



ISSN: 2395-7476
IJHS 2021; 7(1): 152-154
© 2021 IJHS
www.homesciencejournal.com
Received: 12-01-2020
Accepted: 27-12-2020

Dr. Balwinder Kaur
Associate Professor,
Department of Home Science
Govt. College for Girls, Patiala,
Punjab, India

Infant feeding and weaning practices of children in urban areas of Rajpura

Dr. Balwinder Kaur

Abstract

The study was conducted 100 women of five ward of urban area, who had children between the age of 6months to 3 years of Rajpura District. Information regarding infant feeding and weaning practices, cultural and social concepts about food pattern and the morbidity suffered by the children was collected by oral questionnaire method. In general major food items were eliminated from mothers due to the family customs, tradition and beliefs majority of the mother, 88.57 percent of low income group, 70.58 percent from middle income group and 19.36 percent of high income group discard colostrum. Majority of the mothers had not fed colostrum to the infants and breastfeeding was started on 2nd and 3rd day of delivery. Supplementary foods were introduced between 6-12 month of age. Results suggest the need of organizing health programmes, and to educate mother about nutritional requirement of the child.

Keywords: weaning practices, Infant feeding, food pattern, oral questionnaire method, family customs, colostrum, supplementary foods

Introduction

Each infant's physical growth and development are determined by genetically acquired characteristics, the prenatal quality of nutrition, and the nutritional adequacy of the postnatal diet. Satisfying relationship developed between mother and infant from the earliest days influence not only the establishment of desirable food behaviour but are important also for their social and psychologic value.

To be well nourished is one of the basic rights of childhood. The results of several studies have indicated that non-nutritional factors such as socio-economic and cultural factors affect the nutritional status of the children. The habit of discarding colostrums, failure to introduce supplementary foods till the end of the first year.

Human milk is the most nutritionally balanced food for the infant. The solute content of human milk is lower than that of cow's milk and entails less excretory load for the immature kidneys. It also confers immunity against some infections during early months of life.

The present investigation was carried out to get the detailed information on this aspect with the following objectives:

1. To study the feeding practices of infants
2. To study the practices of supplementary foods of children
3. To study the socio-economic factors associated with the prevalent feeding practices

Method

The study was carried out with the objective to study the feeding and weaning practices of infants and children up to 3 years of age among the different income groups. A sample of 100 infants and children up to 3 years of age were selected from the Rajpura city for surveying the feeding and weaning practices. Direct interview method was used to collect the desired information. The questionnaire was prepared to interview the respondents, i.e. mothers to get detailed information regarding feeding and weaning practices of infants and children as influenced by income of the family.

Result

The feeding and weaning practices of infants and children were studied among the respondents

Corresponding Author:
Dr. Balwinder Kaur
Associate Professor,
Department of Home Science
Govt. College for Girls, Patiala,
Punjab, India

belonging to different socio-economic groups. Economic status of the family- income has a dominant role in determining the feeding habits of the infants. Maximum number of respondents, i.e. 52 belonged to group II, having family income ranging from Rs, 5000 to Rs 7000 per month. Whereas, the number of respondents in group I [upto Rs

5000] and III [Rs 7000 and above] was almost same.

Days of starting breast-feeding: Most of the mother do not feed their babies on the first day of the delivery. Information was obtained whether the mothers breast-fed their babies on the first day or not as shown in the following table:

Table 1: Showing breast feeding on the first day of birth with income group

Showing breast feeding on the first day of birth	Income Group						Total	
	1		2		3			
	No.	%	No.	%	No.	%	No.	%
	8	28.57	13	38.24	15	39.47	36	36
Start from first day	20	71.43	21	61.76	23	60.53	64	64
Did not start from first day	28	100.00	34	100.00	38	100.00	100	100.00

$X^2 = 4.340$ N.S

Only 28.57 per cent of the mothers in low income group start breast- feeding their babies on the 1st day of the delivery, 38.24 per cent mothers from middle income group and 39.47 per cent mothers from high income group adopted the same practice. Out of 64 mothers, who did not feed their infants on the first day of delivery, 71.43 per cent from low income

group, 61.76 per cent from middle income group and 60.53 per cent from high income group family. Information was obtained from the mothers about the actual day of starting breast –feeding and is enclosed in the following table.

Table 2: Distribution of the respondents according to the actual day of starting breast feeding

Days	Income group						Total	
	1		2		3			
	No.	%	No.	%	No.	%	No	%
2 nd day	4	25	10	27.77	5	41.66	19	29.68
3 rd day	7	43.75	18	50.00	4	33.33	29	45.31
4 th day and beyond 4 th day	5	31.25	8	22.22	3	25.00	16	25.00
	16	100	36	100.00	12	100.00	64	100.00

$X^2=4.440$ N.S.

