

Impact of training on infant care practices for imparting knowledge to rural women

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ABSTRACT

Platitude rate of decline in neonatal mortality rate is one of the major obstacles in achieving Millennium Development Goal 4 especially in developing countries. Even in India, nationwide interventions targeting safe mother and newborn care have not yielded the desired impact, indicating the necessity to combat neonatal mortality rate at population specific level. The present study was an attempt to develop and assess the effectiveness of training package on infant care practices for imparting knowledge to rural women as they have lack of knowledge and awareness about proper infant care practices and follow traditional practices. The study was conducted in Deoria district of U.P. pre and post test research design was used for present study. The study was done in two phase. In first phase training package consisting of variety of visual aids like leaflet, flash cards, modal, infant's clothes and chart were developed on different aspects of infant care practices along with literature. In second phase development training package was implement to selected respondents data were collected through interview method knowledge of respondents was assess in three steps pre test, exposure and post test the findings of the study revealed that after exposure of training package, the net gain in knowledge was highest in aspect of infant bathing and lower in infant health significant improvement in the knowledge was found as a result of exposure of training package as the pre test score was increased 47.81 to 81.45 per cent with the gain in knowledge of about 33.64 per cent.

INTRODUCTION

In India, the practices of essential newborn care are not studied comprehensively and hence relatively less knowledge exists about the influence of practiced traditional newborn care practices on newborn survival. Studies on newborn care in some communities show that the knowledge and practice of basic newborn care for instance prevention of hypothermia, feeding of colostrums

and exclusive breast-feeding are lacking; even awareness regarding care seeking on the identification of life threatening signs has been found to be very low. Despite implementation of proven cost-effective solutions such as promoting antenatal tetanus toxic immunization, skilled attendance during delivery, immediate and exclusive breast-feeding, and clean cord care; there has been relatively little change in neonatal mortality rate (NMR). The World Health Organization recommends improving

essential newborn care practices at birth in order to reduce neonatal morbidity and mortality. Effective promotion of essential newborn care at scale could significantly contribute to reducing the leading causes of newborn deaths in low income countries, especially those due to sepsis/pneumonia, preterm births and tetanus. The essential practices include clean cord care, thermal care, initiating breast-feeding immediately or within an hour after birth, skilled assistance at birth for resuscitation, care-seeking and extra care for sick and underweight babies.

Our women cannot afford to do without training for the full development of human resources, for improvement of homes and for proper upbringing of children there is great necessity for extending scientific knowledge and skill of women in general and rural women in particular for increasing scientific knowledge, skill and adoption of rural women require appropriate training in needed to be developed so that the new technologies could be easily disseminated in an intelligent and compatible manner to rural women for their acceptance. The acceptance would take place only if they are disseminated after their assessment and refinement. Thus a developing economy faces a challenging task of transferring the fast emerging technology to the farm women living in remote area.

Training is vital and essential to enhance motivation create confidence and inculcate efficiency in individual. It is an important educational tool which can be effectively used to improve, refresh or up to date the farm women knowledge and skill. So, one of the most important and major factor that in required to increase the agro-based production apart from availability of input in development of these women through training.

Training is an indispensable instrument for human resource development cannot be order emphasize. Training includes education which aims at bringing a desirable change in knowledge, skill, attitude, values, beliefs and understanding of the trainees or learners. Effective dissemination of the message is depends on the effective communication system visual communication has a special role in only system of communication. Many researchers have proved that if the different visual aids like flipbook, chart, flash cards and model are used in composite from they enhance the communication effectiveness. Therefore, the present study was conducted to find out the impact of developed training package on infant care practices for imparting knowledge

to rural women.

MATERIAL AND METHODS

Pre and post test experimental research design was used for present study. The study was conducted in purposively selected four villages namely Jamuniadih, Khampar, Malibari and Pakaribabu from Bhatpar Rani tehsil of Deoria district, Eighty rural women (20 from each villages) were selected from these four villages who had at least one child in the age of 0-30 months were selected for present investigation. A training comprised of different visual aids like flip book, flash card, model, charts, folder, leaflet infant clothes on breast feeding, weaning, common diseases, bathing, immunization, clothing were developed. A leaflet was developed entitled "care of infants" that contained the developed content on selected aspect of infant care. Data were collected through interview method with the help of interview schedule. Interview schedule was consisting of two parts. First section of interview schedule included profile of the sample and second section was constituted to assess the knowledge level of the respondents related to selected aspects of infant care practices based on the theoretical and research literature available. The knowledge score of the each respondent was calculated by assigning market for the correctly answered question. one mark was given for every right answered question and zero mark was given for every wrong answer. Data collection to find out the impact at developed training package was done in three steps, pre test, exposure and post test. Before exposure of developed training package pre test was administrated to the trainees. Total selected mothers were interviewed individually to find out the existing knowledge on different aspect of infant care through interview schedule developed for the present study. After pre testing, three days training was conducted with selected sample in each village. Training was given to rural women on the board aspects of infant care practices with the help of developed training package. After 50 days of exposure of the training package post test was conducted to find out the gain in knowledge on various aspects of infant care practices with the help of same developed knowledge test used for pre test.

