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AN EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF ALMOND OIL APPLICATION IN PROMOTION OF BREAST MILK SECRETION AMONG POSTNATAL MOTHERS UNDERGONE LSCS IN SELECTED HOSPITAL AT UDAIPUR, (RAJ.)

Author's Name: Mrs. Pinki Gurjar[1]

Affiliation:

1. Lecturer, Sarvodaya College of Nursing, Nagaur, Rajasthan, India.

Corresponding Author Name and Email ID: Mrs. Pinki Gurjar,
pinkigurjar254@gmail.com

ABSTRACT

Breast milk is the first vaccine, the best protection against illness and disease. , it provides the primary source of nutrition for newborns before they can digest more diverse food. The benefits of breastfeeding for the health and well-being of the mother and baby are well documented WHO recommends early breastfeeding initiation. The researcher adopted a quantitative experimental research approach with quasi quasi-experimental, non-randomized control group design.60 postnatal mothers undergone LSCS were selected by using a non-probability convenient sampling technique. Based on the pre-test score the nursing intervention was administered by the researcher to the participant. The post-test was conducted on 5th day of the pre-test. The collected data were analyzed based on the above-mentioned objectives using descriptive and inferential statistics. This Study concluded that there was a promotion of breast milk secretion among postnatal mothers undergone LSCS which indicates that almond oil application was effective.

Keywords: Evaluate, Effectiveness, Almond oil, Almond oil massage, Promotion, Breast milk, Postnatal mothers.

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INTRODUCTION

Breast milk is produced by a human female and fed to infants by breastfeeding. Breast milk is very healthy and full of nutrition, it provides the primary source of nutrition for newborns before they can digest more diverse food. Breast milk also contains balanced nutrients that are required for brain development, growth, and healthy immune systems that act against viruses, bacteria, and parasites since an infant's immune system is not fully developed until the age of 2 years, Breast milk has important ingredients that are not found in any infant formula, to build baby's immune system. Breast milk changes from feed to feed to suit each baby's unique needs, Breastfed babies are at low risk of gastrointestinal illness, allergies, asthma, Diabetes, obesity, some childhood cancer, Respiratory tract infection, Urinary Tract Infection, and SIDS (cot death) The uniqueness and precious nature of breast milk is enhanced by the fact that it is an asset given by nature and has no price.

The benefits of therapeutic massage are vast and include physical and emotional benefits. Physically, massage can reduce cortisol levels and blood pressure, increase the flow of lymph through the body, and increase immunity. It can also stretch and loosen muscles, improve circulation, facilitate the removal of metabolic waste, and increase the flow of oxygen and nutrients to cells and tissues. Emotionally, massage satisfies the need for human touch and caring, which increases the sense of well-being and reduces anxiety levels.

NEED FOR THE STUDY

In infancy, no gift is more precious than breastfeeding. Malnutrition is responsible for about one-third of deaths among children under five. Above two-thirds of these deaths, often associated with inappropriate feeding practices, occur during the first year of life. The World Health Organization now says that nutrition during the first years of life is crucial for the life-long health of the infant. The recent Lancet Nutrition Series also highlighted the remarkable fact that a non-breastfed child is 14 times more likely to die in the first six months than an exclusively breastfed child. Though 96% of children (both urban and rural populations) under age five have ever been breastfed, only 29% started breastfeeding within half an hour of birth in the urban population and 21% in the rural population.

Almond oil massage is a type of herbal traditional medicine that increases the mother's milk by increasing the secretion of prolactin hormone. Almond oil massage over the breast to improve health and promote relaxation and clears the ducts in turn can promote lactation in breastfeeding mothers. And its ability to induce a relaxed state in the body has been found to assist postpartum mothers with milk production.

