off the mother's milk. Weaning is considered an important part of a child's growth from a nutritional angle. After introducing supplementary foods for nourishing the infant, the number of latching sessions to the mother's milk need to be gradually reduced^[2, 4].

Weaning can be a dangerous time for babies. In many places babies of weaning age do not grow well. They often fall ill and get more infections, especially diarrhea, than at any other time. Babies who are malnourished may get worse during the weaning period, and babies may become malnourished for the first time during weaning. Poor feeding and illness stop many children of weaning age growing well. This shows up on the growth chart as poor weight gain, or in more serious cases, as weight loss^[2].

Foods should be prepared and given in a safe manner, meaning that measures are taken to minimize the risk of contamination with pathogens. And they should be given in a way that is appropriate, meaning that foods are of appropriate texture for the age of the child and applying responsive feeding following the principles of psycho-social care^[6].

Objectives

1. To study the personal and social variable of respondents

2. To study the knowledge of rural women regarding feeding practices in infant
3. To know the knowledge of rural women regarding weaning food.
4. To assess need of training need of women about weaning food for infant.

Methodology

The present study was conducted from Jamnagar and Devbhumi Dwarka Districts. Purposively all ten talukas were

selected for the study purpose, three village were randomly selected from each talukas and five farm women from each village randomly selected for study purpose. Total 150 farm women were selected by proportionate random sample method. In light of the objectives, the interview schedule was prepared and respondents were interviewed at their home and field. The data collected by personal interview method were processed, tabulated, classified and analyzed in light of objectives.

Table: The present study was conducted from Jamnagar and Devbhumi Dwarka Districts

District Name	Taluka Name	Village Name	No. of Respondent
Jamnagar	Jodiya	Kunad, Keshiya, Hadiyana	15
	Dhrol	Nathuvadala, Mavapar, Majoth	15
	Lalpur	Arablus, Rampar, Babarzar	15
	Kalavad	Kalavad, MotiVavdi, Dhundhoraji	15
	Jamjodhpur	Mandasani, Kalyanpur, Sadodar	15
DevbhumiDwarka	Jamnagar	Khijdiya, Dodhiya, Khojaberaja	15
	Khambhalia	Khambhalia, Shaktinagar, Dharampur	15
	Kalyanpur	Ran, Nandana, Patelka	15
	Bhanvad	Rupamora, Vanavad, Jampar	15
	Dwarka	Dwarka, Makanpur, Tupni	15
Total	10	30	150

Results and Discussion

In the present study results emerged out from the analysis of the data of the present investigation. The data have been organized and by taking into account the objectives of the study. All the pertinent information has been categorized and

reported under the following major sections.

1. Background information of the respondents

The socio economic characteristics were studied by interview method and depicted in table 1.

Table 1: Personal characteristics of respondents rural Women (n=150)

Sr. No.	Personal Characteristics	Frequency	Percentage
1	Age		
	a. 18 – 35 years	72	48
	b. 36 – 50 years	69	46
	c. 50 above	9	6
2	Marital Status		
	a. Married	150	100
3	Family structure		
	(i) Family Type		
	a. Nuclear	44	29.33
	b. Joint	106	70.67
	(ii) Family Size		
	a. Small (upto 4)	58	33.67
	b. Medium (5-8)	72	48
	c. Large (above 8)	20	13.33
4	Education		
	a. Illiterate	13	8.67
	b. Primary (up to VII Std.)	30	20
	c. Secondary School (VIII to X Std.)	46	30.67
	d. Higher Secondary (XI &XII Std.)	36	24
	e. Graduate	24	16
	f. Post graduate	1	0.67
5	Annual income		
	a. Low annual income (up to Rs.50000/-)	33	22
	b. Medium annual income (Rs. 50000 to Rs.100000/-)	98	65.33
	c. High annual income (Above Rs. 100000/-)	19	12.67

Table 1 revealed that the respondent were young age group (18 to 35 years) 48 per cent, middle age group (36 to 50 years) were 46 per cent, however, old age group (above 50 years) were very low (6%). According to marital status all the respondents were 100 per cent married. Looking to the family structure, 70.67 per cent lived in joint family, followed by 29.33 per cent were lived in nuclear family. Similar way, size of the family also medium size (5 to 8 members) were 48 per

cent, followed by small (less than 4 member) 33.67 per cent and large size family (more than 8 members) 13.33 per cent. According to annual income majority groups 65.33 per cent having medium annual income (Rs. 50000 to 100000), and it was followed by Low annual income (up to Rs.50000/-) 22 per cent and High annual income (Above Rs. 100000/-) 12.67 per cent.

2. Use of Mass media for increasing the knowledge

How frequently do you use the following mass media for Nutrition requirement and supplementary food for infant?

Table 2: Use of Mass media usages (n=150)

Sr. No.	Mass Media Exposure	Regularly	Frequently	Not at all	Wt. Mean	Rank
1	Radio	2	37	111	0.27	VII
2	Television	87	52	11	1.51	I
3	News paper	46	66	38	1.05	III
4	Printed literature	22	79	49	0.82	IV
5	Mobile	67	57	26	1.27	II
6	Visit to Anganvadi	6	89	55	0.67	V
7	Any other Programme organized in village	12	45	93	0.46	VI

It can be concluded from table 2, television was proved the most favorite of each and every women. It stands on first rank for media usage with 1.51 weightage mean. The another media usages chronologically, mobile stand second rank (1.27), newspaper stand third rank (1.05), printed literature stand fourth rank (0.82), visit to anganvadi stand fifth rank (0.67), other programme organized in village were stand sixth rank (0.46) and radio stand last rank (0.27) for mass media usage by farm women. These finding can be prove that very few respondents were usage of radio.

