

A comparative study to assess the knowledge regarding socio cultural factors Influencing feeding pattern of children among mothers residing in selected urban and rural Areas of Bagalkot district with a view to develop an information guide sheet.

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ABSTRACT

BACKGROUND OF THE STUDY

Social and cultural factors have no more clues to disease but have become part of the cause of all morbid episodes; one can recall that the association between social science and medicine is at least a century old. Hence breast milk is recognized as the only food that could singly provide all the nutrients require supporting growth in early infancy.

Culture plays a critical role in the socialization agenda of children through particular views of parenting and child development. The cultures customs and values help to organize a society's child rearing system and are transmitted from one generation to the next through the medium of family. Culture is the context of the child's experience of health and illness, wellness and sickness.

OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding socio cultural factors influencing feeding pattern of children among mothers of urban area of Bagalkot district

2. To assess the knowledge regarding socio cultural factors influencing feeding pattern of children among mothers of rural area of Bagalkot district.
3. To compare knowledge of urban mothers with rural mothers regarding socio cultural factors influencing feeding pattern of children.
4. To identify the relationship between knowledge of rural mothers regarding socio cultural factors influencing feeding pattern of children with their selected socio demographic variables.
5. To identify the relationship between knowledge of urban mothers regarding socio cultural factors influencing feeding pattern of children with their selected socio demographic variables.

HYPOTHESIS

H₁- There will be significant difference between urban mothers' knowledge and rural mothers' knowledge regarding socio cultural factors influencing feeding pattern of children

H₂- there will be significant association between the knowledge of mothers regarding socio cultural factors influencing feeding pattern of children with their selected socio demographic variables.

CONCEPTUAL FRAME WORK

The conceptual frame work of the present study is based on the Health Belief Model.

METHODS

In the present study, a non experimental comparative survey design has been adopted. The samples are mothers having at least one child below five years of age. Sample size is 120 mothers, out of which 60 mothers are selected from urban area and 60 mothers are selected from rural area. Cluster random sampling technique was used to select the areas and simple random sampling technique was used to select the sample. The data was analyzed and interpreted based on descriptive and inferential statistics.

RESULTS

The findings revealed that in urban area the majority 50% of mothers had excellent knowledge, 38.33% had good knowledge, 6.67% of mothers had average knowledge and 5% had poor knowledge regarding socio-

cultural factors influencing feeding pattern of children, whereas in rural area the majority 41.66% of mothers had good knowledge, 41.66% had average knowledge, 6% of mothers had excellent knowledge and 4% had poor knowledge regarding socio-cultural factors influencing feeding pattern of children.

CONCLUSION

The present study attempted to assess the knowledge of mothers regarding socio-cultural factors influencing feeding pattern of children with a view to develop information guide sheet and concluded that there was a need to improve the knowledge of rural mothers after assessing the knowledge. Hence structured teaching programme will be effective in improving the knowledge of mothers regarding socio-cultural factors influencing feeding pattern of children

INTRODUCTION

India is traditional society as compare to western societies in the context of beliefs, knowledge. The idea of including socio cultural factors in studying the distribution etiology of disease is not new, it is said to be as old as Hippocrates ¹.

Social and cultural factors have no more clues to disease but have become part of the cause of all morbid episodes; one can recall that the association between social science and medicine is at least a century old. Hence breast milk is recognized as the only food that could singly provide all the nutrients require supporting growth in early infancy.²

Culture plays a critical role in the socialization agenda of children through particular views of parenting and child development. The cultures customs and values help to organize a society's child rearing system and are transmitted from one generation to the next through the medium of family. Culture is the context of the child's experience of health and illness, wellness and sickness³.

In order to improve feeding practices in children it is necessary to convincingly modify the knowledge and attitude of grand old ladies and importantly of mothers. The school level education for girls needs inclusion of baseline knowledge on breast milk, colostrums and proper weaning and feeding of the children.

NEED FOR THE STUDY

India is a predominantly Hindu nation with large minorities of Sikhs and Muslims. There are more than 375 million children in India, the largest number for any country in the world. According to Infochange, a non-profit that concentrates on sustainable development and social justice in Southeast Asia, about 36 percent of the population is living below the poverty line, with women and children accounting for 73 percent of those below the poverty line. Socio-economic conditions as well as Hindu beliefs play a large part in the child rearing practices in India ⁴.

