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A study to assess the effectiveness of structured teaching programme on weaning food for infants in terms of knowledge among nursing students

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ABSTRACT

Weaning infant inherits their future from us and their best equipment to meet the challenges ahead consists of healthy body, an inquiring mind and a stable personality. Every newborn has the right to the best possible condition for their growth and development. (WHO, 2007)

Aim

To assess the effectiveness of teaching program on weaning among nursing students.

Methods

The study made use of one group pre-test post-test quasi-experimental design. Convenience sampling technique was used to select 60 samples for the study. The tool used for the study was structured interview schedule and attitude five point liker scale before and after structured teaching programme. The data gathered were analysed by descriptive and inferential statistics.

Results

There is significant difference between pre-test and post-test knowledge score ('t'value = 41.3). The mean score of pre-test and post-test knowledge is 5.36 and 17. Statistical analysis showed that the increased knowledge in post-test was highly significant. It is strongly supported that the structured teaching programme on weaning food for infants in terms of knowledge among third year nursing students were effective.

INTRODUCTION

Background

The quality and quantity of nutrition influence the infant's growth and development. The human milk alone, even in reasonable quantities, cannot provide all energy and protein required for maintaining an adequate velocity of growth and development. In infancy it is necessary to introduce more concentrated energy dense nutrition supplement. (Potter and Perry). In India, it is traditional practice 80% of homemade food is fed to the babies especially in rural areas over a prolonged period. 90% artificial baby food like, cereals are preferred by urban societies [1-5].

OBJECTIVES OF THE STUDY

1. To assess the pre-test knowledge score regarding weaning food for infants among nursing students.

2. To assess the post-test knowledge score regarding weaning food for infant among nursing students
3. To compare the pre-test and post-test knowledge scores regarding weaning food for infants among nursing students [6-10].

HYPOTHESES

H_1: The mean post-test knowledge score is significantly higher than the mean pre-test knowledge score on weaning food for infants among nursing students.

METHODOLOGY

Evaluative approach was used to conduct the study. The one group pretest post-test pre experimental design was used. The study was conducted at selected nursing colleges of Tamil Nadu. Written permission was obtained before conducting the study. Oral consent was obtained from 60 participants. The data was collected by random sampling technique among third year nursing students. The interview was conducted for 30 minutes with structured interview schedule to assess the knowledge of the students on weaning food and. After pretest on the same day individual video teaching was given on weaning food for infants using laptop and compact disc for 45 minutes. Evaluation of the structured teaching programmes was done by conducting post-test with the same structured interview schedule on the seventh day.

RESULTS

- Assess the pre-test knowledge score on weaning food for infants among nursing students.

Table: 1

N = 60

	Pre test	
Level of Knowledge	**f**	**%**
Adequate	-	-
Moderately adequate	4	7
Inadequate	56	93

Table 1: Shows that in pre-test knowledge among 60 nursing students. 56(93%) had inadequate knowledge, 4(7%) of them had moderately adequate knowledge

Assess the post-test knowledge on weaning food for infants among nursing students.

Table 2: Frequency and percentage distribution of post-test knowledge on weaning food for infants among nursing students.

Table: 2

N = 60

Level of Knowledge	**Pre test**	
	f	**%**
Adequate	48	80
Moderately adequate	12	20
Inadequate	-	-

Table 2 shows that in post-test knowledge score of nursing students. 48(80%) had adequate knowledge and 12(20%) of them had moderately adequate knowledge and regarding weaning food for infants.

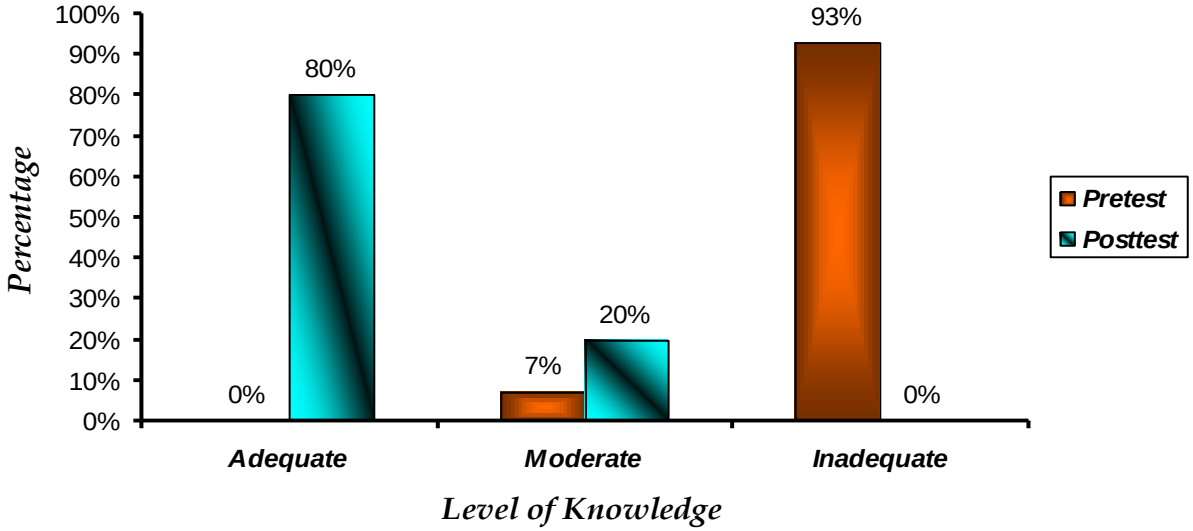
Frequency and percentage distribution of pre-test and post-test knowledge scores on weaning food for infants among nursing students [11-15].

Table: 3

N = 60

Level of knowledge	Pre test		Post test	
	(f)	(%)	(f)	(%)
Adequate	-	-	48	80
Moderate	4	7	12	20
Inadequate	56	93	-	-

Table 3 shows that in pre-test majority of 50(83%) of nursing students had inadequate knowledge, 4(7%) of them had moderately adequate knowledge, where as in post-test 48(80%) of them had adequate knowledge and 12(20%) of them had moderately adequate knowledge.



Percentage distribution of pre -test and post -test knowledge score among nursing students.

- Comparison of Mean, SD and 't' value of pre and post-test scores of nursing students knowledge on weaning food for infants.

Table: 4

N = 60

Sl. No.	Variables	Mean	SD	't'	Table Value
1	Pre test	5.36	1.42	41.3	1.671($p < 0.05$)
2	Post test	17	1.87		

df = 59

Table 4 showed that mean score of pre-test and post-test of the nursing students regarding weaning food for infant were 5.36 (SD ± 1.42) and 17 (SD ± 1.87) respectively. The post-test mean scores were higher than pre-test mean scores. The 't' value is 41.3 which was significant at 0.05 level [16-21].

CONCLUSION

Based on the finding of the study the following conclusion was drawn. The post-test knowledge on weaning food for infants among nursing students were significantly increased when compared with pre-test knowledge. This shows the effectiveness of the structured teaching program.

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