

Effect of Structured Teaching Programme on The Knowledge of Primi Mothers Regarding Breastfeeding

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Abstract- The study was to assess the effectiveness of the structured teaching programme on exclusive breastfeeding among the primi mothers. A target to increase exclusive breast feeding rate to 80% during first 6 months from the current level of around 40.5% and increased rate initiation of breast feeding within one hour to 50% from the current level of about 15% and increased rate of complementary feeding from 33.5% to 75% to reduce infant and childhood mortality and improve health and development of infants and young children.

The present study plan to analysis the data is based on the objectives. The data is obtained from 30 primi mothers was analysis by using descriptive. To conduct the research study in Simrol rural community written permission was obtained from data collection period extended from 23/02/2017 to 04/03/2017 Sample of 30 primi mothers were selected using purposive sample technique. The investigator herself and purpose of the study was explained to the subjects and informed consent was obtained. It is observed that in most in pre-test analysis most of the sample 28(93.33%) fell under poor category. Also 02(6.66%) sample fell under poor category. Where in post-test, most of the subject 06(14.43%) fell under the average category, also 24(84.44%) fell under good category and 0(0%) subject fell under poor category. The mean post-test knowledge score 22.4 was higher than mean pre-test 6.4. The computed 't' value ('t' = 29.10) was more at the level of $p \leq 0.001$, thus indicate highly significant difference and effectiveness of structured teaching programme in increasing the knowledge of primi mother regarding breastfeeding.

I. BACKGROUND

Breastfeeding is the ideal form of feeding in the neonate. Artificial feeding exposes the infant to infection and results in over a million deaths annually worldwide due to its ill effects. World breast feeding week is August first week (1-7days). The Care for a child needs to begin is the first few hours of life with Exclusive breast feeding and appropriate interventions at 4-6 months in the form of timely complementary feeding. Exclusive breast feeding for 6 months means that the infant receives only breast milk from her

mother on expressed breast milk who other foods or drinks with the exception of drops or medications, during this time and after 6 months breast feeding should continue for 24 hrs or more along with appropriate complementary feedings.

Good nutrition is one of the basic components of health and as particulars of optimal child development survival and maintenance of health through our life. The nutritional and health status of infants depends mainly on the feeding practices of the community. Early life is a period of rapid growth with the weight of infant doubling by 6 months and tripling by one year of age. Infants constitute 3% of India's population and through their chances of survival have improved by nearly 50% in the last 20 years the infant mortality rate(IMR) of India is 74/1000 live births, much higher than the IMR of the development world which stands at 8/1000 live births. Many low cost measures like immunization exclusive breast feeding growth monitoring. All New born who cry soon after birth and do not show any signs of illness must be kept close to their mother and put to the breast soon after birth. This will ensure warmth initiation of breast feeding and emotional bonding-Breast feeding should be initiated within the first hour after birth. Exclusive breast feeding will saves lives of many babies by preventing malnutrition infection like diarrhea.

II. NEED OF THE STUDY

"The Care for a child needs to begin is the first few hours of life with Exclusive breast feeding" A target to increase exclusive breast feeding rate to 80% during first 6 months from the current level of around 40.5% and increased rate initiation of breast feeding within one hour to 50% from the current level of about 15% and increased rate of complementary feeding from 33.5% to 75% to reduce infant and childhood mortality and improve health and development of infants and young children. Here going to study for Increase Knowledge, assessment and attitude toward the breastfeeding. Need for decrease the risk of breast cancer.

III. PROBLEM STATEMENT

“A PRE EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME (STP) REGARDING KNOWLEDGE OF BREAST FEEDING AMONG PRIMI MOTHER IN VILLAGE SIMROL, INDORE (M.P) 2016-17

IV. OBJECTIVES

- To assess the pre-test knowledge score regarding breastfeeding among primi mother.
- To assess the post-test knowledge score regarding breast feeding among primi mother.
- To assess the effectiveness of the STP regarding breastfeeding among primi mother

V. HYPOTHESIS

H₁ - There will be significant difference between pre-test and post-test knowledge scores among primi mothers regarding breastfeeding and its positions after the administration of STP at the level of $p \leq 0.05$.