In all societies maternal choices among alternative children feeding behaviors are based on a number of complexes of issue including environmental constraints, economic and political conditions women's work load and cultural beliefs about nature of children and nature of food⁶. Recent cross cultural studies have shown that children feeding behaviors are embedded within a wider socio cultural context⁵.

As above mentioned facts it is clear that the socio cultural factors will influence the infant feeding practices which hinder the proper growth and development of a child. So that the investigator has felt the need to improve knowledge of mothers regarding socio cultural factors influencing feeding pattern of children, in order to achieve the optimal health of children.

STATEMENT OF PROBLEM

A comparative study to assess the knowledge regarding socio cultural factors Influencing feeding pattern of children among mothers residing in selected urban and rural Areas of Bagalkot district with a view to develop an information guide sheet.

OBJECTIVES

6. To assess the knowledge regarding socio cultural factors influencing feeding pattern of children among mothers of urban area of Bagalkot district
7. To assess the knowledge regarding socio cultural factors influencing feeding pattern of children among mothers of rural area of Bagalkot district.
8. To compare knowledge of urban mothers with rural mothers regarding socio cultural factors influencing feeding pattern of children.
9. To identify the relationship between knowledge of rural mothers regarding socio cultural factors influencing feeding pattern of children with their selected socio demographic variables.
10. To identify the relationship between knowledge of urban mothers regarding socio cultural factors influencing feeding pattern of children with their selected socio demographic variables.

ASSUMPTIONS:-

1. The mothers' will have some knowledge regarding socio cultural factors influencing feeding pattern of children.
2. The mothers of urban areas will have more knowledge regarding socio cultural factors influencing feeding pattern of children.
3. The mothers will cooperate with investigator in assessing knowledge.
4. The information guide sheet will play an important role in increasing knowledge level of mothers.

HYPOTHESIS:-

H₁- There will be significant difference between urban mothers' knowledge and rural mothers' knowledge regarding socio cultural factors influencing feeding pattern of children.

H₂- there will be significant association between the knowledge of mothers regarding socio cultural factors influencing feeding pattern of children with their selected socio demographic variables.

VARIABLES

Independent variables:

- Age
- Educational status
- Occupation
- Family monthly income
- Religion
- Number of children
- Type of family
- Source of information

Dependent variable:

Knowledge of mothers regarding socio cultural factors influencing feeding pattern of children.

METHODOLOGY

Research approach:

Comparative survey approach

Research design:

Non-experimental comparative survey design

Setting of the study:

Aminagad rural area of Bagalkot District and Vidyageri is the urban area of Bagalkot city.

Population:

Mothers residing in the selected rural and urban areas of Bagalkot

Target population:

Mothers who are having at least one child of less than five years age

Accessible population:

Mothers who are having at least one child of less than five years age residing in Aminagad rural area of Bagalkot district, and Vidyageri urban area of Bagalkot city.

Sample:

Samples are mothers having at least one child below five years of age.

Sample size:

The sample size for present study is 120 mothers. Out of which 60 mothers are selected from urban area and 60 mothers are selected from rural area.

Sampling technique:

Cluster random sampling technique was used to select the areas

Simple random sampling technique will be used to select the sample.

Criteria for selection of sample:

The sampling frame structured by the researcher includes the following criteria.

A. Inclusion criteria:

The study includes the mothers, who are

1. having at least one child below 5 years of age
2. residing in selected urban and rural area of Bagalkot district
3. able to read and write Kannada
4. available at the time of data collection
5. willing to participate in the study

B. Exclusion criteria:

The study excludes mothers, who are

1. Sick at the time of data collection.
2. Uncooperative.

Data Collection Method:

In present study the data was collected by structured interview technique by the use of structured knowledge questionnaire and attitude scale.

Description of the Tool:

The final format of the interview was comprised of two parts.

Part-I - The socio-demographic data consists of information about people; age, education status, occupation, monthly income, religion, number of children, type of family and source of information.

Part-II - It consists of 30 items to assess the knowledge of rural and urban areas of mothers regarding socio-cultural factors influencing feeding pattern of children.

Plan of Data Analysis:

The data obtained was analyzed in terms of achieving the objectives of the study using descriptive and inferential statistics.

- Organization of data in master sheet.
- Frequency and percentage distribution was used for analysis of socio-demographic characteristics.
- Application of paired 'Z'- test to compare the knowledge and attitude level of people in rural and urban area.
- Application of chi-square test to find the association between socio-demographic variables with pre-test knowledge scores.

RESULT**Presentation of Data**

To begin with, data was entered in a master sheet, for tabulation and statistical processing. The findings were presented under the following headings.