OBSERVATIONS AND ANALYSIS

The results obtained from the present investigation

are presented below:

Data on knowledge level of respondents in pre-test and post-test :

Table 1 indicated that majority of respondents (52.50%) had medium knowledge with mean per cent score of 47.50 followed by 32.50 per cent respondents had low knowledge with mean per cent scores of 31.25 and only 15.00 per cent respondents had high level of knowledge with mean per cent score of 51.25 per cent.

Table 2 indicated that the majority of respondents (67.50%) had medium knowledge with mean per cent score of 91.25 per cent followed by 23.75 per cent respondents possessing High knowledge with mean per cent score of 97.50 per cent and only 8.75per cent respondents had low level knowledge with mean per cent score of 81.25 per cent.

Distribution of respondents by different aspect wise knowledge and mean per cent score of each category in pre test and post test :

Table 3 presents information about knowledge of respondents on each aspect of infant care practices in pre test. Out of four aspects the knowledge for aspect of “Infant clothing” ranked first with overall mean per cent score of 54.58. The knowledge for the aspect “Infant

bathing” ranked second with mean per cent score of 51.25 in pre test. The knowledge for the aspect “Infant feeding” ranked third with overall mean per cent score of 44.16 per cent. With regard to the aspect of “Infant health” the knowledge of the respondents ranked fourth with overall mean per cent score of 41.25 per cent.

Table 3 reveals that in aspect of “Infant feeding” that a majority of respondents (57.50%) were in the category of medium knowledge with mean per cent score of 40.00 per cent followed by 27.50 per cent respondents were in the category of low knowledge with mean per cent score 35.00 per cent and only 15.0 per cent respondents were in the category of high knowledge with mean per cent score of 57.50 per cent in pre test. This table further analysis of that in aspect of “infant bathing” majority of respondents (56.25%) were in the category of medium knowledge with mean per cent score of 51.25 per cent followed by 26.25 per cent of respondents were in the category of low knowledge with mean per cent score of 37.50, while only 17.50 per cent respondents were in the category of high knowledge with mean per cent score of 65.50 per cent.

Table 3 also indicates that in aspect “infant clothing” majority of respondents (43.75%) were in the category of medium knowledge with mean per cent score of 53.75 per cent followed by 35.00 per cent were in the category

Knowledge with score range of pre test	Pre test respondents		Mean score	
	F	%	F	%
Low (0-26.66)	26	32.50	25	31.25
Medium (26.66-53.32)	42	52.50	38	47.50
High (53.32-79.98)	12	15.00	41	51.25

Knowledge with score range of post test	Pre test respondents		Mean score	
	F	%	F	%
Low (0-43.75)	7	8.75	65	81.25
Medium (43.75-68.75)	54	67.50	73	91.25
High (68.75-79.98)	19	23.75	78	97.50

Sr. No.	Different aspect	Distribution of responses						Per cent mean score			Overall % mean score	Rank
		High (%)		Medium (%)		Low (%)		High (%)	Medium (%)	Low (%)		
		F	%	F	%	F	%	(%)	(%)	(%)		
1.	Feeding	12	15.0	46	57.5	22	27.5	57.5	40.0	35.0	44.16	III
2.	Bathing	14	17.5	45	56.25	21	26.25	65.5	51.25	37.5	51.25	II
3.	Clothing	17	21.25	35	43.75	28	35.0	70.0	53.75	40.0	54.58	I
4.	Health	13	16.25	13	16.25	54	67.50	60.0	37.5	26.25	41.25	IV

of low knowledge with mean per cent score of 40.0 per cent and only 21.25 per cent respondents were in the high knowledge category with mean per cent score of 70.00 per cent in pre test whereas Table 3 further indicates that in aspect of “infant health” majority of respondents (67.50%) were in the low knowledge level category with mean per cent score of 26.25 per cent, while 16.25 per cent respondents were in the category of medium and high with mean per cent score of 37.50 and 60.00, respectively.