CONCEPTUAL FRAMEWORK

Based on Modified M. King Goal Attainment model (1981), the investigator developed the conceptual framework of the present study

Figure 1 page no.8

VI. RESEARCH METHODOLOGY

The study adopted pre experimental one group pre-test, post-test design. Comprised of 30 primi mothers who are living in Simrol, The sample was selected through a convenient sampling technique, i.e. primi mothers who are willing to participate in study.

GROUP	PRE-TEST	INTERVENTION	POST-TEST
S	O1	X	O2

Tools used in the study were:

Socio – demographic variables (4 items)

Structured knowledge questioner regarding breastfeeding (30 items)

VII. SAMPLING TECHNIQUE

The sample was selected through a convenient sampling technique. Due to limited time and availability of the subjects as per sample inclusion criteria made the investigator to adopt the convenient sampling technique for present study

VIII. DATA COLLECTION METHOD

Permission and need for the study will be explained to the primi mother. Who will be chosen by purposive or convenient sampling technique

Structured knowledge questionnaire:

- Written consent obtained from the primi mothers
- The data as collected from the primi mother of Simrol rural community.
- Instruments intended to be used structured knowledge questionnaire to determine the knowledge of breast feeding in primi mothers in Simrol rural community.

IX. RELIABILITY OF THE TOOL

The tools used in the study are

Section A: Socio-Demographic Data:

It consisted of 4 items, for obtaining information on selected factors such as – Mothers Age (in years), Educational status, occupation, and age of infants.

Section B: Structured interview schedule to assess level of knowledge of primi mothers regarding breastfeeding. Knowledge consisted of 30 items. Each item of structure questionnaire had 4 response alternatives and the correct response among them was scored 1. The response were scored and graded as follows:

- Poor (0-10)
- Average (11-20)
- Good (21-30)

X. PILOT STUDY

A pilot study is a small preliminary investigation of the same general character as the major study which is designed to acquaint the researcher with problem that can be correlated in preparation for a larger research study [trace and trace. 1999]

The purpose of the pilot study was to find the feasibility of the study, clearly of in tool and finalize the plan for analysis.

The pilot study was conducted in Simrol community and the permission was obtained from data collection period extended from 23 February 2017 to 04 March 2017. The written permission to conduct the study was obtained from gram panchayat Simrol. A total 6 sample was selected for pilot study he investigator introduced herself and the purpose of the study was explained to the subjects and informed consent was obtained Pre- test was given using a structured knowledge questionnaire. The time taken to complete questionnaire was 10-15 minutes. Seventh day after the pre- test post – test was conducted using the same questionnaire to assess the gain in knowledge score. The time taken to complete the questionnaire was 10-15 minutes. The investigator did not find any difficulty in collecting data from the subject. The pilot study reveals that there was significant difference between pre- test and post-test knowledge of mothers regarding breastfeeding.

XI. PROCEDURE FOR DATA COLLECTION

To conduct the research study in Simrol rural community written permission was obtained from data collection period extended from 23 February 2017 to 04 March 2017, Sample of 30 primi mothers were selected using purposive sample technique. The investigator herself and purpose of the study was explained to the subjects and informed consent was obtained. Pre-test was given using a structured knowledge questionnaire .the time taken to compete questionnaire was 15-20 minutes. Following the pre-test structural teaching was given and visual aids like pamphlet wear used to facilitate understanding. The duration of session was 20-30 minutes. After the session the primi mother’s asked about techniques and advantage and disadvantage of breast feeding.

XII. FINDINGS

The data were analyzed according to the objective of the study using descriptive and inferential statistics.

SECTION I- SOCIODEMOGRAPHIC DATA

A describes the frequency distribution of demographic variable of the study. The data showed that majority of subject are belonging to age group 18-20 year age group 7(25%) and 21(70%) to age group 21-30 years and 31-40 years age 2(05%) and Majority of sample have educational of high school (70%) and higher secondary (28%) and graduation (02%) And Majority of the age of children 0-1 month(28%) 2-3 month (25%) 4-5 month (20%) and 6 month or more than 6 month

(27%) And Majority of occupation house wife (35%) labor (60%) private job (05%) and govt. job (0%) received information regarding breastfeeding through the training session.

Table 1 page no.27- 30

SECTION –II Assessment of pre-test knowledge score of nursing mothers regarding breastfeeding

The Findings of the study reveals that in the pre-test score of sample fell under poor category and there were 28 (93.33%) and two is fell in average category.