3. Knowledge of rural women regarding weaning food for infant

In India nearly 66% of the population lives in rural areas [8].

These rural women especially belonging to agricultural families are mostly engaged in agriculture activities with household responsibilities like cooking, cleaning, care of family members especially children and adults.

Knowledge is most important component of behavior and it plays major role in the convert and overt behavior of human being. Once knowledge is acquired, it produces change in one's opinion/thinking which would lead to further changes in attitude of the individual. Knowledge as a function or stages in the innovation-decision process was recognized. This exemplifies the importance of knowledge in innovation-decision process.

Table 3: Distribution of the respondents regarding their knowledge about weaning food for infant (n=150)

Sr. No.	Infant food practices	No.	Percentage
1	Know about colostrum	74	49.33
2	Know about supplementary food	70	46.67
3	Know about required nutrient of infant	79	52.67
4	Know about Mother milk is complete food for infant	132	88.00
5	Best period for breast feeding		
	A) Birth to 1 year	10	6.67
	B) Birth to 1.5 Year	49	32.67
	C) Birth to 2 Year	72	48.00
	D) Birth to 2.5 Year	19	12.67
6	Time to start weaning food (Liquid food)with breast feeding		
	A) After 5 month	25	16.67
	B) After 6 month	99	66.00
	C) After 7 month	26	17.33
7	Time to start Semi Solid food Like Kheer, Rab,Fruit pulp etc..		
	A) After 6 month	37	24.67
	B) After 7 month	61	40.67
	C) After 8 month	52	34.67
8	Time to start solid food Like roti, Parotha, or regular daily meal		
	A) After 8 month	26	17.33
	B) After 9 month	60	40.00
	C) After 10 month	64	42.67
9	Preference of food for 6 to 12 months infant		
	A) Boiled rice/Pulses	32	21.33
	B) Rab	17	11.33
	C) Kheer	15	10.00
	D) Khichdi-Dahi	48	32.00
	E) Fruit pulp/Juice	42	28.00
	F) Boiled vegetables	24	16.00
10	Are you prefer ready to mix food for your infant	36	24.00
11	Which ready to mix baby food given your infant		
	A) Cerelac	26	17.33
	B) Babyvita	4	2.67
	C) Farex	7	4.67
	D) Amway	1	0.67
	E) Others	0	0
12	Weaning mix food given to infant periodicity		
(i)	6 to 8 Month baby		
	2 time	85	56.67

	3time	53	35.33
	4 time	12	8
(ii)	9 to 11 Month baby		
	2 time	74	49.33
	3time	68	45.33
	4 time	8	5.33
(iii)	12 to 24 month baby		
	1 time	112	74.67
	2 time	26	17.33
	3 time	12	8
13	Ready to mix powder made at home	19	12.67
14	Know about Ready to mix powder made at home	24	16

In the area of Jamnagar district, nearly half of the farm women know about colostrum (49.33%). As it contains anti bodies to protect the new born against disease and they all planned to breast feed their babies. Regarding supplementary food 46.67 per cent farm women were know. More than half of the respondents were know about required nutrient of infant 52.67 per cent. The highest knowledge about mother milk is complete food for infant were known by 88 per cent of mother women.

Knowledge about breast feeding period have different information. 48 per cent of them having known about best period for breast feeding is birth to 2 years ^[1, 5]. And it was followed by birth to 1.5 year (32.67%), birth to 2.5 year (12.67%) and birth to 1 year (6.67%). Thus, these farm women having lacking in the proper knowledge about best period for feeding ^[5].

It also important to change infant from breast feeding to weaning food for proper growth of infant. In the initiation the present study respondents were know time to start weaning food (liquid food) with breast feeding majority of farm women have response to after 6 moth of birth (66.00%) ^[5, 7]. In the same, 17.33 per cent respondents were respond at 7 months and 16.67 per cent respondents were respond for 5 months after birth. On another hand, 40.67 per cent farm women were noted time to start semi solid food like kheer, rab, fruit pulp etc after 7 month. Which, followed by 34.67 per cent were after 8 month and 24.67 per cent were after 6 month. The time to start solid food like roti, paratha or regular daily meal should start after 10 month (42.67%), and it was followed by 9 month (40.00%) and 8 month (17.33) after birth.

Preference of food for 6 to 12 months infant were respond first rank to khichadi-dahi (32.00%), fruit pulp/juice stand on next best food (28%), followed by boiled rice/pulses (21.33%), boiled vegetables (16%), rab (11.33%) and kheer (10%).

According to prefer ready mix food for infant were only 24 per cent having positive response. There were also clear that ready mix food for infant were very less mother are ready. Among them cerelac stand first (17.33%), farex (4.67), babyvita (2.67%) and amway (0.67%) chronologically reduced.

The knowledge for weaning mix food given to infant periodicity on age of 6 to 8 month baby were maximum 56.67 per cent for 2 time, followed by 35.33 per cent for 3 time and only 8 per cent for 4 time ^[1]. On the age of 9 to 11 month baby, about half of the respondent (49.33 per cent were give 2 time, which was followed by 45.33 per cent were give 3 time and 5.33 per cent were give 4 time. Same way at the age of 12 to 24 month baby 74.67 per cent having 1 time food, however, 17.33 per cent were 2 time and 8 per cent were 3 time ready to provide weaning mix food.

Among the farm women only 12.67 per cent were ready to mix powder made to home by own. It also found that only 16

per cent were know about ready to mix powder made at home.

Conclusion

This can be concluded from the study that rural women had good knowledge regarding importance of breast feeding practices. They were aware about supplementary feeding, time to start liquid and solid food for infant. It also clear that ready mix food available in market, its usages and periodicity for food given during day at different age level. Very few farm women were know about preparation of ready mix powder mate at home.

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