

# Study to assess the Effectiveness of Planned Teaching Programme on Knowledge Regarding Exclusive Breast-Feeding among the Primi Antenatal Mothers in Antenatal Clinic of Selected Hospitals of Karad

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**Abstract:** Objectives- The objective is to assess the knowledge regarding exclusive breast-feeding among the antenatal mothers before plan teaching and to assess the knowledge regarding exclusive breast-feeding among the antenatal mothers after plan teaching. Study is done. To determine the association pretest knowledge score regarding exclusive breast-feeding with selected demographic variables. Methodology- The study was conducted on 100 Primi antenatal mothers attending antenatal OPD in Krishna Hospital, Karad. The instrument used for data collection was a structured knowledge questionnaire. An evaluative approach, research was considered. The purposive sampling technique used. The study adopted General system model. Results- The pre test and post test data analysis revealed that the mean post score ( $22.73 \pm 4.28$ ) was higher than the mean pre test score ( $10.84 \pm 4.25$ ). Conclusion- The study concluded that the planned teaching programme was effective by gaining knowledge regarding EBF among Primi antenatal mothers.

**Keywords:** Primi Antenatal Mothers, Plan Teaching Programme, Exclusive Breast Feeding Knowledge, assess.

## 1. Introduction

“Breast is the best for the baby’s nourishment to become healthy and strong”.

“Breastfeeding may not seem the right choice for every parent; it is the best choice for every baby.”

Amy Spangle

It begins at birth. Very first act after birth is to suck our mother’s milk. This is an act of affection, compassion, without that act cannot survive. This is reality[1].

Today’s child is tomorrow’s citizen. Healthy child can make a nation wealthy. Breast<sup>1</sup> feeding is the nature’s gift for growth and development of children. Breast feeding is one of the extraordinary gifts of nature and reward for both baby and mother in many aspects. Breast milk is not only the best nutrient to babies but also contains certain antibodies that can guard infant from various infections<sup>2</sup>. Women who breastfeed may have lower rate of certain breast and ovarian cancers. Exclusive breast feeding is the most natural and scientific way of feeding in the first 6 months of life, not only for term but also for preterm babies. Exclusive breast feeding can prevent under nourishment, infections and mortality in young infants.

As a global public health recommendation, exclusive breastfeeding should be practiced for the first six months of life to achieve optimum growth and development of health in India. Breastfeeding is almost universal, but the exclusive breast feeding is quite low.

Breastfeeding currently save six million lives each year preventing diarrhea and acute respiratory tract infections. A breastfed child is 14 times less likely to die from diarrhea, four times less likely to die from respiratory disorders and 2.5 times less likely to die from other infections compared to non-breastfed infants. It is an efficient contraceptive and is responsible for one forth to one-third of observed fertility suppression. Infant mortality rate: total: 47.57 deaths /1,000 live births. In male rate is 46.18 deaths / 1, 000 live births and female rate 49.14 deaths / 1,000 live birth.

Postnatal period is crucial and mother need to be given more information regarding exclusive breast feeding. Primipara mothers have many doubts and fears about breast feeding and caring for their infant. Teaching is essential part of education and it’s special function is to impart knowledge and to develop interest and skill. Plan teaching programme is integral part of nursing and important means of bringing about desired healthy behavior. Hence, the researcher being in nursing profession felt the need to educate the primi antenatal mothers regarding exclusive breast-feeding. So that they can impart the same gained knowledge to other mothers in the community [1].

## 2. Literature Survey

The reviewed literature for the present study is organized under the following headings:

- Review of literature related to exclusive breast feeding:
- Review of literature related to planned teaching programme on exclusive breast feeding:

After birth the health of the baby depends upon the nurturing practice adopted by the family. The ideal food for the young infant is human milk which has the specific characteristics that match the growing infants' nutritional requirements. Breastfeeding is a socially constructed and controlled practice.<sup>17</sup> It is often presented as a natural practice, sadly corrupted and curtailed by cultures. As a global goal for optimal maternal and child health and nutrition, all women should be enabled to practice exclusive breastfeeding, and all infants should be fed exclusively on breast milk, from birth to 6 month of age (March 2001).<sup>18</sup> But on the contrary to the recommendations of WHO only 2/3rd of children less than 6 months of age are 195 exclusively breast fed.<sup>19</sup> Numerous barriers to breastfeeding like lack of accurate information and lack of appropriate knowledge among the population in general have been identified. According to a published survey, a major barrier to successful in hospital breast-feeding is inconsistency in information and nursery practices related to breastfeeding management. This study was carried out based on the fact that knowledge of mothers regarding exclusive breastfeeding [20].

