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RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAM ON COMPLEMENTARY FEEDING AMONG STUDENTS OF B.SC STUDENTS AT SELECTED NURSING COLLEGE OF GREATER NOIDA, UP

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Abstract

A Research study title 'A study to assess the effectiveness of planned teaching program on complementary feeding among students of B.Sc. Nursing at selected Nursing college of Greater Noida, UP.' The objectives of the study were to assess the knowledge regarding complementary feeding among students of B.Sc. Nursing at selected Nursing colleges, to assess the effectiveness of planned teaching programme on complementary feeding among B.Sc. Nursing students, To find the association between level of knowledge with in the selected demographic variables. A Quantitative Research approach was used and the research design adopted for the present study was Quasi experimental design, one group pre and post-test. The target population for the study was the B.Sc. Nursing students in selected Nursing colleges. Sample size was 60 data analysis was done by the basis of objective and hypothesis of study. This study was carried out on 60 B.Sc. Nursing students of 1st yr. studying in different Nursing colleges. The aim of this study was to evaluate impact of and planned teaching program for student's knowledge and practice about complementary feeding. The data was collected using two tools; "Structured questionnaire sheet" which is consisted of 24 questions related to socio-demographic characteristics, and knowledge about complementary feeding, the post-test knowledge scores showed a significant difference majority of them 51(85%) gained good knowledge, and 15 percent (9) gained average knowledge, which showed that planned teaching programme on complementary feeding among B. Sc. Nursing students was effective. Statistically significant improvements of student's knowledge and practice about complementary feeding Therefore, it can be concluded from the results of the present study that this planned teaching program for students had a positive impact on their level of knowledge.

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Introduction:-

Motherhood is a unique time in her life- she is on the threshold between being a child and a mother. She experiences not just the birth of a baby, but her own rebirth as well- of your identity as a woman, rather than a girl. It's an

exciting time because of the newness of the experience, but it is also a time of great uncertainty. It's the first time we realize that it's possible to love someone so much. Becoming a mother expands the parameters of what love looks like to you by opening up a part of your heart that you didn't know existed. A newborn baby has only three demands. They are warmth in the arms of its mother, food, from her breast, and security in the knowledge of her presence.

Breast milk can fulfill the child's nutritional requirements in the first half of infancy. There after additional foods are required. Many infants may cry after a breastfeed that is a signal that they are not satisfied with breast milk alone. The aim is to introduce soft digestible foods that the infant can tolerate. The food should be nutrients dense in order to fulfill the increasing gap between nutrient requirements and the supply from breast milk. Around the age of 6 months the infant put things into her mouth and are interested in new taste. The mouth has developed enough to enable the infant to make chewing and grinding movements, teeth has begun to erupt, the tongue extrusion reflex have disappeared. Amylase is now secreted by the infant. It is essential for digestion of starch.

Complementary foods should be nutritious and should gradually provide a large proportion of the infants' nutrients need. Between 6 and 12 months, complementary food should provide half the nutrient needs with the rest coming from breast milk. Between 12 and 24 months, complementary food should provide two third of the nutrient requirements and breast milk provide the remaining one third. During infancy and early childhood (birth to 2 years), adequate amount of appropriate nutrition has paramount importance for full development of children's human potential. This period is also regarded as "critical window" for child's health, growth, and development .It is also peak period for faltering in child's growth, micronutrient deficiencies, and emergence of common childhood ailments as diarrhea. Furthermore, reversing of stunting developed during this period is very difficult after the second anniversary of the children.

Materials And Methods:-

The research approach used for this study was Quantitative research approach. Quasi experimental design is used-one group (B. Sc. Nursing students) pre and post-test design was selected to evaluate the effectiveness of planned teaching Programme on complementary feeding among B. Sc. Nursing students at selected nursing colleges of Greater Noida, U.P. The study was conducted in different nursing colleges of Greater Noida U.P. The selection of the setting was done on the basis of familiarity of the setting, availability of required sample. Feasibility of conducting study and acquaintance of the investigator with the area and cooperation from the department, the sample size was 60 B. Sc. Nursing students. Purposive sampling technique was used to select the sample.

Result:-

Findings are organized according to the objectives of study

Section I: Descriptions of the demographic variables of the subjects.

Section II: Frequency of pre and post-test level of knowledge score of b.sc nursing students.

Section III: Finding statistical significance of the effectiveness of planned teaching program was analyzed using paired' test.

Section IV: Finding association between pre-test and post-test score of b.sc nursing student and the selected demographic variables were explained by using chi square (χ^2).

Section I: Descriptions of the demographic variables of the subjects.

