



A Descriptive Study to Assess the Knowledge Regarding Selected Aspects of Growth and Development of Infants among Mothers in Selected Hospitals at Jaipur with a View to Prepare an Information Booklet

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ABSTRACT

The present study was aimed to assess the knowledge regarding selected aspects of growth and development of infants among mothers in selected hospitals at Jaipur with a view to prepare an information booklet. The objectives of the study were:-

1. To assess the level of knowledge regarding selected aspects of infant's growth and development among mothers.
2. To find out the association between the level of knowledge and selected socio demographic variables of mothers.
3. To prepare an information booklet on selected aspects of growth and development of Infants.

The study finding clearly shows the need for an informational booklet on selected aspects of growth and development of infants in order to enhance the knowledge of mothers. Thus the investigator concludes that information booklet enables and empowers the mothers with adequate knowledge on growth and development of infant which in turn contributes to the improvement in the total quality of infant's health

KEYWORDS

Knowledge, Growth and Development, Infants, Mothers, Information Booklet



INTRODUCTION

BACKGROUND OF THE STUDY

The mothers play an important role in the life of children. Infants are usually seen at health care facilities for health maintenance at least six times during the first year. Anticipatory guidance offered at these visits can help parents prepare for rapid changes that mark the first year of life. It is essential to understand normal development and acceptable variations in normal developmental patterns to recognize early patterns that are pathologic and that may indicate a possible developmental disability. Assessment of the quality of skills and monitoring the attainment of developmental milestones are essential to early diagnosis of developmental disabilities and expedient referral to early intervention programs.

NEED FOR THE STUDY

Infants constitute 2.92% of the population of India. As 30% of them are underweight (below 2.5kg) and 1/3rd of them premature (less than 37 weeks), they are even more prone to develop various health problems like infections. The vulnerable status of infants and additional problems in countries like India warrant special attention to infant health. Maternal knowledge of health is intimately associated with child well-being. Multiple studies have found that mothers 'years of schooling are associated with improved child health and mortality. There is a strong relationship between maternaeducation and child nutritional status.

OBJECTIVES OF THE STUDY

1. To assess the level of knowledge regarding selected aspects of infant's growth and development among mothers.
2. To find out the association between the level of knowledge and selected socio demographic variables of mothers.

To prepare an information booklet on selected aspects of growth and development of Infants

HYPOTHESES

H₀₁: There will be no statistically significant association between the level of knowledge and selected socio demographic variables.

OPERATIONAL DEFINITIONS

Knowledge: In this study it refers to correct response of mothers to the structuredknowledge questionnaire on selected aspects of growth and development of infants.



Selected aspects of growth and development: In this study it refers to process of change with respect to physical and psychosocial aspect of an infant like gross motor skills, fine motor skills, problem solving, receptive, and language, emotional, social and adaptive.

Infant: In this study it refers to the child within the developmental age of 1 month to 12 months of age.

Mothers: In this study it refers to women who have given birth to a child and having at least one infant.

Informational Booklet: refers to a booklet containing information regarding selected aspects of growth and development of infants which helps in gaining knowledge by reading it. This may be developed on the basis of research finding of this study.

ASSUMPTIONS

The study was assumed that:

1. Mothers may have some basic knowledge regarding infant's growth and development.
2. Information booklet may enhance the knowledge of mothers regarding infant's growth and development.

DELIMITATIONS

The study was delimited to:

1. Mothers attending paediatric OPD in selected hospitals at Jaipur.
2. Four weeks of data collection period.
3. The sample size of 250 mothers.

CONCEPTUAL FRAMEWORK

Conceptual framework for the present study was based on reframed **Pender's Health Promotion Model by S.Saddle River, N.J. Prentice Hall in 2002.**

MEJOR FINDINGS OF THE STUDY

Among socio demographic variables of mothers of infant states that the majority of them belongs to <25 years i.e. 150(60%). Towards educational status of the mother, most of them 75(30%) had studied up to higher secondary. Regarding religion majority of the mothers of infant 155(62%) was found to be Hindus. On occupational status of the mother majority of the mothers 130(52%) were home makers. Towards monthly income of the family, most of them reported their income is between Rs 10001-20000 i.e. 140(56%). Related to type of family, it shows that majority of the mothers 210(84%) belongs to nuclear family. On considering about the number of children in the family, most of the mothers 160(64%) of them said that they have one child in their family. On place of residence, 170(68%) of them were from urban area. Finally towards the information regarding growth and development of



infant, most of the mothers 120(48%) of them said they had got information from relatives and friends.

Table 1 Frequency and Percentage distribution of level of knowledge regarding selected aspects of growth and development of infants among mothers n=250

Sl No.	Overall level of knowledge	Frequency (f)	Percentage (%)
1.	Inadequate knowledge	155	62
2.	Moderately adequate knowledge	65	26
3.	Adequate knowledge	30	12

Table no. 1: Frequency and percentage distribution of level of knowledge regarding selected aspects of growth and development of infants which states that majority of the mothers 155(62%) of them had Inadequate knowledge and 65(26%) of them had moderately adequate knowledge where as only 30(12%) of them had adequate knowledge regarding growth and development of infants, so all together it has been found most them doesn't have knowledge towards the infants growth and development.