### Review of literature related to exclusive breast feeding

A descriptive study on Knowledge, attitude and practice of breastfeeding among postnatal mothers conducted in the Neonatal Division, Department of Pediatrics during April – July 2009. By Maheswari Ekambaram, Vishnu Brat B, Mohamed Asif Padiyath Ahamed with inclusion of 100 mothers with an objectives to support and encourage breast-feeding particularly at a primary care level, focusing more on younger, less well-educated women and those from lower socioeconomic class. 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, focusing more on younger, less well-educated women and those from lower socioeconomic class [9].

A cross sectional study on factors associated with exclusive breast feeding among 682 mothers with infant under six months of age conducted at maternal and child health section of the government health clinic in Klang, Malaysia in 2006 by Kok L Tan with an objectives to identify factors associated with exclusive breast feeding in Peninsular Malaysia. Study revealed that the prevalence of exclusive breast feeding among mothers with infant aged between one and six months was 43.1%. exclusive breast feeding was positively associated with rural residence, prevalence (95%) of exclusive breast feeding .The study showed that interventions seek to increase exclusive breast feeding should on women who are at risk of early discontinuation of breast feeding [21].

### **3. Materials and Methods**

The study was conducted on 100 Primi antenatal mothers attending antenatal OPD in Krishna Hospital, Karad. The instrument used for data collection was a structured knowledge questionnaire. An evaluative approach, research

was considered. The purposive sampling technique used. The study adopted General system model.

### **Results: Analysis and interpretation of the data was based on the projected objectives of the study viz.**

- To assess the knowledge regarding exclusive breast-feeding among the antenatal mothers before plan teaching.
- To assess the knowledge regarding exclusive breast-feeding among the antenatal mothers after plan teaching.
- To determine the association pretest knowledge score regarding exclusive breast-feeding with selected demographic variables.

### **4. Organization of Study Findings**

**Section I:** It deals with the analysis of the demographic data of the samples.

**Section II:** It deals with the analysis of data related to the knowledge regarding exclusive breast feeding among Primi antenatal mothers before and after plan teaching.

**Section III:** It includes analysis of data to find the association of knowledge between selected demographic variables.

#### **Section I**

It deals with the analysis of the demographic data of Primi antenatal mothers.

**Table 1:** Demographic description of samples by frequency and percentage N= 100

Sr. No.	Variable	Frequency	Percentage
1	<b>Age</b>		
	16-20yrs.	30	30%
	21-25yrs	67	67%
	26-30yrs	2	2%
2	<b>Religion</b>		
	Hindu	94	94%
	Christian	1	1%
	Muslim	4	4%
3	<b>Language</b>		
	Marathi	97	97%
	English	0	0%
	Hindi	3	3%
4	<b>Type Of Family</b>		
	Joint	88	88%
	Nuclear	11	11%
	Extended	1	1%
5	<b>Education</b>		
	Illiteracy	5	5%
	Prime school	9	9%
	S S C	50	50%
	H S C	18	18%
	Graduation	14	14%
6	<b>Residence</b>		
	Urban	26	26%
	Rural	74	74%
7	<b>Occupation</b>		
	House wife	87	87%
	Daily wages	2	2%

	Services	7	7%
	Business	4	4%
8	<b>Family Income</b>		
	Below – 2000	23	23%
	2001-4000	46	46%
	Above -5000	31	31%
9	<b>Diet</b>		
	Vega	25	25%
	Mixed diet	75	75%

The data presented in table 1 shows that in the study Maximum number 67% of mother’s belonged to the age of 21 to 25 years. Majority of samples 94% were from Hindu religion. Maximum mothers 97% were Marathi speakers, 88% mothers were from joint family. 50% mothers were educated up to secondary school, 74% mothers were from rural family and 87% of their mothers were housewives, 46% mother’s family income 2001-4000/ months and 75% mothers were taking mixed diet.

**Section II:**

This section deals with question wise analysis and interpretation of data related to the knowledge regarding exclusive breast feeding of the sample (pre-test and post-test).

