

A Study on Child Rearing Practices among Nyishi Women in Relation to their Feeding Practices in East Kameng Districts of Arunachal Pradesh.

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ABSTRACT: The importance of Nutrition's is underestimated whereas; it is the foundation for healthy development of baby. Due to the lack of nutrition of child leads to the ill-health and this leads to deterioration in nutritional status. We observed in infants and young children that bear the brunt of the beginning of malnutrition and undergo the utmost risk of death and disability. The major risks are seen on maternal malnutrition and inappropriate breastfeeding and the complementary feeding represent the health and its development of survived children. The Inappropriate feeding practices are a major cause of the onset of malnutrition in young children. Here comes the need of the proper feeding practices. In this paper, an attempt has been made to highlight the Child Rearing Practices among Nyishi Women in Relation to their Feeding Practices in Seppa Block under East Kameng Districts of Arunachal Pradesh by Survey method of the study. The simple random sampling procedure was used to collect 50 samples from the Seppa Block in East Kameng District of Arunachal Pradesh. The research was done to find out the Child rearing practices in relation to the feeding practices among Nyishi Women. The result shows positive responses towards feeding practices. The main focus of this paper is to study the child rearing practices in relation to feeding practices among Nyishi women in East Kameng District of Arunachal Pradesh. Hope the research work will be benefit the Teachers, Nyishi Women, Research Scholar and Students in Teaching and learning of Child Rearing Practices.

Key Words: Child Rearing Practices, Feeding Practices, Seppa Block, East Kameng, Arunachal Pradesh.

I. INTRODUCTION

Breast Feeding is considered to be the most important of the feeding practices. Mother's milk is vital for child health. It also helps in maintaining relationship in birth spacing. Mothers' milk aids in the control of mortality and fertility of infants in developing countries. Feeding practices is influenced by culture. The special effects of child bearing practices on children's development need to be identified, understood and likewise the vital once need to be supported and rest discouraged. Malnutrition sharply rises during the period from six to eight months of age in many countries and the deficits acquired at this age are hard to compensate in later childhood. Various theoretical models are available to explain numerous aspects of child-rearing influence on the psychological, social and cognitive development of the children (O'Connor, 2002). Most of these models pertain to a clinical setting, problem behaviour, problem situations, prevention or intervention in the home, professional child care, and school setting (Hermanns, 1998).

The field of child-rearing has created an immense interest in almost every discipline in the behavioural sciences. The future behavioural outcome of children is influenced by events experienced in childhood, where parents play the role of primary caregivers and providers of children's earliest experiences. Culture helps in moulding the parents' belief about parenting practice, behaviour management, discipline and control. Features of parent-child relationship include keeping open lines of communication, having warmth and implementing firm discipline (Hutson, 2002; Arnold et al, 2008). In view of the above fact the researcher made a study on the topic "A Study on Child Rearing Practices among Nyishi Women in

Relation to their Feeding Practices in East Kameng District of Arunachal Pradesh”.

II. STATEMENT OF THE PROBLEM

“A Study on Child Rearing Practices among Nyishi Women in Relation to their Feeding Practices in East Kameng Districts of Arunachal Pradesh”

III. OBJECTIVES OF THE STUDY

1. To Study the Child Rearing Practices among Nyishi Women in relation to Feeding Practices.

IV. RESEARCH METHODOLOGY

The researcher used the descriptive survey method to take up the present piece of work. The researcher made an attempt to study the feeding practices among Nyishi Women in Seppa Block of East Kameng District of Arunachal Pradesh.

Population and Sample

To meet the results of research work the researcher collected the sample comprised of 50 Nyishi

Women from East Kameng District through simple random sampling techniques.

Delimitations of the study

The present study is delimited to:-

1. East Kameng District of Arunachal Pradesh.
2. Seppa Block of East Kameng District.
3. Nyishi Women

Tool used in the study

The researcher used a self-developed Questionnaire on Child Rearing Practices in relation to feeding practices and adopted the appropriate procedure of standardization to find out Feeding Practices. The construction and standardized of each items was done with proper care.

V. RESULTS AND DISCUSSION

Objective-1: To Study the Child Rearing Practices among Nyishi Women in Relation to Feeding Practices.

Table-1: Showing the Percentage (%) distribution on Feeding Practices by Nyishi Women

When did you start breast feeding your child after delivery?	
After birth	72%
After 3 Hrs	00%
Between 24-48 Hrs	14%
After 48 Hrs	14%
Did you feed pre-lecteal feed to your baby?	
Yes	32%
No	68%
Did you discard the Colostrum before feeding the baby?	
Yes	68%
No	32%
Why Colostrum discarded before feeding?	
Believed to be harmful for baby	26%
Everybody does	02%
Elder told me to do so	02%
Other	70%
For how long did you exclusively breast feed your child?	
1-2 Months	30%
3-4 Months	36%
5-6 Months	24%
7-8 Months	10%
Did you follow any feeding schedule for your baby?	
Yes	08%
No	92%
How many times did you feed your baby per day?	
As & when the child needs	98%
Every two hours	02%
Every one hours	00%
More than 3 hours	00%
When did you introduce supplement feeding to your child?	