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STATEMENT OF PROBLEM

"An experimental study to evaluate the effectiveness of almond oil application in promotion of breast milk secretion among postnatal mothers undergone LSCS in selected Hospital at Udaipur (Raj)"

OBJECTIVES

- To assess the breast milk secretion among postnatal mothers undergone LSCS.
- To evaluate the effectiveness of almond oil application in the promotion of breast milk secretion among postnatal mothers undergone LSCS.
- To find out the association between pre-test breast milk secretion with selected socio-demographic variables

METHODOLOGY

In the present study, a Quantitative experimental research approach was used. This approach would help the researcher to evaluate the effect of a specific intervention that is "almond oil application" on the variable that is "Promotion of breast milk secretion". In the present study, a Quasi-Experimental Non-Randomized Control Group Design was adopted.

The samples selected for this study comprised of 60 postnatal mothers who were selected by non-probability convenient sampling technique. 30 postnatal mothers who had undergone LSCS were allotted to the experimental group from Geetanjali Hospital and 30 postnatal mothers who had undergone LSCS were allotted to the control group.

DESCRIPTIONS OF THE TOOL

The study tool consists of two sections-

Section A – Demographic data: It consists of selected socio-demographic variables such as age in year, Religion, Dietary pattern, educational status, Occupation, Family monthly income, Area of residence, Gravida, and Para.

Section B – UNICEF-Based Breast Feeding Assessment Tool, which was given by the United Kingdom Committee for UNICEF. The tool consisted of 14 characteristics. It was selected based on the objective of the study as it was considered the best and most appropriate instrument to elicit the response from the literate respondent.

Section C – Almond oil application:

Almond oil is directly close to the skin and can be easily stimulated by the prolactin hormone. The researcher used almond oil application, by utilizing various sources like a related review of the literature, Based on the opinions and suggestions of experts, and Discussion with the guide.

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RESULT

SECTION-A FREQUENCY & PERCENTAGE OF SOCIO-DEMOGRAPHIC VARIABLES

N=60

Table 1: Socio-Demographic Variables

S.No.	Variables	Experimental		Control	
		Frequency	Percentage	Frequency	Percentage
1.	***Age in years:***				
	18-22	3	10%	5	16.66%
	23-27	10	33.34%	9	30.00%
	28-32	14	46.67%	10	33.34%
	33-37	1	3.34%	3	10%
	37 and above	2	6.66%	3	10%
2.	***Religion:***				
	Hindu	20	66.66%	18	60%
	Muslim	10	33.34%	12	40%
	Christian	0	00%	0	00%
	Others	0	00%	0	00%
3	***Dietary pattern:***				
	Vegetarian	18	60%	14	46.66%
	Mixed	12	40%	16	53.34%
4	***Educational status:***				
	Non formal education	4	13.34%	5	16.66%
	Primary education	3	10%	5	16.66%
	Secondary education	6	20%	6	20%
	Senior secondary education	13	43.33%	10	33.34%
	Graduate and above	4	13.34%	4	13.34%
5	***Occupation:***				
	Govt. employee	4	13.34%	8	26.66%
	Private employee	9	30.00%	6	20%
	Housewife	17	56.66%	16	53.34%
6	***Family monthly income***				
	Less than Rs10,000	1	3.34%	4	13.34%
	Rs10,001 – 20,000	10	33.34%	8	26.66%
	Rs 20,001- 30,000	12	40%	14	46.66%
	Above Rs 30,000	7	23.33%	4	13.34%
7	***Area of residence:***				
	Rural	19	63.34%	20	66.66%
	Urban	11	36.66%	10	33.34%
8	***Gravida:***				
	Primary gravida	10	33.34%	20	66.66%
	Multi gravida	20	66.66%	10	33.34%

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9	***Para:***				
	Primi para	10	33.34%	20	66.66%
	Multi para	20	66.66%	10	33.34%

