

# Effectiveness of Video Assisted Teaching and Demonstration on Complementary Feeding practices among Mothers of Infants and Anganwadi Workers



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## Abstract

As the baby grows and becomes more active, an age is reached when breast milk alone is not sufficient to meet the child's nutritional needs. So complementary food is required to fill the gap between the total nutritional requirement of the child and the amount provided by breast milk. The present study was intended to assess the effectiveness of video assisted teaching and demonstration on complementary feeding practices among mothers of infants and Anganwadi workers. The population consisted of 30 mothers of infants and 30 Anganwadi workers. Design used in the study was two group pre test post test design. A structured knowledge questionnaire was developed for both mothers of infants (7-12 months) and Anganwadi workers regarding complementary feeding was developed. Pre test and post test knowledge regarding complementary feeding was assessed for both mothers of infants (7-12 months) and Anganwadi workers. Video assisted teaching and demonstration regarding complementary feeding to mothers of infants and Anganwadi workers was done and on seventh day, post test was conducted with the same tool to assess the gain in knowledge of both mothers of infants and Anganwadi workers. Findings of the study indicated that mean pre test knowledge score of mothers of infant was 11 with increase in post test knowledge score i.e. 23. For the Anganwadi workers pre test and post test knowledge score of mothers of infant was 14.40 and 24.03 respectively. So, video assisted teaching was effective in terms of gain in knowledge among mothers of infants as well as Anganwadi workers.

**Keywords:** Complementary feeding, Knowledge, Effectiveness, Video assisted teaching and demonstration, Mothers of infants (Group I), Anganwadi workers (Group II)

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## Background

Complementary feeding means introduction of nutritious food over and above breastfeeding. This energy dense food should be cost effective, affordable, easily available and well-tolerated. After the six month of age, it is the most appropriate time for introducing complementary feeding. The whole process should be gradually completed by 7 months 1 years of age when the child should be taking almost the adult diet. (Suraj Gupta, 2009)<sup>1</sup>

As per (NFHS 3)<sup>2</sup> 48% of children under age five years are stunted (too short for their age) which indicates that, half of the country's children are chronically malnourished. Acute malnutrition, as evidenced by wasting, results in a

child being too thin for his or her height. 19.8% of children under five years in the country are wasted which indicates that, one out of every five children in India is wasted. 43% of children under age five years are underweight for their age. 47 percent of Indian children under five are categorized as moderately or severely malnourished. Introduction of complementary feeding along with continued breast feeding in children of 6-8 months is only about 55%. By the end of 2007, the nutritional achievement results were not satisfactory. Reasons for this include the inadequate knowledge of caregivers regarding correct infant and young child feeding. (NFHS 3)<sup>2</sup>

(S Rao, PM Swathi, A Hegde, (2011)<sup>3</sup> in their study

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