**Table 2:**Pre-test and post-test percentage of knowledge of Primi antenatal mothers on different areas of exclusive breast feeding. N= 100

Sr. No	Knowledge area on exclusive breast feeding	Total pre test score	Total post test score	Pre-test %	Post-test %	Actual gain score %
1	Knowledge exclusive breast feeding	657	1587	31.28%	75.57%	44.29%
2	Misconception	250	278	62.50%	69.50%	7%
3	Position	175	404	35%	80.80%	45.8%

Data in table 3 reveals that the antenatal mothers had maximum knowledge (62.50%) in the area of misconception related to exclusive breast feeding, while minimum knowledge (31.28%) regarding knowledge about exclusive breast feeding. However, they gained maximum knowledge (45.8 %) regarding position during exclusive breast feeding and minimum knowledge (7%) regarding misconception of exclusive breast feeding, after the administration of planned teaching programme.

**Table 3:** Data describing difference between pre-test & post-test mean ‘t’ value of knowledge score

S N		Mean	SD	‘t’	significance
1	Pre-test	10.84	4.25	25.12	Significant
2	Post-test	22.73	4.28		

There is a significant difference in the mean score of knowledge regarding exclusive breast feeding among Primi antenatal mothers before and after planned teaching programme. The score knowledge regarding exclusive breast feeding among Primi antenatal mothers has increased from 10.84 to 22.73. knowledge regarding exclusive breast feeding before and after planned teaching programme of 100 observations showed a standard deviation of 4.25 in pre-test

and 4.28 in post- test.’t’ statistic equals 25.12. Since the P-value for the test is less than 0.05, the null hypothesis is rejected at the 95% confidence level. It shows that the planned teaching programme is effective for improving the knowledge regarding exclusive breast feeding among Primi antenatal mothers.

**Table 4:** Data describing association between knowledge regarding exclusive breast feeding & demographic variables of Primi antenatal mothers, N = 100

Age	No.	Pre mean ± SD	Post mean ±SD	Paired ‘t’ test	P value
16-20	30	9.16 ± 3.31	22.5 ± 3.21	15.967	<b>0.0094</b>
≥20	70	11.55 ± 4.443	22.0 ± 4.57	15.709	<b>0.001</b>
Unpaired ‘t’ test	-	2.651	0.4345		
P value		<b>0.0094</b>	0.6648		

Type of Family					
Nuclear	12.5 ± 4.927	24.4 ± 4.526	8.687	<b>0.0001</b>	
Joint	10.62 ± 4.183	22.54 ± 4.238	23.337	<b>0.0004</b>	
Unpaired ‘t’ test	1.323	1.305			
P value	0.1888	0.1949			

Education					
Primary school/SSC	9.94 ± 3.702	22.61 ± 4.347	20.361	<b>0.0001</b>	
HSC/graduate/Post-graduate	12.05 ± 4.660	23.02 ± 3.996	15.554	<b>0.0001</b>	
pair ‘t’ test	2.436	0.4681			
P value	<b>0.0168</b>	0.6408			

Residence					
Urban	12.88 ± 4.344	24.11 ± 3.588	14.967	<b>0.0001</b>	
Rural	10.19 ± 73	22.24 ± 4.459	20.763	<b>0.0001</b>	
Unpaired ‘t’ test	2.931	1.95			
P value	<b>0.0042</b>	0.0541			

Occupation					
Housewife	10.66 ± 4.119	22.83 ± 4.283	23.732	<b>0.0001</b>	
Daily wages/ Services/Business	12 ± 5.115	22.46 ± 4.446	8.63	<b>0.0001</b>	
Unpaired ‘t’ test	1.054	0.295			
P value	0.2944	0.7686			

Income					
Below 2000	11.17 ± 3.822	23.17±3.701	11.326	<b>0.0001</b>	
Above 5000	10.61 ± 4.534	22.29±5.084	18.618	<b>0.0001</b>	
Unpaired ‘t’ test	0.5409	0.7661			
P value	0.5898	0.4455			

Diet					
Veg.	11.125±4.446	22.62±5.437	7.967	<b>0.0001</b>	
Mixed Diet	10.77±4.154	22.47±4.524	18.061	<b>0.0001</b>	
Unpaired ‘t’ test	0.3549	0.1366			
P value	0.7234	0.8916			

