

A Study to Assess the Effectiveness of Structured Teaching Programme On Knowledge and Practice Regarding Breast Feeding Techniques among Postnatal Mothers at Selected Hospital in District Kullu, Himachal Pradesh

Suman

M. Sc. Nursing, Murari Lal Memorial College of Nursing, Oachghat, Solan (H. P), India

Abstract: *Background: Breast-feeding is the best gift that nature has given, which is essential for the growth and development of newborn as well as mother. Purpose: Most of the mothers adopt incorrect position and attachment while breastfeeding that leads to many breastfeeding problems. This study is conducted to assess the effectiveness of structured teaching programme on knowledge and practice regarding breast feeding techniques among postnatal mothers. Methodology: A total of 30 postnatal mothers were selected using non-probability convenient sampling technique. Postnatal mothers were provided with structured teaching programme after assessing their baseline knowledge. After administration of structured teaching programme all the postnatal mothers were reassessed for breast feeding techniques. Result: the findings showed that mean pretest knowledge score was 5.900 ± 1.82 and posttest mean knowledge score was 17.133 ± 3.1265 with mean difference of 8.94 mean pretest practice score was 2.4667 ± 0.863 and posttest mean practice score was 8.100 ± 0.66176 with mean difference of 40.67. paired 't' test was applied and the pre and posttest knowledge value of 't' was 25.164, $P < 0.001$ pre and posttest practice T test-36.288, P value < 0.001 which was found to be significant and effectiveness seen in knowledge level of 8.94%, and practice level 40.67% which interpreted that majority of postnatal mothers has gained knowledge regarding breast feeding techniques.*

Keywords: Breast feeding technique, Postnatal mothers, Breast feeding

1.Introduction

Breast feeding is the first step of life which ensures that neonates get a healthy & nutritious start in their life ^[1]. Breast feeding is the process of women feeding an infant's or young child with milk from her breasts, a process called lactation. Recent studies estimate that death rate in babies can go down four times if they are exclusively breast feed for the first 6 months. ^[2] According to the WHO recommendations, there are mainly three factors which are essential to reduce infant mortality rates, namely initiation of breast feeding within 1 hour of birth, practicing exclusive breastfeeding for 6 months and proper supplementation at 6 months. ^[3] WHO estimates that 1.5 million of infant's life can be saved each year through increased breast feeding. ^[4]

Objectives

- To assess the level of knowledge regarding breast feeding techniques among postnatal mothers.
- To assess the practice regarding breast feeding techniques among postnatal mothers.
- To correlate the knowledge and practice regarding breast feeding techniques among postnatal mothers.
- To assess the effectiveness of structured teaching programme by post-test knowledge and practice scores regarding breast feeding techniques.
- To determine the association between the knowledge and practice scores with their selected demographical variables.

2.Methodology

A pre-experimental design with pre-test & post-test design was used and data was collected from 30 postnatal mothers, who were available at the time of study and willing to participate. The study was conducted in Kullu valley hospital, distt Kullu, (H. P.).

Non probability convenient sampling technique was used and self-structured questionnaire was prepared to collect data. The tool comprised of three sections: Part A included questions regarding socio-demographic variables of postnatal mothers like, age, education, religion, type of delivery, occupation, type of family and source of information. Part B included self-structured questionnaire which consists of 30 knowledge and problem items regarding breast feeding techniques. Part C was observation checklist.

To ensure the validity of tool, it was submitted to 5 experts. The reliability of tool was assessed by using and calculated by Karl Pearson Correlation Coefficient. Where 'r' value is 0.96.

Ethical approval was taken from director of health services, Shimla, Himachal Pradesh to conduct the research study. Written and informed consent was obtained from the subjects before data collection and assurance was given and maintained regarding confidentiality of results.

3.Results

Frequency and percentage wise distribution of subject according to their socio demographic variables revealed the major findings that out of 30 postnatal mothers, majority of 53.3% of them were between ages of 24 to 29 years.

63.3%) were educated up to higher secondary education, 76.7%) were belongs to Hindu, 53.3 %) belongs to normal vaginal delivery with episiotomy and majority of postnatal mothers are housewife with 56.7%. 56.7%) belongs to nuclear family Majority of postnatal mothers had previous knowledge get from health personnel 18 (60%).