Section I: Description of percentage distribution according to socio-demographic variables of samples.

Section-II: Assessment of levels of knowledge regarding socio cultural factors Influencing feeding pattern of children among mothers of urban and rural areas of Bagalkot.

Section-III: To compare the knowledge of rural mothers with urban mothers regarding socio cultural factors influencing feeding pattern of children.

Section-IV: Association of the demographic variables of mothers with their knowledge scores.

Section I: Description of percentage distribution according to socio-demographic characteristics of sample

Section-II: Assessment of levels of knowledge of mothers regarding socio-cultural factors influencing feeding pattern of children.

Table No. 2- Assessment of level of knowledge of mothers regarding socio-cultural factors influencing feeding pattern of children.

N=120

Level of knowledge	Rural		Urban	
	Frequency	%	Frequency	%
Excellent	6	10	30	50
Good	25	41.66	23	38.33
Average	25	41.66	4	6.67
Poor	4	6.68	3	5.00
Very poor	0	0	0	0
Total	60	100	60	100

The assessment of level of knowledge of mothers regarding socio-cultural factors influencing feeding pattern of children, revealed that in urban area the majority 50% of mothers had excellent knowledge, 38.33% had good knowledge, 6.67% of mothers had average knowledge and 5% had poor knowledge regarding socio-cultural factors influencing feeding pattern of children, whereas in rural area the majority 41.66% of mothers had good knowledge, 41.66% had average knowledge, 6% of mothers had excellent knowledge and 4% had poor knowledge regarding socio-cultural factors influencing feeding pattern of children.

Section-III: Comparison of knowledge of rural mothers with urban mothers regarding Socio cultural factors Influencing feeding pattern of children.

Table No. 3 - Comparison of knowledge of rural mothers with urban mothers regarding Socio cultural factors Influencing feeding pattern of children.

N = 120

Rural			Urban			Difference in mean%
Mean	SD	Mean%	Mean	SD	Mean%	
18.08	3.75	60.27%	23.1	4.66	77%	16.73

Z=8.5

p<0.05

The comparison of knowledge of rural mothers with urban mothers regarding Socio cultural factors influencing feeding pattern of children by using Z-test ($Z = 8.5$).

Findings revealed that, a statistically significant difference was found between the knowledge of rural mothers (18.08 ± 2.98) and urban mothers (23.1 ± 4.66) at 0.05 level of significance [$Z = 8.5$]. It indicated urban mothers had good knowledge regarding socio cultural factors influencing feeding pattern of children compared to rural mothers.

H₁ -There will be significant difference between urban mothers' knowledge and rural mothers' knowledge regarding socio cultural factors influencing feeding pattern of children.

Hence **H₁** stated is accepted

Section-IV: Association of the demographic variables of mothers with their knowledge scores

Table No. 04: Association of the demographic variables of mothers with their knowledge scores.

N=120

Demographic Variables	Rural	Urban	Table value
	Value of chi-square	Value of chi-square	
Age	0.08 ^{NS}	1.62 ^{NS}	3.84
Education status	4.18*	0.65 ^{NS}	3.84
Occupation	2.56 ^{NS}	0.64 ^{NS}	3.84
Income	4.35*	0.10 ^{NS}	3.84
Religion	3.23 ^{NS}	2.58 ^{NS}	3.84
Number of children	1.84 ^{NS}	4.34*	3.84
Type of family	2.43 ^{NS}	0.098 ^{NS}	3.84
Source of Information	0.18 ^{NS}	1.67 ^{NS}	3.84

DF = 1

NS = Not significant

*- significant P < 0.05

The association of the demographic variables of mothers with their knowledge scores depicts that in rural area, the variables like educational status, and income have shown significant association with mothers knowledge regarding socio-cultural factors influencing feeding pattern of children and the variables like age, occupation, religion, income, number of children, type of family and source of information are not having significant association with mother's knowledge regarding socio-cultural factors influencing feeding pattern of children.

In Urban area, the variable number of children had shown significant association with mother's knowledge regarding socio-cultural factors influencing feeding pattern of children and the variables like age, education status, occupation, religion, income, type of family and source of information marital status are not

having significant association with mother's knowledge regarding socio-cultural factors influencing feeding pattern of children.

H₂- there will be significant association between the knowledge of mothers regarding socio cultural factors influencing feeding pattern of children with their selected socio demographic variables.

Hence the research hypothesis **H₂** was **rejected**.