Section-B

LEVEL OF BREAST MILK SECRETION AMONG EXPERIMENTAL AND CONTROL GROUP

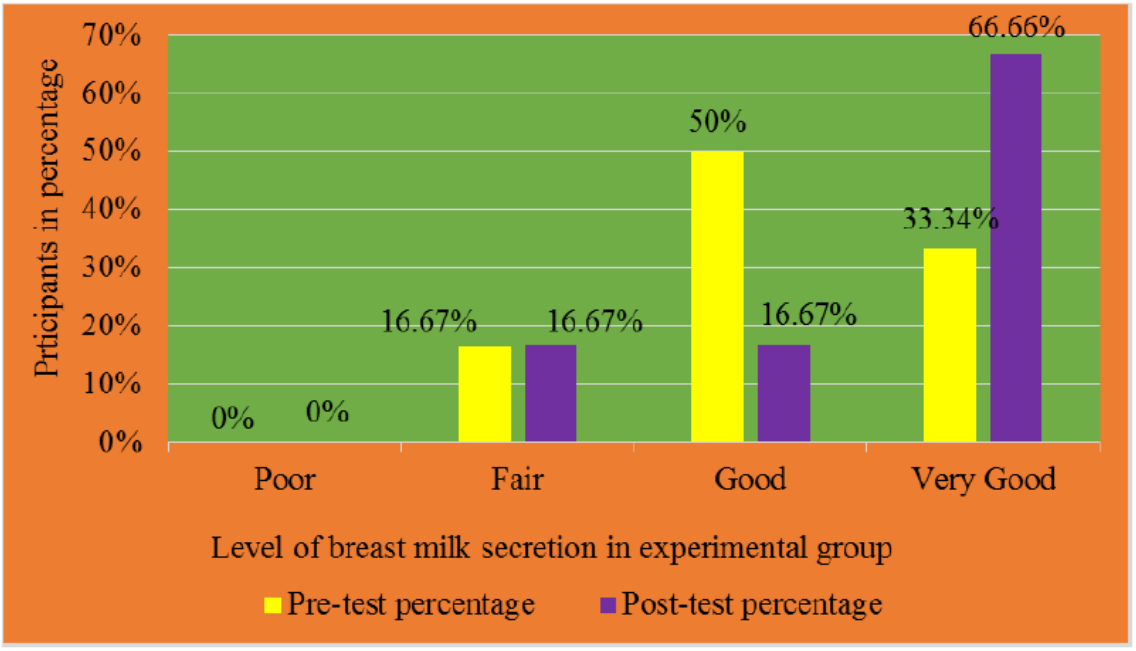

Figure 1: Level of Breast Milk Secretion in Experimental Group

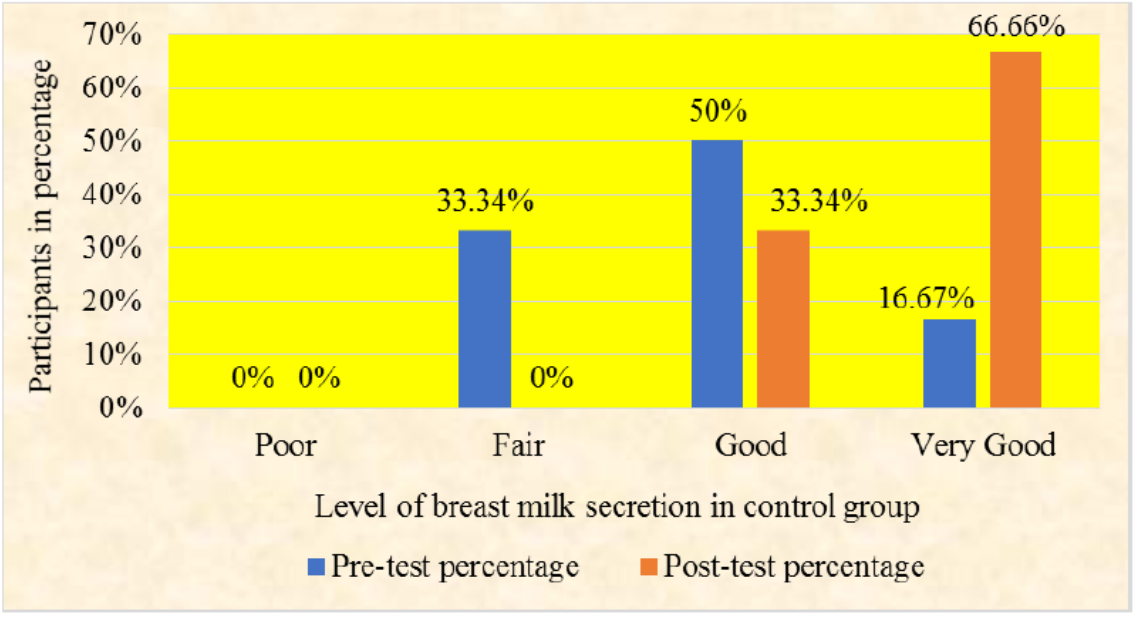

Figure 2: Level of Breast Milk Secretion in Control Group

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SECTION-C

EFFECTIVENESS OF ALMOND OIL APPLICATION ON LEVEL OF BREAST MILK SECRETION AMONG POSTNATAL MOTHERS WHO UNDERGONE LSCS IN EXPERIMENTAL AND CONTROL GROUP

	Mean	SD	Mean difference	df	t-Test	(P value) Paired test (0.05)	Inference
Pre-test experimental	37.43	2.06	20.43	29	29.05	0.0001	Significant
Post-test experimental	57.86	4.31					

Table 2: Comparison of Breast Milk Secretion in Experimental Group

	Mean	SD	Mean difference	df	t-Test	(P value) Paired test (0.05)	Inference
Pre-test experimental	16.6	1.09	0.73	29	1.54	0.59	Non-significant
Post-test experimental	17.33	1.04					

Table 3: Comparison of Breast Milk Secretion in Control Group

SECTION- D

Association Between Pre-test Breast Milk Secretion amount of Socio-Demographic Variables in Experimental and Control Group.

The chi-square test was carried out to determine the association between the pre-test breast milk secretion and socio-demographic variables such as Age in years, Religion, Dietary pattern, educational status, Occupation, Family monthly income, Area of residence, Gravida, Para.

In experimental group Out which only Religion x2=6.87 was not found to be significantly associated with pre-test breast milk secretion amount at 0.05 level and the rest of the socio-demographic variables such as Age in years x2=23.42, Dietary pattern x2=11.76, Educational status x2=20.84, Occupation x2=19.33, Family monthly income x2=23.59, Area of residence x2=15.72, Gravida x2=18.49, Para x2=14.66 were found to be significantly associated with pre-test breast milk secretion score at 0.05 level. Hence research hypothesisH2 was accepted. The data also revealed that researcher does not found to be significant with Religion.