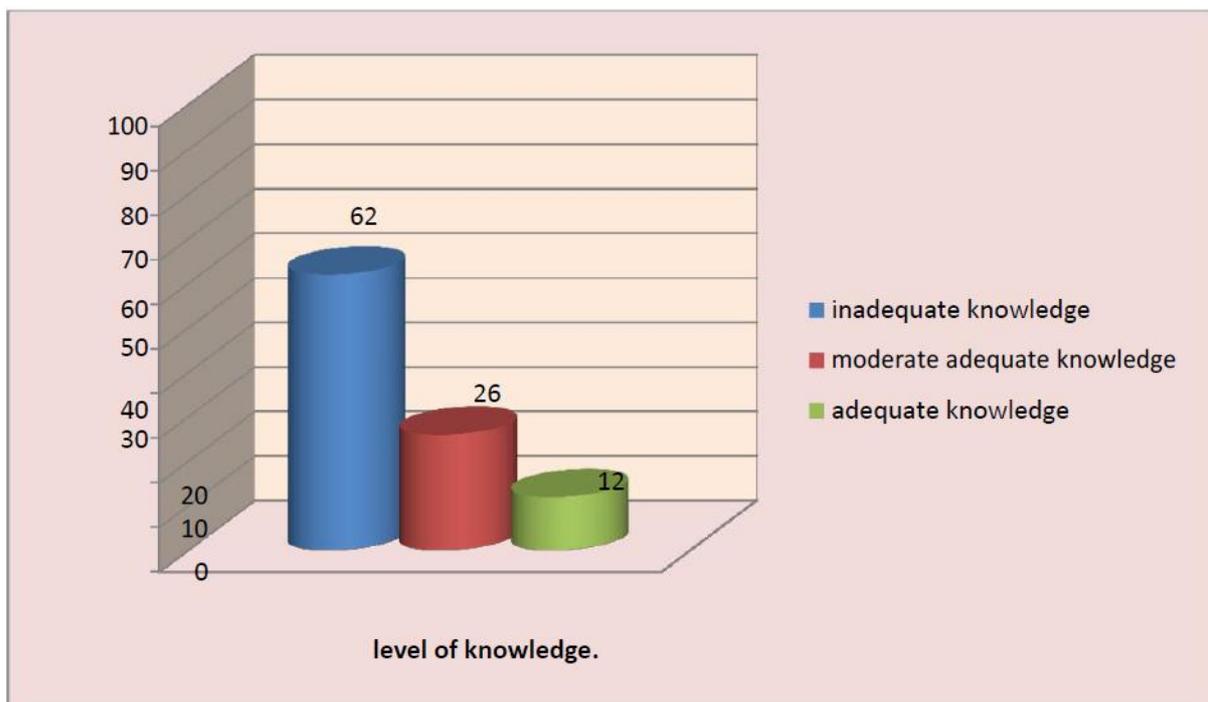


Fig 1 Percentage Distribution of Subjects Based on Level of Knowledge

Towards the overall mean and standard deviation of knowledge score regarding selected aspects of growth and development among mothers of infants, which states that the min score was 07 and max score is 27 with the overall mean 15.48 and overall standard deviation of knowledge scores 4.70 respectively.

The analysis on association between the level of knowledge and selected socio demographic variables of mothers of infant which reveals that the calculated chi- square value is less than the table value. Hence there was no association between the level of knowledge and selected socio demographic variables hence the null hypothesis (H_{01}) was accepted.



IMPLICATIONS OF THE STUDY

Nursing practice:

1. The nurse can play an important role in identifying the normal and abnormal aspects of growth and development of an infant.
2. As a practicing nurse in the hospital, she can provide adequate information on the selected aspects of growth and development of an infant to the mothers.
3. Community nurse can disseminate the information on selected aspects of growth and development of an infant to the mothers and educate family members on how to identify the normal and abnormal milestone of an infant.

Nursing education:-

1. Nurse educators should emphasize more on preparing students to impart information on selected aspects of growth and development of an infant to the mothers and family members.
2. The nursing curriculum should consist of increased depth content and activities which help to develop knowledge and skill among nurses in growth and development.
3. The nurse educator needs to conduct health campaigns and use different informational modalities, feeding strategies about growth and development which promotes the practice of mothers.
4. The study emphasizes significance of short term mass health education programmed for mothers regarding growth and development of an infant.

Nursing administration:-

1. The nurse administrator can take part in developing protocols standing orders related to design of the health education programme to update nursing personnel knowledge regarding growth and development of infant among mothers.
2. The nurse has to mobilize the available resource personnel towards the health education on selected aspects of growth and development of an infant.
3. The nurse administrators should explore their potentials and encourage innovative ideas in the preparation of appropriate information and modalities.

Nursing research:-

1. This study helps the nurse researchers to develop appropriate health education foot for educating the mothers regarding selected aspects of growth and development of an infant.
2. Efforts can be made by nurse researchers to conduct interactive sessions with mothers and family members in preventing early infant deformities
3. The study will serve as valuable reference materials for the future investigator.
4. The study will motivate the beginning researchers to conduct some study with different variables on a large scale.



RECOMMENDATION

1. The study can be replicated in different setting with larger samples.
2. The study can be conducted on assessing the effectiveness of information booklet on knowledge of the same problem
3. A comparative study can be conducted on a large sample with the same problem on infant and toddlers.
4. Information booklet can be developed on the basis of research findings of the present study.
5. The study can be carried out to evaluate the efficiency of various teaching strategies like self instructional module, pamphlets, leaflets, and computer assisted instruction on growth and development of an infant.

LIMITATIONS

1. Number of mothers from paediatric OPD and hospital was limited as many of them were not willing to participate.
2. No broad generalization could be made due to the small size of samples a limited setting.



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