DISCUSSION

Assessment of levels of knowledge regarding socio cultural factors Influencing feeding pattern of children among mothers.

- The findings revealed that in urban area the majority 50% of mothers had excellent knowledge, 38.33% had good knowledge, 6.67% of mothers had average knowledge and 5% had poor knowledge regarding socio-cultural factors influencing feeding pattern of children,
- In rural area the majority 41.66% of mothers had good knowledge, 41.66% had average knowledge, 6% of mothers had excellent knowledge and 4% had poor knowledge regarding socio-cultural factors influencing feeding pattern of children.

Comparison of knowledge of rural mothers with urban mothers regarding socio cultural factors Influencing feeding pattern of children.

Z-test was done to compare the knowledge level of mothers regarding socio cultural factors Influencing feeding pattern of children in rural and urban area ($Z = 8.5$).

Association of the demographic variables of mothers with their knowledge scores

In rural area, the variables like educational status and income have shown significant association with mother's knowledge regarding socio-cultural factors influencing feeding pattern of children. In the same way, variables like age, occupation, religion, income, number of children, type of family and source of information are not having significant association with mother's knowledge regarding socio-cultural factors influencing feeding pattern of children.

In Urban area, the variable like number of children had shown significant association with mother's knowledge regarding socio-cultural factors influencing feeding pattern of children. In the same way, variables like age, education status, occupation, religion, income, type of family and source of information marital status and are not having significant association with mother's knowledge regarding socio-cultural factors influencing feeding pattern of children.

CONCLUSION:

- Assessment of levels of knowledge regarding socio cultural factors Influencing feeding pattern of children among mothers. The findings revealed that in urban area the majority 50% of mothers had excellent knowledge, 38.33% had good knowledge, 6.67% of mothers had average knowledge and 5% had poor knowledge regarding socio-cultural factors influencing feeding pattern of children, In rural area the majority 41.66% of mothers had good knowledge, 41.66% had average knowledge, 6% of mothers had excellent knowledge and 4% had poor knowledge regarding socio-cultural factors influencing feeding pattern of children.

- A significant difference was found in the knowledge of rural and urban mothers regarding socio cultural factors influencing feeding pattern of children. The study showed that urban people had good knowledge as compared to rural mothers regarding socio cultural factors influencing feeding pattern of children.

In rural area, the variables like educational status and income have shown significant association with mother's knowledge regarding socio-cultural factors influencing feeding pattern of children.

In Urban area, the variable like number of children had shown significant association with mother's knowledge regarding socio-cultural factors influencing feeding pattern of children.

IMPLICATION:

Nursing Practices

Present study would indirectly help the nurses to understand the knowledge of mothers regarding socio-cultural factors influencing feeding pattern of children. Nurses working in community are key persons who play a major role in health promotion, health maintenance and prevention of disease.

Nursing education

Though the content of General nursing and B.Sc Nursing provide information and experience in health education, it is essential to provide opportunity for the students to educate regarding socio-cultural factors influencing feeding pattern of children, proper breast feeding technique and time schedule, initiation of complementary foods and role of appropriate feeding on growth and development in both community and clinical settings.

Nursing Administration

The administration should take active part in the health policy making and develop practical information guide sheet regarding socio-cultural factors influencing feeding pattern of children and breast feeding both in pediatric hospital and community settings.

Nursing research

In India only few research studies have been done on knowledge of mothers regarding socio-cultural factors influencing feeding pattern of children. This study revealed that there is deficiency in knowledge of rural mothers than urban mothers. It is essential to examine nurse's knowledge base regarding breast feeding.

Recommendations

- ❖ A similar study may be conducted on a large sample for wider generalization.
- ❖ A study can be done to assess the attitude and practice of mothers regarding socio-cultural factors influencing feeding pattern of children.
- ❖ A study can be done to assess the knowledge, attitude and practice of nurses regarding socio-cultural factors influencing feeding pattern of children.
- ❖ A study can be done to evaluate the planned teaching program on feeding and socio-cultural factors influencing feeding pattern of children.
- ❖ A follow up study may be conducted to evaluate the effectiveness of information guide sheet on breast feeding.

- ❖ To educate about importance of proper weaning and weaning foods by grass root level workers is needed.
- ❖ Nutritional protocols and educational programs are essential. Involvement of mothers, caregivers, elderly women and all those involved in child care in nutrition education activities.
- ❖ Improvement in societal infrastructure; better maternal education and nutrition are needed to maintain the children's nutritional status.

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