Frequency and percentage distribution of demographic variables

(N=60)

Sample characteristics	Frequency	Percentage
Age in years		
(a)15-16	01	1.70
(b)17-18	12	20
(c)19-20	41	68
(d)21-22	06	10
(a)Male	06	10.0
(b)Female	54	90.0
status		

(a)Married (b)Single	02 58	10.0 90.0
(a)Hindu (b)Muslim (c)Christian (d)Others	43 08 03 06	71.7 13.3 5.00 10.0
(a)Rural (b)Urban	47 13	78.0 22.0
(a)Indian (b)International	54 06	90.0 10.0

In table 1 the data is presented revealed that the majority of samples 41 were in the age group 19-20 years (68%), 54 (90%) samples were female and 06 (10%) were male ,all of samples 60(100%) were single ,majority of sample 43(71.7%) were Hindu by religion, most of them resides in urban areas 47(78%) and minority of them resides in rural areas 13(22%) and only 6(10%) of them are international with 54(90%) of them being Indian nationality.

Section II: Frequency of pre and post-test level of knowledge score of b.sc nursing students.

Pre-test level of knowledge scores

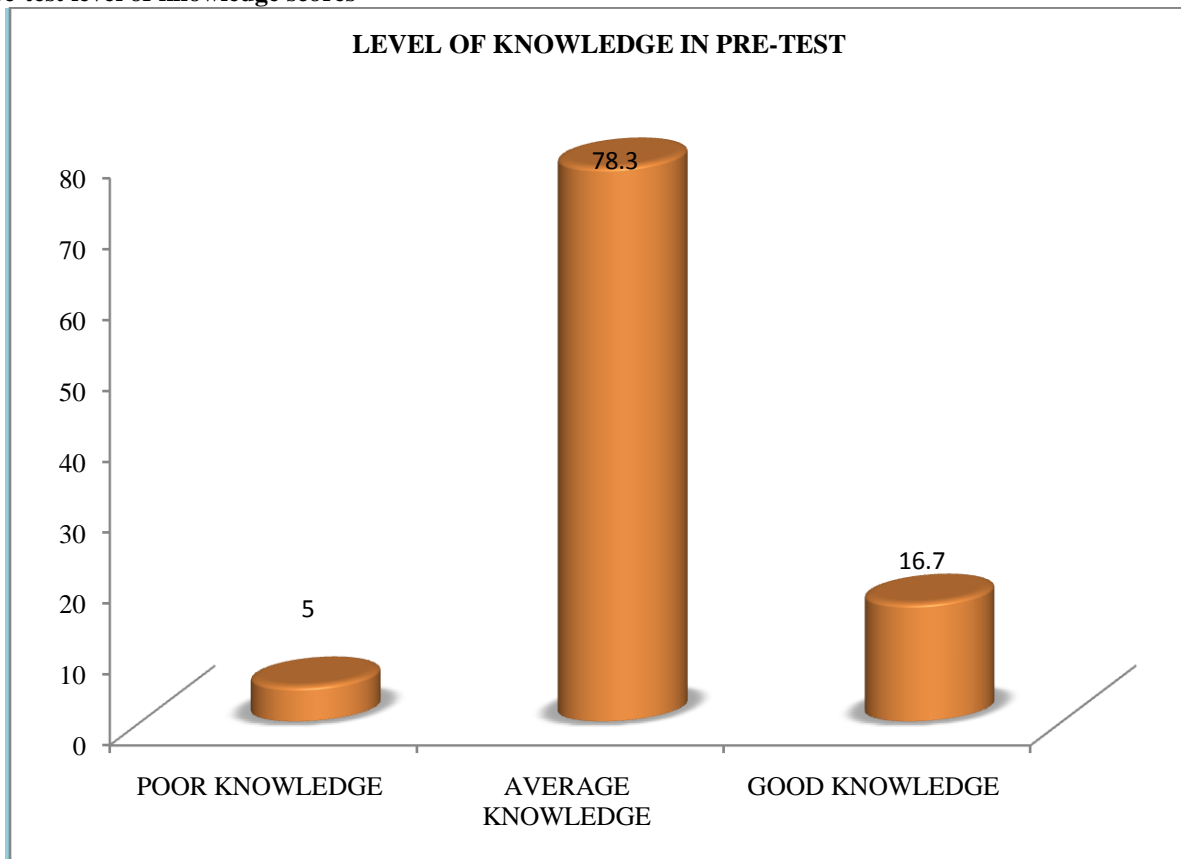


Figure 1:- A bar diagram showing the frequency distribution between pre-test scores.

As depicted in Figure 3, it is evident that majority 47 (78.3%) have average knowledge followed by 5%

Having poor knowledge, and 10 (16.7%) with good knowledge. This finding suggests that majority of the Nursing students have some knowledge on complementary feeding.