Table 4 indicated that in post test out of four aspects the knowledge for aspect of “Infant clothing” ranked first with overall mean per cent score of 54.58 per cent. The knowledge for the aspects “Infant bathing” ranked second with mean per cent score of 51.25 per cent and knowledge for the aspects “Infant feeding” ranked third in post test with overall mean per cent score of 44.16 per cent with regard to the aspect of “Infant health”. The knowledge of respondents ranked fourth with overall mean per cent score of 41.25 per cent.

Table 4 also reveals that in aspect of feeding that a majority of respondents (61.25%) were in the category of medium knowledge with mean per cent score 40.00 per cent followed by 35.00 per cent were in the category of high knowledge with mean per cent score of 57.50 per cent and only 3.75 per cent were in low knowledge

level category with mean per cent score of 35.00 per cent. This table further reveals that in aspect of “Infant bathing” majority of respondents (66.25%) were in the category of high knowledge level with mean per cent score of 65.00 per cent followed by 30.00 per cent respondents were in the medium knowledge category with mean per cent score of 51.25 per cent and only 3.75 per cent were in the category of low knowledge with mean per cent score of 37.50 per cent. Table 4 also indicates that in aspect of “Infant clothing” majority of respondents (66.25%) were in the category of high knowledge with mean per cent score of 70.00 per cent followed by 27.50 per cent respondents were in the category of medium knowledge with mean per cent score of 53.75 per cent and only 6.25 per cent were in the low knowledge level category with mean per cent score 40.00 per cent. Table 4 further reveals that in aspect of “Infant health” majority of respondents (45.00%) were in the medium knowledge level category with mean per cent score of 37.50, while 40.00 per cent respondents were in the category of high knowledge with mean per cent score of 60.00 and only 15.00 per cent respondents were in the category of low knowledge level with mean per cent score of 26.25.

Perusal of Table 5 shows that the initial knowledge of the respondents was poor as their pre test scores was only 47.81 per cent significant improvement in the

Table 4 : Distribution of respondents by different aspect wise knowledge and mean per cent score of each category in post test

Sr. No.	Different aspect	Distribution of responses						Per cent mean score			Overall % mean score	Rank
		High (%)		Medium (%)		Low (%)		High	Medium	Low (%)		
		F	%	F	%	F	%	(%)	(%)	(%)		
1.	Feeding	28	35.0	49	61.25	3	3.75	57.5	40.0	35.0	44.16	III
2.	Bathing	53	66.25	24	30.0	3	3.75	65.0	51.25	37.5	51.25	II
3.	Clothing	53	66.25	22	27.5	5	6.25	70.0	53.75	40.00	54.58	I
4.	Health	32	40.0	36	45.0	12	15.0	60.0	37.5	26.25	41.25	IV

Table 5 : Overall gain in knowledge of the respondents

Items	Mean per cent scores
Pre test	47.81
Post test	81.45
Gain in knowledge	33.64

Table 6 : Mean per cent scores of pre and post test and gain in knowledge of the respondents in different aspect of infant care practices

Sr. No.	Aspects	Pre test	Post test	Gain in knowledge
1.	Feeding	44.16	81.66	37.50
2.	Bathing	51.25	87.08	35.83
3.	Clothing	54.58	88.33	33.75
4.	Health	41.25	68.75	27.50

knowledge of respondents was found as a result of exposure of training package as the pre test scores increased 47.81 to 81.45 per cent with the gain in knowledge of about 33.64 per cent.

Table 6 depicts that there was significant difference in pre and post test scores of respondents in all the aspects of infant care practices. Gain in knowledge was found highest of "Infant feeding" with mean per cent scores of 37.50 per cent. Aspect on "Infant bathing" was found to be second highest with mean per cent scores of 35.83 per cent. There was adequate gain in knowledge in the aspect of "Infant clothing" with the mean per cent scores of 33.75 per cent. The mean per cent score was comparatively lower *i.e.* 27.50 per cent in case of aspect of "Infant health".

Conclusion :

It can be concluded that the developed training package comprised of variety of visuals aids *i.e.* leaflet, Flip book, Model, Infant clothes, Chart related to topics *i.e.* breast feeding, bathing, clothing, Common diseases, Immunization respectively was found very effective for imparting knowledge to the rural women on different aspects of Infant Care Practices and there was a positive impact of developed training package.

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