Pre-Test Knowledge Score (N=30)

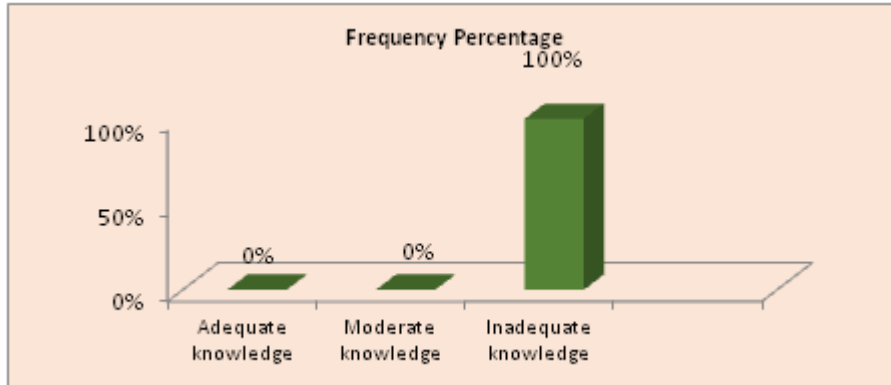


Figure 1: Percentage distribution of postnatal mothers according to their knowledge level in pre-test

As per the mentioned figure, all postnatal mothers were having inadequate knowledge level of 100% regarding

breast feeding. None of the sample lies under adequate and moderate knowledge level.

Table 1: Area wise Mean, SD and mean percentage of pre-test knowledge score of postnatal mothers on breast feeding techniques. (N=30)

Pre Test Knowledge Score						
S. no	Knowledge area	Minimum	Maximum	Mean	SD	Mean %
1	Concepts of breast feeding	.00	4.00	1.7333	1.04826	43.33
2	Benefits of breast feeding	.00	1.00	.1333	.34575	13.33
3	Techniques of breast feeding	.00	5.00	2.4333	1.13512	48.66
4	Problems & complication of breast feeding	.00	4.00	1.6000	1.00344	40

Table 1 shows that area wise mean knowledge score was 1.7333± 1.04826 which is 43.33% of total mean knowledge percentage score was obtained from the area of concept of breast feeding, the mean knowledge score was.1333± 0.34575 which is 13.33% of total mean knowledge percentage score was obtained from the area of

benefits, the mean knowledge score was 2.433± 1.13512 which is 48.66% of total mean knowledge percentage score was obtained from the area of techniques and the mean knowledge score was 1.6000± 1.00344 which is 40% of total mean knowledge percentage score was obtained from the area of problems and complication.

Post-Test Level of Knowledge

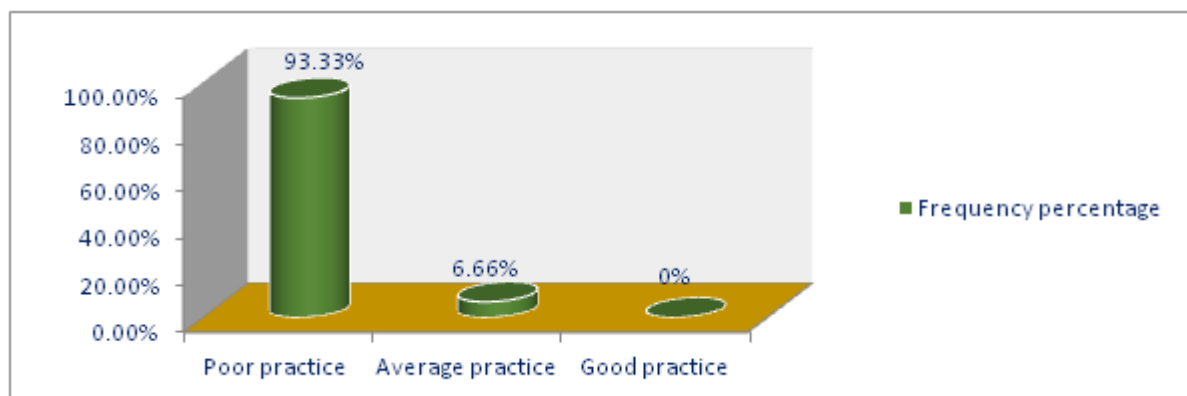


Figure 2: Percentage distribution of postnatal mothers according to their practice level in pre-

As per the mentioned figure shows that majority of postnatal mothers were having poor practice level of

93.33% leading by 6.66% of postnatal mothers with average practice level regarding breast feeding techniques.

None of the sample lies under good practice level.

Table 2: Mean, standard deviation and mean percentage of pre-test practice score of postnatal mothers on breast feeding techniques

(N=30)

Descriptive Statistics	Minimum	Maximum	Mean	SD	Mean %
Pretest Practice Score	1.00	5.00	2.4667	.8603	49.334%

Table 2 depicts that pre-test mean knowledge level 2.4667, ± 0.8603 which is 49.334% of total mean percentage. Hence it can be interpreted that practice of majority of

postnatal mothers regarding breast feeding techniques was poor.