Pre knowledge score was significantly associated with age; age above 20 years was having high knowledge score in comparison to knowledge score of individual with age less than 20 years. Pre knowledge score was significantly associated with education, HSC/ graduate, post-graduate, mothers having high score in comparison to knowledge score of individual with primary/SSC school. Pre knowledge score was significantly associated with residence, urban residence having high score in comparison to knowledge score of individual with rural residence. Pre knowledge score was not significantly associated with type of family, occupation, family income, diet. Above table shows that due

to planned teaching programme, there was an increase in knowledge regarding exclusive breast feeding among Primi antenatal mothers. There is significant improvement after plan teaching programme among all samples with Primi antenatal mothers.

## 5. Discussion

In the present study the mean pre test knowledge score was 10.84 SD  $\pm$ 4.25 about exclusive breast feeding. Similar findings found in the study conducted on breast feeding knowledge and practice among mothers in Manisa Turkey, at Manisa Maternity and Children's Hospital, which has Baby Friendly status by Emre yanikkerem where found mean pre test score was 9.9 $\pm$ 2.4. The findings of the study showed that age, religion, language, type of family, education, residences, occupation status, family income, diet. The study findings revealed that there is an association found in between age, education, residence, and status with pretest knowledge score. But no association was found in between type of family, occupation, income, diet. A study conducted by Mrs. Balwinder Kaur on assessing knowledge attitude and practices of mothers regarding breast feeding at rural community Lalton Kalan and urban community Jamalpur Ludhiana Punjab inferred that age, education, residences occupation status, had significant association with knowledge on exclusive breast feeding among Primi antenatal mothers. And nowhere association found in between that type of family, income, and diet.

## 6. Conclusion

Based on the analysis of findings of the study, the following inference was drawn. There was evident increase in the knowledge scores in all the areas included in the study after administration of the plan teaching programme. The actual gain score was significantly higher in the areas of exclusive breast feeding and indicated more scope for improving in the area of knowledge of exclusive breast feeding. Thus the plan teaching programme was effective and while the gain in knowledge scores. It was found that there was deficit in knowledge about exclusive breast feeding. Paired test was computed to assess the effectiveness of the planned teaching programme in terms of knowledge gain. A significant difference in means was found in knowledge scores between pre-test & post-test. The mean post-test knowledge score was found to be significantly higher than the mean pre-test knowledge scores.

## 7. Future Scope

### 7.1 Nursing Implication

The findings of this study have implications for nursing practice, nursing education, nursing administration and nursing research.

### 7.2 Nursing Practice

Health assistants should plan to conduct action research in such areas and plan health education for the mothers to improve their practices regarding breastfeeding and promote a positive attitude towards breastfeeding. Nurse with

required knowledge can be utilized in promoting health nursing services.

### 7.3 Nursing Education

A nurse educator needs the existing level of knowledge and impart more insight into subjects that are of importance to the group. Reinforcement of known ideas and important of new ones allows the learner to correlate all the areas included in the educational programme. Midwifery students are taught to teach each mother about breast feeding in the clinical posting; organize breast feeding week programme and emphasize need of the breast feeding for healthy baby. Making use of advanced technology like posters, flash card, presentation not only improves the performance of a teacher but also helps the learner to capture every detail meticulously due to the colorful, designed of matter with appropriate pictures. Health education programmes such as the one in the study, can be organized by nurses at different levels like community, clinics. Lecture, panel discussions and symposia can be organized for health care professionals.

### 7.4 Nursing Administration

Staff development through continuing education can be planned and implemented for nurses focusing on exclusive breast feeding, misconception position with an emphasis on the role of the nurse in each of these areas. The nurse administration can introduce in-service education for the trained nurses and midwives on the aspects of exclusive breast feeding.

### 7.5 Nursing Research

The primary objective of nursing interventions among the Primi antenatal mothers. Research work is needed to be done in the field of constructing and evaluating teaching programmes that are useful to impart knowledge in the misconception and position: management strategies which include exclusive breast feeding. Findings of the study will act as a catalyst to carry out more extensive research on a larger population – sample in different areas of community. Through publication of the research findings, the breast feeding practices of mothers can be improved and through adequate knowledge a more positive attitude can be developed regarding breast feeding, which will support preventive rather than curative care

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