

## CHAPTER 5

### 5. DISCUSSION :

The objective of this study was to assess knowledge and practice of mothers on supplementary feeding of the child. In order to obtain the data, a survey was carried out in the group of mothers who had children aged six to three years in Harisiddi village, Nepal.

The result show that more than half of the mothers (55.83 %) had incorrect knowledge and less mothers had correct knowledge (44.16 %) of supplementary feeding age of the child in this village. In a study of mother's weaning in Baroda, in India found that 87 % mothers were aware that supplementary feeding should be started at 4-6 months of child age.(24) Older mother (>30 years) had higher knowledge (56.52 %) of correct supplementary feeding age of the child than the younger mothers (41.24 %). It may be due to more experience of child feeding by older mothers. Therefore, they will practice better supplementary feeding age of the child. WHO recommend child age for supplementary feeding is 4-6 months. Early or late introduction of supplementary feeding effects the whole growth and development of the child. Result in this

study suggests that mothers need supplementary feeding education targeting young mothers.

In practice, it was found that 57 % mothers incorrectly practiced supplementary feeding age of the child and 42.5 % mothers practiced correctly at right age of the child. In this aspect of supplementary feeding older mother (52.17 %) did better practice than younger mothers (28.87 %). It may be due to her past feeding experience with many children. Ruth Angove in her study in Nepal found that distinct falter at seven months and no catch up growth thereafter because introduction of supplementary feeding was delayed and slow. (26)

In regards of type of supplementary food, mother's knew cereal staple 57.5 %, 64.2 % oil/ghee, 55 % peas/beans, 55.83 % green vegetables, 58.33 % animal protein and 54.16 % fruits. It shows that more than half mothers had right understanding of various important types of supplementary food in this village. Younger mothers (74.2 %) understand more than the older mothers (69.56 %). It might be due to more literate young mothers in this village. There are correlation between education and peas and beans, significant at Pvalue .02. Younger mother with higher knowledge will feed the child various right supplementary food.

In practice, 65 % mothers fed local staple porridge, 51.66 % green vegetable, 62.5 % oil/Ghee and 55.83 % mixed diet fed to their children. 36.7 % mothers gave animal protein, 47.5 % peas/beans, 40.83 % fruits to the children. It suggest that animal protein, plant protein and fruits were used less than the rest of the type of supplementary foods to the child. It may be due to low income of the family. 65.8 % mothers are housewife without income generation and most families are under the total average of income. Therefore, they can not afford expensive food especially met, fish and eggs. Younger mothers (54.67 %) with more knowledge of supplementary food type did better practice than older mother (39.16 %) with more knowledge. It might be due to education and energetic age of mothers. Local staple food as a first food depends upon education, significant at Pvalue .03. Older mothers need more information of type of supp. foods. Low cost food for animal protein, beans and fruits should be involved in child nutrition education to the mothers.

In response of mother's knowledge on preparation of supp. food 60 % mothers understand correct preparation of staple porridge, 55.83 % thick enough porridge, and 59.16 % had right knowledge of mixed preparation. Less mothers (47.5 %) had correct thinking of correct thinking of first soft food for the baby and incorrect thinking was more (52.5%). Result

show that mothers had more correct knowledge of preparation of supplementary food than incorrect knowledge. Older mothers (65.2 %) show higher knowledge than younger mothers (55.67 %). May be because of tradition and more age gave more experience of child diet preparation. There is association between knowledge of thick enough porridge preparation and mother's age significant at Pvalue .05. Older mother with high knowledge will better prepare supplementary food for the child.

In practice, more than half of the mothers more correctly prepared supplementary food than incorrect preparation. Expensive food: animal protein was less prepared (32.5 %). Older mother show better preparation of child food. It may be because 65.8 % mothers are housewife and one of the main role is preparation of food. Higher the age of the mothers and number of the child, more the experience of cooking leading to better preparation of child diet. There is association between mash food for 6-8 months baby and mother's age and number of the children at Pvalue .01, .01 respectively.

