A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM REGARDING BREASTFEEDING KNOWLEDGE AMONG POSTNATAL WARD IN SELECTED HOSPITAL

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ABSTRACT

Introduction: Breastfeeding is an art and skills which need to be learnt and mastered. This skill has to be learnt and followed by mothers not only to feed their infants but also to avoid breastfeeding complications. One of the important steps in breastfeeding technique is helping the baby to latch on the breast correctly. A good latch eliminates the problem of sore nipples and proper breastfeeding reduces the chances of other breastfeeding complications. Some primiparous inexperienced mothers need some help and should be made aware about the importance of breastfeeding and its techniques during the antenatal period, so as to prevent complications in the later periods. Problem of statement: A study to assess the effectiveness of structured teaching program regarding breastfeeding knowledge among postnatal ward in selected hospital. Objectives: Evaluate the effectiveness of teaching program on knowledge regarding breast feeding problems among postnatal mothers. Find out the association between pretest knowledge scores among postnatal mothers with their selected demographic variables. To find out the association between the findings and selected Socio- demographic variables. Material and Method: Its Pre- Experimental Design, One group pre and post- test design without control group was selected as the research design for the study. Non-probability purposive sampling technique was used to select 30 adolescent girls in selected secondary school, Dhamangaon as the sample for the study. A sample of 30 adolescent girls who meet the inclusion criteria were selected from the target population for the study. In the present study of posttest were 30 in this result 0% in the poor and average level of knowledge 0% the scoring between 4-6 in good category was among 0%. The scoring between in very good category was 7-10 and excellent result with scoring 100% is 15-20.

Keywords: Knowledge, Breastfeeding, Postnatal mothers

INTRODUCTION

Women become mothers with little or no ability to breast feed, which makes them more vulnerable to difficulties. Problems associated with breast feeding can include engorgement, sore or painful nipples, plugged ducts and mastitis. Because of these problems, it causes distress, mild discomfort or significant pain, which in turn prompts them to stop breast feeding after a few weeks. However, these problems can be treated effectively. The above mentioned problems can be prevented effectively if due care is taken by the pregnant women from the beginning of pregnancy. To correct the anatomical defects, physical preparation such as nipple rolling should be taught during antenatal period as a way of making woman's nipples more protuberant. The other breastfeeding related complications chances can be reduced by giving proper education in the antenatal periods.

Breast milk is the most ideal and valuable food for the growing infant since it suffices most of the nutritional requirements if given adequately and in appropriate manner. Exclusive breastfeeding for the first six months of life followed by nutritionally adequate and safe complementary foods with continued breastfeeding up to two years of age or beyond is the recommended practice by World Health Organization and American Academy of Pediatrics. Feeding breast milk to a new born is often accompanied by challenges. These challenges can be difficult to deal with, especially when combined with the normal anxieties of mothers about promoting health of a newborn Breast feeding is most important thing for all the mothers and newborn babies. It is unique experience to be cherished. All the neonates are absolutely dependent on their mother's milk for survival. In fact by the end of the 19th century, virtually 100% non-breast fed babies were doomed to die because of infection. The rapid introduction of bottle feeding has been associated with huge increase of infant malnutrition during the 20th century.

MATERIAL AND METHOD

The research design used was exploratory descriptive research de Pre- Experimental Design. The structured questionnaire was prepared for asses' knowledge of adolescent girls regarding menstrual hygiene and evaluate the effectiveness of a planned health teaching program. The tool consists of two sections:-Section 1- It includes the 9 demographic variables. Section 2- It consists of 20 items, and includes the following aspects related to Breastfeeding is an essential skill that ensures proper infant nutrition and prevents complications, techniques, benefits, and common challenges. Exclusive breastfeeding. Sampling criteria were set for the selection of sample, inclusion criteria was postnatal mothers hospitalized after delivery, postnatal mothers who understand language Marathi/English, postnatal mothers who are willing to participate in this study; and exclusion criteria was Postnatal mothers who are not willing to participate,

Mothers who have undergone caesarean section., Mothers who are not available at the time of study. Non-probability purposive sampling was used for sampling method. Sample was selected by interview in postnatal ward. The sample of the study constitute of 30 postnatal mothers from SMBT Hospital Nandi hills Dhamangaon Nashik. The content validity was determined by expert. The reliability of tool was done by test re test method and was found to be 0.9980. The pilot study was conducted from on 5 selected postnatal mothers, to assess the feasibility of the study and to decide the plan for data analysis. Prior permission has taken to collect the Samples from SMBT Hospital. The investigator approached the subjects, informed them regarding the objectives of the study and obtained consent after assuring the subjects about the confidentiality of the data. The data was collected through a Structured Interview Schedule. The study was found to be feasible and practicable.