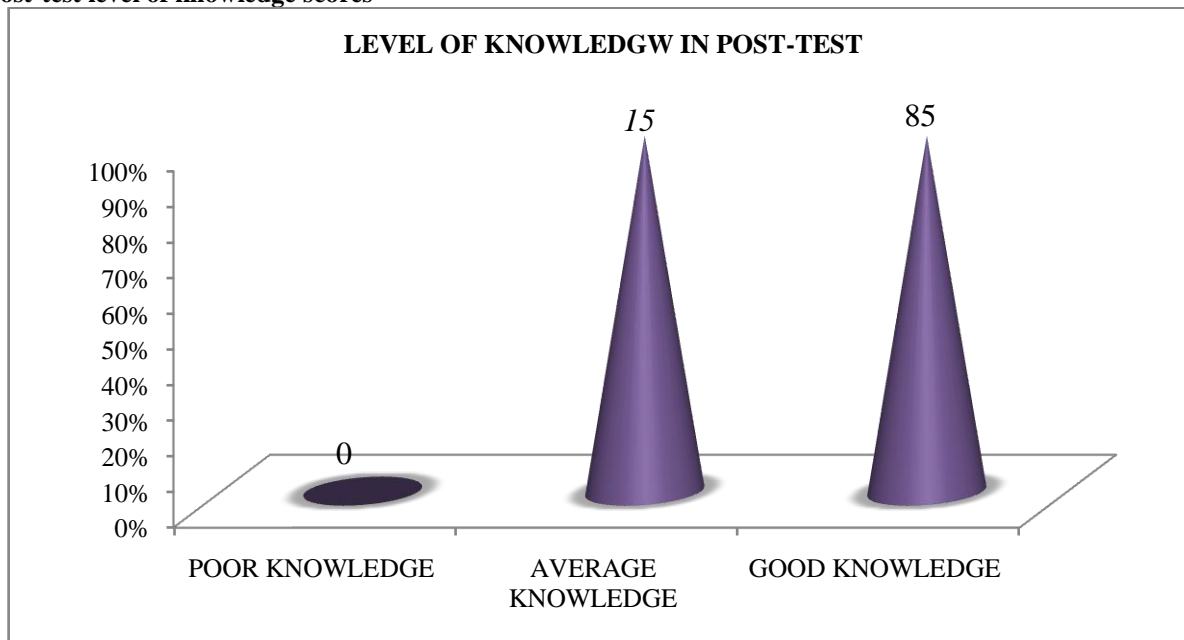
Post-test level of knowledge scores

Figure 2:- A bar diagram showing the frequency distribution between post-test scores.

After taking the post test, the data in figure 4 revealed that the majority of them 51 (85%) had good knowledge followed by 9 (15%) having average knowledge and 0 with poor knowledge. This findings indicate that majority of the 1st year nursing students' knowledge regarding complementary have increased after conducting the planned teaching program.

Section III: Finding statistical significance of the effectiveness of planned teaching program was analyzed using paired' test.

Mean, standard deviation, "t" value and "p" value scores of **b.sc students** after planned teaching programme on **complementary feeding**.

S. No.	Experimental group	Mean	SD	"t" value	df	P value
1.	Pre-test	14.01	4.45	-16.0	59	0.0039*
2.	Post-test	19.35	2.75			

*Significant at <0.05 level of significance.

The table 2 revealed that there was no significant difference between pre-test and post-test knowledge score regarding complementary feeding among B.sc nursing 1st year students of Greater Noida, **the** significant at $t = -16.0$, $p = 0.0039$. Hence the null (H01) hypothesis is rejected and Research hypotheses (H02) accepted. Therefore, it can be interpreted that the planned teaching programme was effective in improving the knowledge of **B.sc Nursing 1st year students**

Section IV: Finding association between pre-test and post-test score of **b.sc nursing student** and the selected demographic variables were explained by using chi square (χ^2).

Association between the pre-test level scores and the selected demographic variables

S.NO	DEMOGRAPHIC VARIABLES	EXPERIMENTAL GROUP			
		F	%	Df	P value
1.	Age in years (a)15-16 (b)17-18	01 12	1.70 20	3	0.034

	(c)19-20 (d)21-22	41 06	68 10		
2.	(a)Male (b)Female	06 54	10.0 90.0	1	0.398
3	status (a)Married (b)Single	02 58	10.0 90.0	1	0.81
4	n (a)Hindu (b)Muslim (c)Christian (d)Others	43 08 03 06	71.7 13.3 5.00 10.0	3	0.71
5	ce (a)Rural (b)Urban	47 13	78.0 22.0	1	0.181
6	lity (a)Indian (b)International	54 06	90.0 10.0	1	0.83

Significant at <0.05 level of significance

The data presented in the table revealed that there is no statistically significant association found between pre-test level of knowledge regarding complementary feeding of B. Sc Nursing 1st year students of Greater Noida and selected demographic variables such as age (p=0.034), gender (p=0.398), marital status (p=0.81), religion (p=0.71), residence (p=0.181), nationality (p=0.83). Hence the null hypothesis is accepted and research hypothesis is rejected.

Conclusion:-

The following conclusions were drawn from the finding of the study. the post-test knowledge scores showed a significant difference majority of them 51(85%) gained good knowledge, and 15 percent (9) gained average knowledge, which showed that planned teaching programme on complementary feeding among B. Sc. Nursing students was effective.

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