Before 6 months	74%
7-12 months	20%
After 1 ½ yrs	02%
2 yrs	00%
Nil	04%

What food did you give your baby to supplement the breast feed?

Chew rice and feed the baby	54%
Cow's milk	02%
Cerelac / Nestum / kitchery	42%
Rice Beer	02%

Do you brush-up your teeth before chewing rice to feed your baby?

Yes 26%

No 74%

Weaning Age of Child

0-1 Yrs	06%
1-2 Yrs	74%
Above 2 Yrs	10%
Nil	10%

Why did you wean the baby too early?

Child is old enough	36%
Busy Schedule	14%
Successive pregnancy	30%
Insufficient mother's milk	12%
Nil	08%

What method did you apply to wean your child?

Smearing bitter substances on nipples(Rangka)	46%
Cover with red nail polish	06%
Cover with plaster	34%
Yamdak (chilli)	02%
Nil	12%

How long it took to wean your child?

1-3days	36%
1 week	40%
2 weeks	06%
1 months	06%
Nil	12%

What supplementary food you gave during the process of weaning?

Processed baby food	04%
milk/ juice	06%
Adult food	80%
Other	00%
Nil	10%

Interpretation:

The table 1, the above mentioned section deals with the responses in percentage (%) of Nyishi women pertaining to their feeding practices. About 72% said that they started breast feeding their child after delivery. Where, only 14% of women start breast feeding between 24-48 hrs and

after the period of 48 hrs. Around 68% of the women said that they didn't feed pre-lacteal feed to their baby. About 70% of them discarded the Colostrum before feeding and whereas, about 26% of women believed to be harmful for baby. It was found that around 30-36% women breast fed their child exclusively for 1 to 4 months respectively.

About 46% women said that they did not follow any feeding schedule for their babies. The tables indicate that 49% breast fed their child as per the need of the child daily. Around 74% women introduced supplement feeding to their child before six months. Similarly 20% of women introduce supplement feeding at the attainment of 7-12 months. The study revealed that 54% women gave chewed rice to supplement the breast feed and 42% of Nyishi women feed cerelac etc. Around 74% said the weaning age of child was between 1-2 years. About 36% women felt the child was old enough to wean the baby too early. Around, 46% women smearing locally available bitter substances on nipples (Local named Rangka) to wean their child and whereas, 34% of the women cover with plaster, 2% of women used Chili (Local named Yamdak) in Nyishi Dialects. The study revealed that 40% women said that it took one week time to wean their child. And interestingly it is found that 40% wean at one week to their child. And it was found that 80% women gave adult food as a supplementary food during the process of weaning. Only the small percentage of % give processed baby food and 6% give milk and juice to baby.

Suggestion for Further Research

The investigator completed this piece of research work with sincerity, honesty and capacity. After the completion of the work it felt that there is scope to do research studies on Feeding practices in Nyishi Tribes in East Kameng District and Arunachal Pradesh as a whole state. Therefore, the researcher highlights some of the areas in which the studies are possible to be conducted further and those are indicated as under;

1. The present research areas are confined to feeding practices in Seppa Block of East Kameng District and suggest that a study on feeding practices in East Kameng Districts needs to be taken up.
2. Further, it is suggested that the similar studies are possible to be taken up on other districts of Arunachal Pradesh.
3. As the present study is relating to the feeding practices in Nyishi Tribes, further suggests that the study to be carried out on other Tribes of Arunachal Pradesh.
4. Feeding Practices with respect to several other variable like socio economic status, intelligence, motivation etc. can also be studied further.

CONCLUSION

So, the findings of the study added to develop and cared for the child in Society. The

different factors like hygiene, caring, nutrition, nurtured and even motivation etc plays an significant role in child rearing practices. The awareness on different area relating to child rearing is need of an hour. Which can be given aware through Asha workers, Anganwadi workers etc and both the illiterate and literate women should be equally encouraged to attend seminar, conference, workshops to modify their Feeding Practices with certain care for their young offspring. The significant factors in shaping the lives of children are child-rearing practices and home environment. In particular, socio-economic status (SEC) plays a vital role in influencing parenting practices and children's development. Children of high SES have access to wider range of experiences, material resources, parental actions and social interactions. The Parents should know better practices of child-rearing practices through workshops and training in the area of innovations in Feeding practices. Thus the present study signifies that there is need of improvement in the feeding practices of parents to improve the health performance of child.

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