

CHAPTER VI

SUMMARY, CONCLUSION, LIMITATIONS, IMPLICATIONS AND RECOMMENDATIONS

SUMMARY

A healthy child is a healthy nation of the country. Infant mortality rate is high in developing countries like India, because of malnutrition and other nutritional problems. The knowledge of a mother to practice initiation of breastfeeding can give a promising health to a baby and ensuring adequate and timely introduction of complementary feeding along with continued breastfeeding can benefit infants, prevent under-nutrition in children and improve child survival. To ensure knowledge to mothers is important as it will not only reduce the burden on the health systems to treat sick newborn babies, but also has the potential to make children grow well and have sound development.

The present study highlights the knowledge of mothers regarding complementary feeding of 6 - 24 months old baby in Kohima district of Nagaland.

Major Findings of the study:

The findings of the study revealed that:

1. The maximum number of babies 48% belong to the age group 6 – 10 months and maximum 48% of mothers were in the age group of 25-31 years.
2. Out of 200 mothers of babies 31.5% mothers' qualification was matriculate and maximum 54% of mothers' were housewives.
3. Majority 56.5% mothers' family income was above 10000 rupees and 77% belong to nuclear type family.
4. Maximum 44.5% mothers had one baby and 45.5% got information regarding complementary feeding through the television.

5. The maximum knowledge level of mothers in pretest was 43% and in posttest 86.5%. Hence, statistical analysis revealed that mothers' knowledge level on complementary feeding was good.
6. The pretest and posttest mean of attitude shows 2.26 and 2.86 respectively. The calculated 't' value (11.223) was much higher than the tabulated 't' value (1.972) at the 0.05 level of significance. Thus it was statistically interpreted that the structured teaching module programme among mothers improves the knowledge on complementary feeding.
7. The level of practice shows 56.5% Highly satisfied, 24.5% Moderately satisfied and 19.0% poor in pre-test level of practice while in post test 70.5% Highly satisfied, 28.5% moderately satisfied and 1.0% dissatisfied .
8. The difference between pretest and posttest mean, the pretest attitude shows 1.94 and 2.70 in posttest. The calculated 't' value (13.922) was much higher than the tabulated 't' value (1.972) at the 0.05 level of significance. Thus it was statistically interpreted that the structured teaching programme among mothers improves the practice on complementary feeding.
9. The percentage of level of attitude shows 79.5% negative in pretest and 27.0% negative in posttest whereas 20.5% positive in pretest and 73.0% positive in posttest after the intervention of teaching programme.
10. The difference between pretest and posttest mean, the pretest attitude shows 1.20 and 1.73 in posttest. The calculated 't' value (12.713) was much higher than the tabulated 't' value (1.972) at the 0.05 level of significance. Thus it was statistically interpreted that the structured teaching programme among mothers was effective in changing the attitude of mothers on complementary feeding.
11. The variables age, education, occupation, family income, number of children and source of information status of mother are independent of each other. The chi-square calculated value is less than chi-square table value.
12. There was a positive association between the knowledge of mothers regarding complementary feeding and the socio demographic variables.

Conclusions:

On the basis of findings of the present study the following conclusions were made:

1. Majority of the mothers had good knowledge with regard to complementary feeding.
2. The study shows that there was positive knowledge regarding complementary foods.
3. The structured teaching programme among mothers was effective in changing their attitude and practices on complementary feeding.
4. There was a positive association between the knowledge of mothers regarding complementary feeding and the socio demographic variables.

This study has concentrated on in a peri-urban place closer to the Kohima city. In a future research study a comparative work could be undertaken comparing the findings of the present study with a remote village. This could present a better perspective of the KAP situation on the issue of complementary feeding in Nagaland.

Limitations:

1. The present study was limited to mothers having 6 – 24 months old babies.
2. The study will be carried out on babies within the age group of 6 - 24 months. Hence, age is one of the limitations. Thus, possibility for wider generalization is limited.

Social Implications:

The investigator has drawn the following implications from the study which is of vital concern to the field of social service, education, administration and in the field of research.

Social services:

1. Social workers should emphasis on the knowledge of mothers regarding complementary feeding because the health of children mostly depends on their feeding.
2. The social workers should focus on health and nutritional programmes as well as other programmes dealing with women and children. They should mainstream

breast feeding counseling and support interventions, to help women to succeed both in early and exclusive breastfeeding till the age of 6 months.

Social Science Education:

1. The present study emphasizes on enhancement of knowledge regarding complementary feeding and developing positive attitude and practices towards complementary feeding.
2. In order to achieve this, all health personnel should be given the responsibility to teach the community and teaching should be repeated until they have gained knowledge.
3. Social workers should also provide education to mothers regarding breast milk and complementary feeding.

Social Administration

1. The district administrator plays an important role in educating the public and in policy making such as mass health education measures in the community.
2. The community and health workers should pay attention to all women in reproductive age and to see whether they are provided with enough education about breastfeeding and complementary feeding practices.
3. Social workers can approach the administrators to carry out the works successfully.

Social Research:

1. Social researchers can encourage social workers to apply the research findings in their approach to mothers for the improvement of growth and development of children.
2. Dissemination of findings through conference and professional journals will make the application of research findings to be more effective.

Recommendations:

The current study recommends the following for the further research study:

1. A comparative study can be conducted to investigate the practice among rural and urban postnatal mothers.
2. A similar study maybe undertaken with the pre natal mothers.
3. Comparative study may be carried out between the tribal and non tribal prenatal and post natal mothers.
4. Based on the findings of the study, it is recommended that the study can be replicated on a large sample to validate the finding and make generalization.