STATISTICAL ANALYSIS

Section – I Distribution of demographic variables

S.NO	Demographic Variables	Frequency	Percentage
1.	**Age of the Mother** a) 18-21 years	6	20%
	b) 22-25 years	15	50%
	c) 26-29 years	4	13.4%
	d) 30-34 years	5	16.6%
2.	**Education** a) Illiterate	0	0%
	b) Primary	14	46.6%
	c) Secondary	9	30%
	d) Higher secondary	3	10%
	e) Graduation and above	4	13.4%
3.	**Types of Occupation** a) Home Maker	14	46.6%
	b) Daily wages	14	46.6%
	c) Agriculture	2	6.6%
	d) Business	0	0%

	e) Government employee	0	0%
4	**Income**		
	a) < 3000rs	19	63.4%
	b) 3001-6000rs	8	3.4%
	c) 6001-9000rs	0	0%
	d) >9000rs	3	10%
5.	**Religion**		
	a) Hindu	24	96.6%
	b) Muslim	1	3.4%
	c)Christian	0	0%
	d) Buddhism	0	0%
6.	**Type of family**		
	a) Nuclear	13	43.4%
	b) Joint	12	40%
	c) Expanded	5	16.6%
7.	**Previous knowledge about breast feeding mother**		
	a) Yes	18	60%
	b) No	12	40%
8.	**Source of information**		
	a) Tv/ radio	6	20%
	b) Newspaper	1	3.4%
	c) Health professional staff	6	20%
	d) Friend and relatives	12	40%
	e) None of them	5	16.6%

9.	**Breastfeeding mother in family**		
	a) Yes	15	50%
	b) No	15	50%

Table shows percentage wise distribution of sample with regards to age, gender, education, occupation, monthly income, caste, type of family, previous knowledge about breastfeeding mother, if yes than source of knowledge and breastfeeding mother in family according to their age in years shows that, 6(20%) of them were belonging to the age of 18-21 years, 15(50%) in the age group of 22-25 years and remaining 4(13.4%) in the age group of 26-29 years and 5(16.6%) in the age group of 30-34 years. Distribution of mothers according to their education shows that 0(0%) of them were having no formal education, 14(46.6%) were educated up to primary education, 9(30%) were educated up to secondary education, 3(10%) were having higher education, 4(13.4%) were educated up to graduation and above. Distribution of mothers according to their types of occupation shows that, 14(46.6%) were home maker, 14(46/6%) of them had daily wages, 2(6.6%) of them were agriculture, 0(0%) were Business, 0(0%) of them were government employees. Distribution of mothers according to their income show that 19(63.4%) were less than 3000 Rs income, 8(3.4%) were having income 3001-6000 Rs, 0(0%) were having income of 6001-9000 Rs, 3(10%) were having more than 9000 Rs. Distribution of mothers according to their religion show that 24(96.6%) were Hindu, 1(3.4%) were Muslim, 0(0%) were Christian, 0(0%) were Buddhism. Distribution of mothers according to their type of family show that 13(43.4%) were in nuclear family, 12(40%) were in joint family, 5(16.6%) were in expanded family. Distribution of mothers according to their previous knowledge about breastfeeding show that 18(60%) has knowledge about breastfeeding, 12(40%) has no knowledge about breastfeeding. Distribution of mothers according to their sources of information 6(20%) were having information through tv/radio, 1(3.4%) were having information through newspaper, 6(20%) were having information through health professional staff, 12(40%) were having knowledge through friends and relatives, 5(16.6%) were having no knowledge through no any source. Distribution of mothers according to the breastfeeding in family 15(50%) had breastfeeding mother in the family, 15(50%) had no breastfeeding mother in the family.