Table 2, Figure 06, page no.31

SECTION – III Assessment of post-test knowledge score of nursing mothers regarding breastfeeding

The Findings of the study reveals that in post-test, most of the subjects 06 (14.43%) fell under average category. Also 24 (84.44%) fell under good category and 0 (0%) subject fell under poor category. Thus the below results confirms the effectiveness of structured teaching program.

Table 3, Figure 07, page no.32

SECTION – IV Comparison of pre-test and post-test knowledge score in means of frequency and percentage

It is observed that in most in pre-test analysis most of the sample 28(93.33%) fell under poor category. Also 02(6.66%) sample fell under poor category. Where in post-test, most of the subject 06(14.43%) fell under the average category, also 24(84.44%) fell under good category and 0(0%) subject fell under poor category. Thus the below results confirms the effectiveness of structured teaching program and the objectives of the study.

Table 4, Figure 08, page no.33

SECTION –V Effectiveness of structured teaching programme on post test knowledge score

mean post-test knowledge score 22.4 which was higher than mean pre-test knowledge score 6.4, thus indicating highly significant difference and effectiveness of structured teaching programme in increasing the knowledge of nursing mothers regarding breast feeding.

The mean post-test knowledge score 22.4 was higher than mean pre-test 6.4. The computed 't' value ('t' = 29.10) was more at the level of $p \leq 0.001$, thus indicate highly s

improved from 58% in pre-test to 80.93% .in the post test. This study concluded that structure teaching program is an effective tool to improve the knowledge of Primi-Para mothers regarding weaning.

Table 5, Figure 09, page no.34

XIII. DISCUSSION & CONCLUSION

Pre - test knowledge of nursing mother regarding breastfeeding knowledge assessment

The findings of the study showed that out of 30 sample in pre- test 28 (93.33%) had poor knowledge and 02 (6.66%) had average score.

The above finding is supported by **Shilaja.K.G. (2008)**, who had conducted a study assess the knowledge and confidence of prim Para mothers regarding exclusive breast feeding in post natal units of selected hospitals. This study reveals that majority of mothers (47%) hailed from joint families while 92% of mothers knew that breast feeding should be initiated within one hour. The knowledge and attitude of postnatal mothers towards breastfeeding is far from satisfactory. There is still a need for programmes, which support and encourage breastfeeding particularly at a primary care level's

Post - test knowledge of nursing mother regarding breastfeeding knowledge assessment

As post – test knowledge the findings is 06 (14.43%) average and 24 (84.44%) is good results and no one fell in poor score. The mean post-test knowledge score 22.4 was higher than mean pre- test 6.4. The computed 't' value ('t' = 29.10) was more at the level of $p \leq 0.001$, thus indicate highly significant difference and effectiveness of structured teaching programme in increasing the knowledge of primi mother regarding breastfeeding.

The above finding is supported the research conducted by **Nirmal Raj E.V.(2015)**, who had conducted a study Effectiveness of STP on knowledge regarding weaning among primi-Para mothers. The study aimed at assessing the knowledge of primi- Para mothers regarding weaning, to develop and administer the structured teaching programme, evaluate its effectiveness on knowledge of primi Para mothers and to find an association between pre and posttest knowledge scores with their socio-demographic variables. The findings of the study with regard to the pre -test knowledge assessment, revealed that the mean of the primi Para mothers' knowledge was 58. In post test, very significant increase in knowledge was found as the mean percentage of knowledge score was

XIV. CONCLUSION

The main aim to assess the effectiveness of structured teaching program regarding breastfeeding knowledge assessment among nursing mother of Simrol community after detail analysis and experience of the investigator, the findings revealed that following results :

1. The nursing mother's having little knowledge about breastfeeding. They required education and close supervision to enhance their knowledge.
2. Mean pre-test knowledge score of students regarding breastfeeding was 2.05 and mean post-test knowledge is score is 2.60.

Structured teaching program was an effective method for the gain in knowledge of nursing mother's which was evident in the post-test knowledge score. Hence on the basis of above cited findings it could be concluded that the written materials prepared by the investigator in the form of STP regarding breastfeeding was effective.

The overall experience of conducting the study was enjoyable and satisfactory. The response of the participants to the study and the quest to gain the knowledge was an encouraging hand for the investigator. The constant help and support to the guide providing a positive reinforcement of the successful completion of the study. The study was a new learning experience for the investigator