

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST FEEDING TECHNIQUES AMONG ANTENATAL PRIMI GRAVIDA MOTHERS IN SELECTED HOSPITAL JAIPUR, RAJASTHAN

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Abstract

Introduction-The First year of life is crucial in laying the foundation of good health. Breastfeeding is the ideal method suited for the psychological and physiological needs of children. Breast milk the “Cinderella substance of the decade” of nature’s most precious gift to the newborn, and equivalent of which is yet to be innovated by our scientific community despite tremendous advances in science and technology. Western world having experimented with bottle feeding for over five decades, now wants to go back to breast feeding and hence the slogan, “Breast is the Best for the Baby”. **Objectives – 1.** assess the knowledge regarding Breast feeding techniques (BFT) among antenatal Primi gravida mothers in terms of pre-test. **2.** To assess the effectiveness of Structured teaching programme by comparing pre & post test knowledge score regarding BFT among antenatal primi gravida mothers. **3.** To find the association between the knowledge score with selected demographic variables of antenatal Primi gravida mothers. **Methodology.** The data was collected from 60 antenatal primi gravida mothers selected using with Simple random sampling residing in selected Hospital Jaipur Rajasthan. In this one group pre-test and post-test (pre-experimental) design was used to Conduct the study. The data was collected by using closed ended structured knowledge questionnaire. The data collected period and STP was 12/4/2018-16/4/2018. The data was analyzed by using descriptive and inferential statistics. **Result-** The result depicts that in the pre-test majority of pregnant women 50(83.3%) were having poor knowledge on proper use of body breast feeding techniques. After getting intervention in post-test most of 42 (70%) pregnant women were having good knowledge on proper use of breastfeeding techniques.. The pre-test knowledge score was 10.4 ± 2.9 which had increased to posttest knowledge score 17.8 ± 3.6 .. The calculated ‘t’ value was 15.8 which is more than the table value 2.00(df=59 at $p < 0.05$) Hence the null hypothesis was rejected. This significant improvement in the knowledge can be attributed to the intervention. There is no statistically significant association between knowledge score and their selected demographic variable in accordance with age, occupation, type of family, area of residence, gravid..**conclusion-** level of knowledge of pregnant mothers regarding breast feeding was inadequate and the STP is very helpful to promote the level of knowledge among the pregnant mothers.

“Breast feeding is a mother’s gift to herself, her baby and the earth”
- Pamela K Wiggins.

INTRODUCTION

The First year of life is crucial in laying the foundation of good health. At this time certain specific biological and psychological needs must be met to ensure the survival and healthy development of the child into a future adult. Breastfeeding is the ideal method suited for the psychological and physiological needs of children. Breast milk the “Cinderella substance of the decade” of nature’s most precious gift to the newborn, and equivalent of which is yet to be innovated by our scientific community despite tremendous advances in science and technology. Western world having experimented with bottle feeding for over five decades, now wants to go back to breast feeding and hence the slogan, “Breast is the Best for the Baby”. Babies need appropriate nutrition, affection, stimulation and protection against infection. Breastfeeding meets these needs and gives them the best start in life. It is an integral part of the reproduction process and its effects on child spacing, family health, family and national economy and food production is well recognized. Breastfeeding is therefore a key aspect of self –reliance and primary health care. Colostrum, the yellowish, sticky breast milk produced at the end of pregnancy, is recommended by World Health Organization as the perfect food for the newborn and feeding should be initiated within the first half an hour after birth. So, Breast feeding principles and techniques is usually followed by mothers from the first feeding itself. World Health Organization actively recommend that breast feeding as the best source of nourishment for infants and young children. So, there is an integral role in following correct techniques and principles while Breast feeding. 1