PART -I

## ASSESSMENT OF EXISTING KNOWLEDGE REGARDING BREASTFEEDING AMONG POSTNATAL MOTHER

This part deals with the assessment of existing knowledge regarding breastfeeding among postnatal mother. The knowledge is dividing under following healing of poor, average, good, very good, excellent
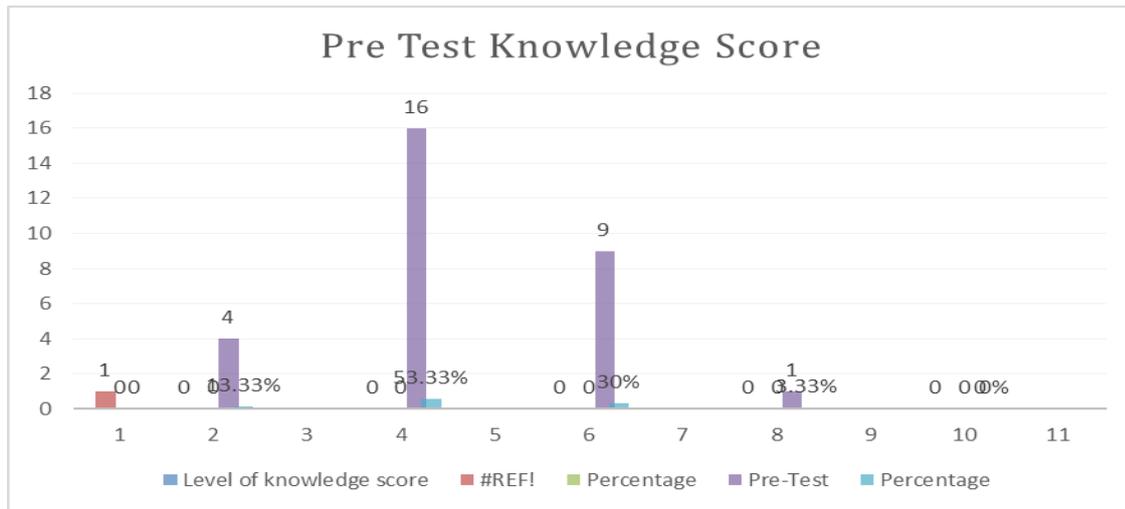
PART-II

ASSESSMENT OF POST TEST KNOWLEDGE REGARDING BREASTFEEDING AMOUNG POSTNATAL MOTHER

This part deal with the assessment of post-test knowledge regarding breastfeeding in postnatal mother. The level of knowledge is divided under following healing of poor, average, good, very good, and excellent.
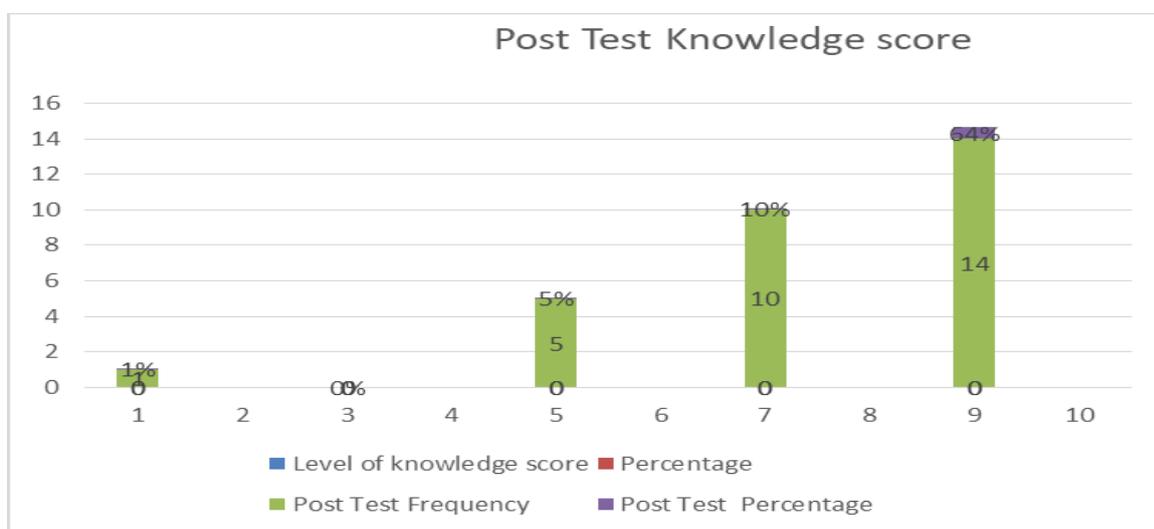
SECTION-C

4.7 THE EFFECTIVENESS OF PLANNED TEACHING ON KNOWLEDGE REGARDING EYE DONATION AMONG ADULTS

Percentage wise distribution of Effectiveness of planned teaching on knowledge regarding breastfeeding among mothers.

Tests	Mean score	SD	't'(cal) value	't'(tab) value	Degree of freedom	p-value	Significant
Pre test	5.66	0.64	2.09	2.05	29	0.0456	significant
Post test	19	2.42					

Table 4 shows that there is a significant difference between pretest and post-test knowledge scores interpreting effective planned teaching on knowledge regarding eye donation among adults. Mean value of pre-test is and post-test is and standard deviation values of pre-test is 5.66 and post-test is19.The calculated t-value is 2.09 and tabulated t- value 2.05 and p-value is 0.0456 Hence it is statistically interpreted that the planned teaching on knowledge regarding eye donation among adults was effective. Thus the H, is accepted and Ho is rejected in this study.

The overall chapters included in this research are 5. The first chapter deal with the introduction of the breastfeeding, its need for study the background and the second chapter deals with review of literature which are divided into 4 sections the third chapter deals with the method and material used in this research and the fourth chapter deals with the findings of the study and the last chapter deals with the discussion, summary, conclusion and nursing implication and recommendation for further studies.

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