In Control group Out of which Religion=4.08, Dietary pattern**x2**=3.51, Educational status **x2**=7.89, Gravida **x2**=3.91, Para **x2**=2.84,were not found to be significant associated with pre-test breast milk secretion amount at 0.05 level and the rest of the socio-demographic variables such as Age in years **x2**=18.55, Occupation **x2**= 14.73, Family monthly income **x2**=18.06, Area of residence **x2**=12.44 were

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found to be significantly associated with pre-test breast milk secretion amount at 0.05 level. Hence research hypothesis H2 was accepted. The data also revealed that researcher does not found significant with Religion, Dietary pattern, Educational status, Gravida, Para.

CONCLUSION

The study was conducted on "An experimental study to evaluate the effectiveness of almond oil application in promotion of breast milk secretion among postnatal mothers undergone LSCS in selected hospitals at Udaipur (Raj.)." In the present study 60 postnatal mothers undergone LSCS admitted in hospital were selected through Non probability convenient sampling technique. Researcher used Quasi-Experimental non randomized control group research design to assess the breast milk secretion level of postnatal mothers undergone LSCS. Data were collected through UNICEF Based Breast Feeding Assessment tool and data were analyzed through suitable statistical method. The participants become familiar and found themselves comfort and promotion of breast milk secretion. This ensured that mothers had promotion of breast milk secretion as evidenced by the results shown by UNICEF Based Breast Feeding Assessment Tool. Hence almond oil was found to be a cost-effective procedure in promotion of breast milk secretion in postnatal mothers undergone LSCS.

RECOMMENDATIONS

- A similar study can be undertaken with a large sample to generalize.
- The study may be replicated with randomization in selection of a large sample.
- Nurse researcher can do studies related to other type of alternative therapies in promoting breast milk secretion.
- A similar study may be conducted in community setting

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