The WHO and American Academy of Pediatrics emphasize the value of breast feeding for mothers as well as children. Both recommend exclusive breast feeding with correct principles and techniques. Most of the mothers don't know the correct technique of breast feeding. This leads to many unnoticed and biased problems in babies and lactating mothers. These include improper nutrition to baby, altered growth, Oral thrush, low secretion of milk, inadequate feeds, nipple problems etc. There are few simple ways to practice the art of breast feeding techniques like starting breast feeding immediately after birth, proper positions, latching up and burping up the baby. Minor problems may occur during breast-feeding. But with proper planning, knowledge, and support, mothers can overcome these challenges and continue breast-feeding. Before the baby is born, attending classes, reading books, and watching videos that demonstrate breast-feeding techniques will help the mothers in promoting breast feeding practice²

NEED FOR THE STUDY

According to Centers for Disease Control and Prevention (a nationwide survey conducted in 2012, of the infants who were 19-35 months of age, 74% were breastfed at birth, 43% were breastfed at 6 months, 21% were breastfed at 12 months, 32% were exclusively breastfed at 3 months, and 12% were exclusively breastfed at 6 months. UNICEF, WHO, WABA along with the scientific community strongly recommended initiating breastfeeding within an hour of birth. Evidence shows that early initiation can prevent 22% of all deaths among babies below one month, in developing countries. The Breastfeeding Promotion Network of India (BPNI 2012) is spearheading action on 20th World Breastfeeding Week from 1st-7th August. Communities around the world are working hard to bring back 'Breastfeeding Culture'.

STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of Structured teaching programme on knowledge regarding Breast feeding techniques (BFT) among antenatal primi gravida mothers of selected areas of Hospital Jaipur Rajasthan”

OBJECTIVES OF THE STUDY

- To assess the knowledge regarding Breast feeding techniques (BFT) among antenatal Primi gravida mothers in terms of pre-test.
- To assess the effectiveness of Structured teaching programme by comparing pre & post test knowledge score regarding BFT among antenatal primi gravida mothers.
- To find the association between the knowledge score with selected demographic variables of antenatal Primi gravida mothers.

HYPOTHESES

- **H1:** A significant difference will be found between pre-test and post-test knowledge scores of antenatal primi gravida mothers.
- **H2:** There will be significant association between the pre-test knowledge of mothers regarding breast feeding technique with their selected socio-demographic variables.

DELIMITATION-pregnant women who were attending the outpatient department during the period of the study.

REVIEW OF LITERATURE

Review of literature was organized in three parts:

1. Literature related to general information on breast feeding techniques
2. Literature related to factors influencing breast feeding techniques
3. Literature related to antenatal primigravida mothers knowledge regarding breast feeding techniques

MATERIAL AND METHOD

SOURCE OF DATA

The data will be collected from 60 antenatal primi gravida mothers selected using with Simple random sampling residing in selected Hospital Jaipur Rajasthan.

RESEARCH DESIGN

In this one group pre-test and post-test(pre-experimental) design will be used to Conduct the study.

DATA COLLECTION

The data will be collected by using closed ended structured knowledge questionnaire. It contains 2 sections namely section 1 and section 2.

SECTION I: It includes socio-demographic variables which can influence the knowledge of primi gravida mothers regarding Breast feeding techniques.

SECTION II: It includes closed ended structured questionnaire to assess the knowledge of primi gravida mothers regarding Breast feeding techniques.

PLAN FOR DATA ANALYSIS

The data will be analyzed by using descriptive and inferential statistics.

RESULT

The findings were explained under the following headings

- **Section A:**-Frequency and percentage of demographic data.
- **Section B:**-Knowledge regarding proper Breast Feeding Technique among antenatal primigravida mothers.
- **Section C:**-Association between pretest levels of knowledge on proper Breast Feeding

Technique among antenatal primi-gravida mothers with selected demographic variables.

SECTION A:-Frequency and percentage of demographic data.