Result of the study revealed that mothers in Harisiddi village had more correct notion of frequency of supplementary feeding to the child than the incorrect notion. A study in India found that 62 % mothers were aware that an

infant above 6 months of age should be fed 4-6 times a day as more food was required for growth. (24) Younger mothers (53.6%) possess more knowledge so they will follow better frequency of feeding. It might be due to media and young mothers are more exposed to outside world and get more information in this village. Two hourly feeding is influenced by mothers age at Pvalue  $<.05$ .

In practice, mothers feed the child in more correct frequency than the incorrect. Older mothers show better practice than younger mothers. It may be due to older mothers past experience and management skill. Two hourly feeding is related to mothers age at Pvalue  $.05$ .

Regarding various aspects of supplementary feeding knowledge and practice of mothers in this village, result show different level of understanding in terms of correct and incorrect knowledge. Hereafter, mothers practicing supplementary feeding had different score of right and wrong ways of doing. Therefore, it is obvious that mothers in this village had different knowledge and practice of supplementary feeding. Looking at the existing mother's knowledge and practice and health status of children, child nutrition education is essential in the village.

Statistical tests: chi-square and T-test show that there are association between some parts of independent and dependent variables of the study and more has no relationship.

## 6. CONCLUSION

Study carried out to assess mother's knowledge and practice on supplementary feeding in Harisiddi village, Nepal and to identify association between independent and dependent variables of interest. Result revealed that mother's incorrect knowledge of supplementary feeding age of the child is higher than correct knowledge. Older mothers show more knowledge than younger mothers.. Target group for supplementary feeding teaching is young mothers. In practice, incorrect practice of supplementary feeding age of child was higher than correct practice. Older mothers show better practice of age and younger mothers need more information of child feeding.

In regards of type of supplementary food, correct understanding of supplementary food type found greater than incorrect understanding. Young mothers knew more types of supplementary foods. There is correlation between peas/beans and education at Pvalue .02. In practice, younger mothers did better use of various food for child than older mothers. Local staple porridge as a first food depends upon education at Pvalue .03.

More mother understand correct preparation than incorrect preparation of supplementary food for child. Older mother show high knowledge. Preparation of thick porridge is associated with mother's age at Pvalue .05. In practice, mothers correct preparation is greater than incorrect. Older mothers did better preparation than younger. Preparation of semisolid food and mothers age related at Pvalue .02.

Mother's right concept of frequency of supplementary feeding is higher than wrong concept. Young mother had high knowledge. Contrarily, in practice older mothers did better. Two hourly feeding is related to mother's age at Pvalue .05.

Result show that mothers had different knowledge and practice of supplementary feeding. About half of the mothers revealed correct knowledge and practice of supplementary feeding in Harisiddi village. Existing result suggests that child nutrition education, focusing supplementary feeding is essential in this village.

### **3.RECOMMENDATIONS:**

One basis of findings of this study, following recommendations are made to the concerned health agencies for

the improvement of correct knowledge and practice of supplementary feeding and ultimately improve health status of the child decreasing morbidity and mortality.

1. Regular child nutrition education programs focusing to supplementary feeding in the villages by health agencies should be carried out targeting young mothers.
2. Encourage positive traditional concept and practice regarding supplementary feeding and child nutrition in new generation.
3. Health personnel in the village should be more familiar with the mothers so that health services could be more utilized.
4. Local health care facilities should be increased more to facilitate the mothers and child in the village.
5. Suitable mass media should be carried out in the village to improve maximum mothers knowledge and practice in child nutrition. Therefore, faulty commercial media should be discouraged.



6. Periodical health checkup of the children should be implemented by the Government to find out nutritional health problem and to ensure normal growth and development.
  
7. National supplementary feeding guideline should be developed by the Government policy maker.