

**COMPLEMENTARY FEEDING PRACTICES IN CHILDREN
AMONG DIFFERENT CASTE/ETHNIC GROUPS
(A Comparative Study in District Hospital Syangja)**

A Thesis Submitted to:

The Faculty of Humanities and Social Sciences, Department of Sociology
Prithvi Narayan Campus in the Partial Fulfillment of the
Requirement for the Master's Degree in Sociology

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RECOMMENDATION LETTER

This is to certify that **Dilip Subedi** has completed this dissertation entitled "**Complementary Feeding Practices in Children Among Different Caste/Ethnic Groups (A comparative study in District Hospital Syangja)**" under my supervision and guidance. This is an original work. I therefore recommend this dissertation for the final approval and acceptance.

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APPROVAL LETTER

We certify that this thesis entitled "**Complementary Feeding Practices in Children Among Different Caste/Ethnic Groups(A comparative study in District Hospital Syangja)**" submitted by **Dilip Subedi** has been examined and found satisfactory in quality and accepted in partial fulfillment of the requirements for the Degree of Master of Arts in Sociology.

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Dilip Subedi

ABSTRACT

This descriptive and comparative study entitled “Complementary Feeding Practices among Different Caste/Ethnic Groups (A Comparative Study in District Hospital Syangja)” was carried out as a partial fulfillment of the Master’s Degree in Sociology. The objective of the study was to find out the complementary feeding practices in children among different caste/ethnic groups.

A semi-structured questionnaire was used to collect data from a total of hundred mothers with two years child attending Maternal and Child Health (MCH) clinic of Syangja District Hospital. Twenty-five samples from each caste/ethnic groups were selected by using non-probability purposive sampling technique. The four main caste/ethnic groups were included like Brahmin/Chhetri, Magar, Gurung and Dalit.

The study findings revealed that majority of the mothers (40%) were of 25-29 years age group. Most of mothers (87%) were literate. Similarly, majority of mothers of all caste/ethnic group (93%) were breast feeding their children and among them, 46% were planning to continue breastfeeding up to two years. Majority of Brahmin/Chhetri and Gurung (68%), Magar (52%) and Dalit (44%) introduced complementary food from six months of age after celebrating ‘Rice Feeding Ceremony’ of their children except Dalit who did not celebrate it as per their custom. Majority of the mothers used to give rice, dal and vegetables to their child as a complementary food. And majority of mothers (53%) used to give complementary food thrice a day. The commonest problem faced by children during complementary feeding period were diarrhoea (44.4%) and vomiting (22.2%) and majority of the mothers used to seek help from health personnel for treatment of such problems. Thus, while assessing the complementary feeding practices among different caste/ethnic groups, it was found that majority of mothers of all ethnic groups were aware about timely introduction of complementary food but were less aware about preparation of “Sarbottam Pitho” with correct amount and proportion.

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LISTS OF ABBREVIATIONS

CBS	-	Central Bureau of Statistics
MCH	-	Maternal and Child Health
WHO	-	World Health Organization
IYCF	-	Infant and Young Child Feeding
MOPhS	-	Ministry of Public Health and Sanitation
WIC	-	Women Infant and Children
UNICEF	-	United Nation International Children Emergency Fund
VDC	-	Village Development Committee
HIV	-	Human Immune Deficiency Virus
USA	-	United States of America
CPG	-	College of Physicians and Surgeon
INGO	-	International Non-Government Organization
NGO	-	Non-Government Organization
DHS	-	Demographic Health Survey
SNNPR	-	Southern Nation Nationalities and People Region
UNDP	-	United Nation Development Program
FCHV	-	Female Community Health Volunteers
USAID	-	United State Agency for International Development
FRQ	-	Frequency
DoHS	-	Department of Health Service