S.NO	DEMOGRAPHIC VARIABLE	FREQUENCY(F)	PERCENTAGE (%)
1	Age of mother 18-26 27-35	35 25	58.33% 41.67%
2	Education No formal education Primary Secondary Graduate Post Graduate	0 15 29 13 03	0% 25% 48.3% 21.7% 5%
3	Occupation Home-maker Govt employee Private Job Labourer	53 1 6 0	88.3% 1.7% 10% 0%
4	Type of Family Nuclear Joint Extended	16 43 1	26.6% 71.7% 1.7%
5	Previous Exposure to any Information Regarding Breastfeeding Techniques Yes No	2 58	3.3% 96.7%

Table No.1 Shows that most of 35 (58.33%) the study participants were in the age group between 18-26 years. Approximately 41.67% were secondary educated. Majority of pregnant women (83.3%) were home maker. Most of pregnant women (58.33%) belonged to joint family. All (100%) were residing in the rural area. Most of the pregnant women (60%) were multigravida. Majority of pregnant women (96.7%) were having no previous exposure to any information regarding breast feeding.

Table No 2: Effectiveness of structured teaching program on use of Breast Feeding Technique among antenatal primi-gravida mothers.

N=60

Group	Pretest Mean±SD	Post-Test Mean±SD	t-calvalue	Pvalue
One Group Pre-test Post-test	10.4±2.9	17.8 ± 3.6	15.8	<. 00001

Independent t-test

df=59 ttab=2.00

p<0.05

Table no 2: Depicts that the pre-test knowledge score was 10.4±2.9 which had increased to posttest knowledge score 17.8±3.6. Independent sample 't' test was calculated to find the significant difference between means of pre-test and post-test knowledge scores. The calculated 't' value was 15.8 which is more than the table value 2.00(df=59 at p<0.05) Hence the null hypothesis was rejected and research hypothesis was accepted. This significant improvement in the knowledge can be attributed to the intervention.

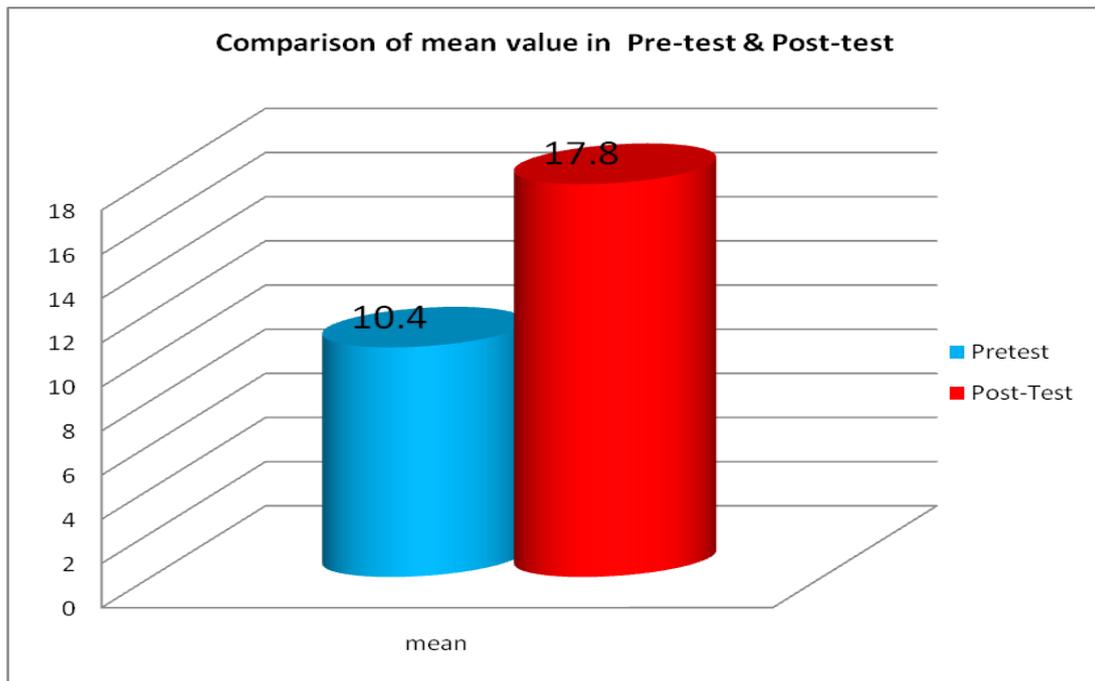


Table3: Frequency and percentage distribution of knowledge level of pregnant women on proper use of Breast Feeding Technique among antenatal primigravida mothers.