Effectiveness of Structured Teaching Programme

(N= 30)

Table 3: Percentage wise distribution of postnatal mothers according to mean percentage of pretest, posttest and their differences

Variable	Pre-Test Score			Post Test Score			Effectiveness %
	Mean	SD	Mean%	Mean	SD	Mean %	
Knowledge	5.900	1.82	65.55	17.133	3.1265	74.49	8.94
Practice	2.4667	.863	49.33	8.100	.66176	90	40.67

Above mentioned figure shows distribution of postnatal mothers according to mean percentage of knowledge pre-test 65.55% and after implementation of structured teaching programme, the mean percentage of post-test was 74.49% with the mean percentage difference of 8.94% and mean percentage of practice pre-test 49.33% and after implementation of visual package, the mean percentage of

post-test was 90% with the mean percentage difference of 40.67%.

Hence it can be concluded that there is an increase in knowledge level of postnatal mothers by 8.94% and practice level by 40.67% which shows that structured teaching programme was effective to enhance the knowledge and practice of postnatal mothers.

Table 4: Descriptive statistics for overall knowledge and practice score in pretest and posttest.

(N=30)

	Paired T Test					t	df	P value	Result
	Mean	SD	Std. Error Mean	95% Confidence Interval of the Difference					
				Lower	Upper				
Posttest – Pretest knowledge	11.233	2.4450	.44640	10.32034	12.14632	25.164	29	.000	Significant
Posttest– Pretest practice	5.6333	.85029	.15524	5.31583	5.95084	36.288	29	.000	Significant

Table 4 This table shows that that Pre and Post-test overall knowledge score on breast feeding techniques on postnatal mothers. Pre-test post-test knowledge scores mean and standard deviation 11.23 and 2.44, paired T test-25.164 (significant). Pre and Post-test practice score mean and standard deviation 5.63 and 0.85029, paired T test-36.288 (significant) P value < 0.001.

knowledge and practice regarding breast feeding techniques among postnatal mothers residing in Kullu valley hospital, distt Kullu, (H. P). As stated by WHO estimates that 1.5 million of infant’s life can be saved each year through increased breast feeding; there is a great significance of imparting knowledge in such group of mothers and other primi mothers who in their future have chances to face such problems. So, attention can be paid to community people regarding increase in knowledge and practice.

Association of pre-test knowledge level with selected socio-demographic variables of the subjects, N=30

There was no significant association found between the knowledge regarding breast feeding techniques on postnatal mothers with age in year, education, type of delivery, occupation, type of family and source of information only religion is the significant variable.

Hence, findings of the study revealed that all postnatal mothers were having inadequate knowledge level of 100% regarding breast feeding. None of the sample lies under adequate and moderate knowledge level.

4.Conclusion

This study was mainly focused on assessing the effectiveness of structured teaching programme on

Then structured teaching programme was administered to them which resulted in increase of knowledge and practice level. As a result, there was increase in knowledge level of postnatal mothers according to mean percentage of pre-test 65.55% and after implementation of visual package, the

mean percentage of post-test was 74.49% and mean percentage of practice pre-test 49.33% and after implementation of structured teaching programme, the mean percentage of post-test was 90%. It can be concluded that there is an increase in knowledge level of postnatal mothers by 8.94% and practice level by 40.67% which shows that structured teaching programme was effective to enhance the knowledge and practice of postnatal mothers.

5.Future Scope

Nursing Education

- The nurse educator should conduct workshop, seminars and conferences on breast feeding techniques that help to update their knowledge to provide effective care.
- The nurse educator should encourage the students to learn about the breast feeding techniques to promote effective practices.

Nursing Research

- The nurse researcher should motivate the clinical nurse to do further research studies on effectiveness of visual package on breast feeding techniques.
- The nurse researcher should conduct periodic review of research findings and disseminate the finding through conferences, seminars and publications in professional, national and international journals and also in the World Wide Web.

References

- [1] National Family Health Survey-3 (2005-2006)- Factsheet Provisional Data; International Institute for Population Sciences. Available from: www.rchiips.org/nfhs/factsheet.shtml
- [2] Neeraj sethi, shikhaawasthi, essential of paediatric nursing 3rd edition lotus publishers page no 58-71
- [3] Sharanya B. Shetty and Sudarshan Shetty K. kap study of factors promoting breastfeeding in nursing mothers and pregnant women. Available from <http://www.nitte.edu.in/journal/September%202013/KOFPBIN.pdf>
- [4] Dr M Gandhimathi. Strategies to promote exclusive breast feeding. Nightingale Nursing Times. Aug 2005; Vol 2 (5): 13-16

Author Profile



Suman, M. Sc. Nursing, Murari Lal Memorial College of Nursing, Oachghat, Solan (H. P), India