It is evident from the table above that out of 64 infants/children, 19 infants were breast-fed on the 2nd day, 29 on 3rd day 16 on 4th day or beyond the 4th day. Out of 19 infants breast-fed on 2nd day, 25 per cent infants were from low income group, 27.77 per cent were from middle income group and 41.66 per cent from high income group. Out of 29 infants breast-fed on 3rd day, 43.75 per cent were from low income group, 50.00 per cent from middle income group and 33.33 per cent from high income group families. Out of 16

children breast-fed on 4th day or beyond 4th day, 31.25 per cent from low income group, 22.22 per cent infants from middle income group and 25.00 per cent were from high income group families.

Colostrum feeding

Colostrum is very essential for the health of infant/child because it is rich in protein and vitamin A .It also provides immunity to infants/children during first few months of life.

Table 3: Response of the mothers for colostrums feeding

	Income group						Total	
	1		2		3			
	No.	%	No.	%	No.	%	No	%
Colostrum discarded	31	88.57	24	70.58	6	19.36	61	61.00
Colostrums fed	4	11.43	10	29.42	25	80.64	39	39.00
	35	100	34	100	31	100	100	100

$X^2=8.367$ S

Majority of the mothers,88.57 per cent of low income group,70.58 per cent from middle income group and 19.36 per cent of high income groups discarded colostrums. But 11.43 per cent mothers of low income group,29.42 per cent mothers from middle income group and 80.64 per cent mothers of high income group families fed colostrums to their infant/child.

The main reason for discarding colostrums that it was bad. This was reported by81.20 per cent mothers of low income group families. Mothers of high income group fed colostrums to their infants in large number than middle and low income groups mothers. However studies of Khan et al. (1985) indicated that there was no relationship of income and education with colostrums feeding.

Duration of Breast-Feeding

Data collected from mothers regard to the duration of breast-feeding their children, are shown in table below.

Duration	Income group						Total	
	1		2		3			
	No.	%	No.	%	No.	%	No.	%
3 months	0	0.00	0	0.00	0	0.00	0	0.00
6 months	0	0.00	0	0.00	0	0.00	0	0.00
9 months	1	4.00	2	4.25	6	21.43	9	9.00
1 year	2	8.00	2	4.25	7	25.00	11	11.00
Beyond 1yr	13	52.00	24	51.06	6	21.43	43	43.00
Till next pregnancy	0	0.00	2	4.25	1	3.57	3	3.00
Still feeding	9	36.00	17	36.17	8	28.57	34	34.00
	25	100.00	47	100.00	28	100.00	100	100.00

$$X^2 = 26.231 S$$

The table shows that 52.00 mothers of low income group families breast-fed their infants/ children beyond one year as compared to 51.06 per cent and 21.43 per cent mothers belonging to middle and high income group families.

Majority of the mothers of high income group started solid supplements at the age of 4-6 months, whereas relatively fewer mothers of low income group started solid supplements to their children at this age. Mothers belonging to high income group also gave more nutritious foods than middle and low income groups.

Conclusion

The present investigation has shown that there were notable differences in the feeding and weaning practices adopted by the mothers for their infants/children. Traditions, beliefs and customs had a great influence and were responsible for some of the faulty feeding practices used by the mothers. Survey clearly showed malpractices in case of colostrum feeding, day of starting breast-feeding, dilution of supplementary milk and introduction of supplementary (both liquid and solid) food. There is need of reorientation of mother's beliefs towards certain feeding practices. Mothers especially from low income group should be educated about the benefits of breast-feeding.

Reference

1. Anon. Statistical Abstract Punjab issued by the economic advisor to Govt. Punjab Chandigarh, 1983, 432.
2. Bhat CM, Kheterpal N. Infant feeding and weaning practices in a selected village of Hissar district. *Ind. J Nutr. & Diete* 1983; 20:323-330.
3. FAO, WHO. Joint FAO/WHO Expert Committee on Nutrition. WHO Tech., 1967, Res. Series, No. 377, P.37, 7th report. WHO Geneva
4. ICMR. Recommended dietary intake for Indian ICMR, New Delhi, 1993.
5. Khan TA, Ansari Z, Kidwai T, Malik A. Maternal knowledge breast feeding. *Ind. Pediat* 1985;22:641-648.
6. Matlock D, Jelly N. Promotion of breast-feeding. *S. African Med. J* 1980;67:73
7. Rao KV, Ram P. Appropriate age for introduction of supplementary foods for infant. *Stat. Appraisal* 1982;32:307-317.
8. Rajalakshmi. *Applied Nutrition*, 1969.
9. Verbasalo M. Recent trends in breast-feeding in Southern Finland. *Acta Pediat Scandinovica* 1980;69:89-91
10. William Sue, Rodwell. *Essentials of Nutrition and diet therapy*, 1968.
11. Wilson, Eva D. *Principle of nutrition*, 1979.