N=60

Aspect	Category	Pre- test frequency (f)	%	Post- test frequency (f)	%
Poor	7-13	5	83.3	5	8.3
Good	14-20	10	16.7	42	70
Very Good	21-27	0	0	13	21.7

Depicts that in the pre-test majority of pregnant women 50(83.3%) were having poor knowledge on proper use of body breast feeding techniques .After getting intervention in posttest most of 42 (70%) pregnant women were having good knowledge on proper use of breast feeding techniques. This significant improvement in the knowledge can be attributed to the intervention.

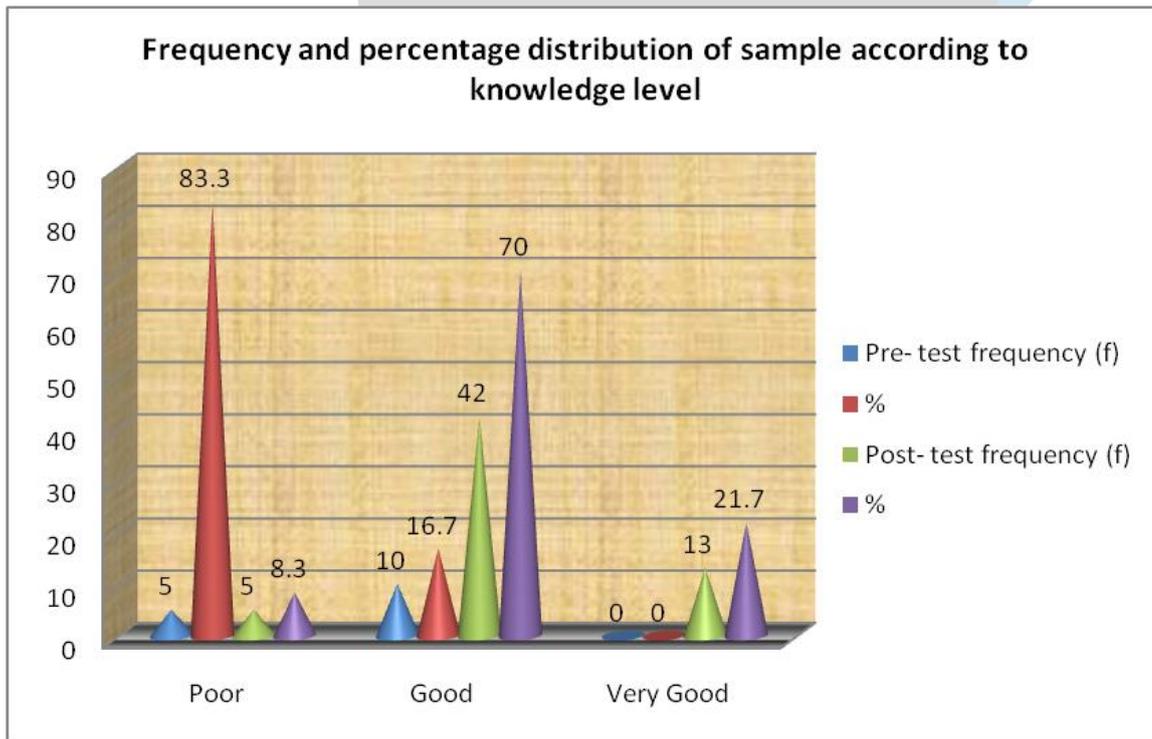


Table 4: Association between pre intervention knowledge score with selected demographic variables.

