

## ABSTRACT

**Keywords:** Complementary feeding, knowledge, attitude, practice, Instructional modules, mothers and baby.

**Statement Problem:**

Modules focusing on Complementary Feeding: Effects on Knowledge and Attitude among mothers in Kohima district of Nagaland.

**Objectives:**

1. To determine the mean pre-test knowledge, attitude and practice among mothers regarding complementary feeding.
2. To assess the effectiveness of Structured Teaching Programme between the mean pre-test and mean post-test among the mothers regarding complementary feeding.
3. To find the association of knowledge level among the mothers' with the selected demographic variables i.e., mothers' age, education, occupation, number of children, family income and source of information.

**Design and Methodology:**

An evaluative research approach was applied and the research design adopted was a pre-experimental one group pretest posttest design to assess the knowledge, attitude and practice of mothers regarding complementary feeding of 6 month - 24 month old baby.

Sr. Calista Roy adaptation model (1980) was adopted for conceptual frame work. A total of 200 mothers from Kohima district of Nagaland were selected for the study. Convenience sampling technique was adopted.

The instrument consisted of two Parts. Part I: Demographic data and Non-Standardized Close-Ended Questionnaire for Knowledge and Practice of mother. Part II: Self-structured Attitude Scale.

**Results:**

- Mothers knowledge shows improved in posttest as compared to pretest knowledge (.000)
- Mother's attitude on complementary feeding shows significant in posttest as compared to pretest knowledge (.000).
- Mothers practice on complementary feeding shows improved in posttest as compared to pretest (.000).
- The associations of mothers with selected socio-demographic variables on complementary feeding are independent of each other.

**Conclusion:**

These results demonstrate that mother's knowledge, attitude and practice significantly increased after structured teaching programme on complementary feeding. It was found that in baseline there was no association between the mother's knowledge, attitude and practice of complementary feeding with the mother's age, education, occupation, and family income, number of children and source of information.