N=60

S.No	Demographic variable	D f	Below median (< 10)	At or above median(>10)	Chi-square	p-value
1	Age of Mother 18 - 26 27 - 35	1	20 4	23 13	1.809	0.17 [#]
2	Education No formal education Primary High secondary Graduate Post graduate	3	0 12 11 01 0	0 3 18 12 03		0.0003 [*]
3	Occupation Home maker Govt employee Private job Labourer	3	24 0 0 0	29 1 6 0		0.09^F
4	Type of family Nuclear Joint Extended	2	06 18 0	10 25 1		0.999 ^F
5	Area of residence Rural Urban Town	2	24 0 0	36 0 0		0.999 ^F
6	Gravida Primi gravida Multi gravida Grand multipara Grandmultigravida	3	7 15 1 1	15 21 0 0		0.28 ^F
7	Previous exposure to any information Regading Breast feeding techniques <input type="checkbox"/> YES <input type="checkbox"/> NO	1	0 24	2 34		0.5119 ^F

* = Significant p,<0.05 level of significance

= Yates Correction

F = Fisher exact test

depicts that the association between pre intervention knowledge score with selected demographic variables. Since all data were categorical in nature, chi-square test was performed to find association. The result showed that there is no statistically significant association between knowledge score and their selected demographic variable in accordance with age (1.089), occupation, type of family, area of residence, gravid. Only one variable education (0.0003) were shows the significant association.

DISCUSSION

The study was attempted to test the following hypothesis:

The purpose of the study was to assess the knowledge of pregnant women on use of proper breast feeding techniques during pregnancy in Gynae OPD , selected hospital , jaipur rajasthan .

The major finding of the study were:

- The present study finding shows that majority 35 (58.33 %)of the study participants were
- in the age group between 18-26 years
- Highest of pregnant women (58.33%)were secondary educated.
- Majority of pregnant women (83.3%) were home maker.
- Most of pregnant women (58.33%)were belong to joint family.
- Maximum pregnant women(100%) were residing in the rural area.
- Most of the pregnant women (60%) were multigravida.
- Majority of women(90%)were having history of abortion.
- Majority of women(96.7%)were having no previous exposure to any information regarding body mechanics.

Implication: The finding of present study can be applicable in various area of nursing like nursing practice, nursing education, nursing research and nursing administration

Nursing practice: Health education is an important aspect of nursing practice. Nurses working at hospital and community settings can provide information or educate the mother regarding the proper use of breast feeding techniques and benefit of maintain the correct alignment during pregnancy. In the nursing practice, it is very essential to improve the knowledge of health professional regarding the good postures and use of proper breast feeding techniques during pregnancy and they should equipped themselves with advanced knowledge based education and evidence based practice in clinical area. So that they can provide the knowledge to pregnant women regarding correct breast feeding techniques during pregnancy.

Nursing education: The nursing curriculum should put more emphasize on the problem of preventing lower back pain among pregnant women. About 29-50% women suffers with lower back pain during pregnancy because of lower knowledge regarding correct breast feeding techniques When the students are posted in Obstetrics and Gynecological OPD or in antenatal ward the students should educate the pregnant women regarding proper use of body mechanics through structured teaching program, through providing information booklets and pamphlets regarding good posture during pregnancy. As a nurse educator, there are abundant opportunities for the nursing professional to educate the other health care worker and the pregnant women regarding the proper use of breast feeding techniques.

Nursing Administration: Nurse as an administrator should take great interest in managing the lower back pain among pregnancy and should try to improve the knowledge regarding good postures and benefits of good postures. There should be provision of adequate facility for taking care of pregnant women including health education regarding breast feeding techniques, good posture, bad postures and benefits of good postures, and correct use of the postures in activity of daily living (ADL). Every nurse should be encouraged to update their knowledge regarding breast feeding during pregnancy to prevent the Lower back pain among pregnant women.

Nursing research: There is an increased demand for research studies to concentrate on the use of breast feeding during pregnancy. Although a few studies are available regarding low back pain during pregnancy and use of posture during pregnancy, nursing research can focus on specific aspect regarding use of proper breast feeding . There is also a need for extended and intensive research regarding posture and pregnancy.

Limitation:

- The study is limited to pregnant women in first trimester only
- The researcher had to rely on the responses of the participants.
- Small sample size yield less scope for generalization of finding.
- Study did not have control group to compare the findings with experimental group for assessing the effectiveness of intervention.

Recommendation

- Further studies can be done to assess the practice of pregnant women on proper use of breast feeding techniques.
- Study can be done by including the pregnant women in all trimester.
- Study can be done on prevalence of back pain during pregnancy.
- Study can be done on control group.

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