

# Effectiveness of Video Assisted Teaching Programme on Knowledge and Practices Regarding Breastfeeding among Mothers of Infants

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**Abstract:** 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. Objectives: To assess the existing knowledge of mothers of infants regarding breastfeeding.2. To assess the existing practices of mothers of infants regarding breastfeeding.3. To assess the effectiveness of video assisted teaching on knowledge of mothers of infants regarding breastfeeding.4. To assess the effectiveness of video assisted teaching on practices of mothers of infants regarding breastfeeding. 5. To associate knowledge with selected demographic variables. 6. To associate practices with selected demographic variables.7. To correlate knowledge with practices. Material and Method: In this study, one group pre- test post-test design was used to conduct the study sample were 60 mothers of infants. Result: The findings shows that effectiveness of video assisted teaching programme on knowledge regarding breastfeeding among mothers of infants tabulated t value for (60-1)-59degrees of freedom was 1.98. The calculated 't' value was 8.528. The calculated 't' value was much higher than the tabulated value at 5% level of significance which is statistically acceptable level of significance. Effectiveness of video assisted teaching programme on practices regarding breastfeeding among mothers of infants tabulated t value for (60-1)-59degrees of freedom was 1.98. The calculated 't' value was 6.281. The calculated 't' value was much higher than the tabulated value at 5% level of. Conclusion: In this study video assisted teaching programme is used to assess knowledge and practices regarding breastfeeding among mothers of infants. There is statistically significant increase on the knowledge and practices in post-test at the level of  $P < 0.05$ . the study on video assisted teaching programme is effective on knowledge and practices regarding breastfeeding among mothers of infants.

**Keywords:** Video-Assisted Teaching, Assess, Knowledge, Breastfeeding, Breast Feeding Practices & Infant mothers

## 1. 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.<sup>1</sup>

Breastfeeding is the feeding of an infant or young child with breast milk directly from female human breasts (i.e., via lactation) rather than from a baby bottle or other container. Babies have a sucking reflex that enables them to suck and swallow milk. It is recommended that mothers exclusively breastfeed for six months or more, without the addition of infant formula or solid food. After the addition of solid food, mothers are advised to continue breastfeeding for at least a year. The World Health Organization recommends nursing for at least two years or more. Human breast milk is the healthiest form of milk for babies. Breastfeeding promotes health and helps to prevent disease. Experts agree that breastfeeding is beneficial and have concerns about the effects of artificial formulas.<sup>2</sup>

## 2. Background of the Study

Coughing, choking and/or congestion during feeding are clinical indicators of aspiration (entrance of human milk into the airway). Aspiration can be dangerous, as it may lead to

upper respiratory infections, asthma like symptoms, wheezing, and aspiration pneumonia. If the baby coughs, chokes or is congested during feeding, doctor should be asked for a referral for a feeding evaluation. During this evaluation, feeding techniques and/or positions can be evaluated to identify if they will help the baby feed safely and efficiently. A modified barium swallow study is often ordered to rule out dysphagia (swallowing disorder) or aspiration.<sup>4</sup>

According to Centres for Disease Control and Prevention (CDC), a nationwide survey conducted in 2008, 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.<sup>5</sup> Breastfeeding is one of the first bonding experiences between the mother and the child. Breast milk is constantly available and it is the safest and the most secure source of nourishment for the babies. It protects the baby against illness and ensures warmth and comfort of the baby that is held close to the nursing mother.<sup>6</sup>

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 Breastfeeding.<sup>8</sup> 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.<sup>9</sup>

#### **Inclusion Criteria:**

- 1) Breastfeeding mothers of infants less than 6 months.
- 2) Mothers who are available at the time of data collection.
- 3) Mothers who are able to co-operate throughout the period of study.
- 4) Mothers who knows Marathi and Hindi languages.

#### **Exclusion Criteria:**

- 1) Mothers suffering with any mental problems.
- 2) Mothers suffering with any severe physical problems.
- 3) Mothers who are having child on ventilator

#### **Assumptions:**

- 1) The mothers of infants may have inadequate knowledge regarding breastfeeding.
- 2) The mothers of infants may have insufficient practices regarding breastfeeding.
- 3) Video Assisted Teaching may enhance the knowledge and practices of mothers regarding breastfeeding.

#### **Hypothesis**

H1-There is significant gain in knowledge of breastfeeding among mothers of infant after video assisted teaching programme.

H0- There is no significant gain in knowledge of breastfeeding among mothers of infant after video assisted teaching programme.

H2 – There is significant improvement in practice of breastfeeding among mothers of infant after video assisted teaching programme.

H01- There is no significant improvement in practice of breastfeeding among mothers of infant after video assisted teaching programme.

### **3. Methodology**

Interventional research approach & quasi experimental one group pre-test post-test design used for this study. The study was conducted in Acharya Vinoba Bhave Rural Hospital, Sawangi, and Wardha. In this study sample was mothers of infants sampling technique Non-probability convenient sampling and 60 mothers of infants were selected for study

### **4. Results**

**In Section-I** Distribution of mothers of infants according to their demographic variables is done. Distribution of mothers of infants according to their age in years shows that majority (68.33%) of them were belonging to the age group of 21-25 years, 26.67% were in the age of 26-30 years, 5% were belonging to the age of 31-35 years and none of them were

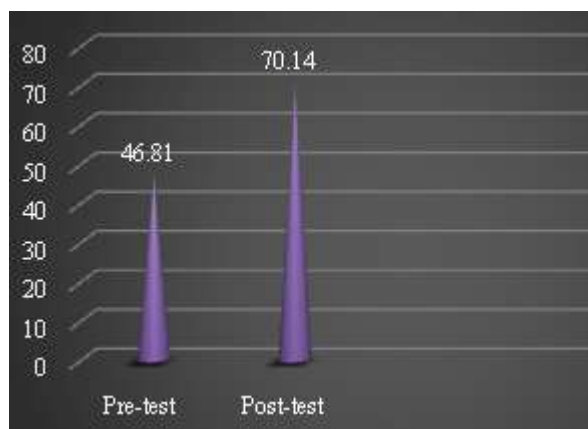
in the age group of 36-40 years. Distribution of mothers of infants according to their number of children shows that majority (51.67%) of them were having one child, 45% of them were having two child, 3.33% of them were having three children and none of them were having four children. Distribution of mothers of infants according to their income of the family reveals that majority (60%) of them were having family income of 15,000-20,000, 23.33% of them were having family income of 10,001-15,000, 10% of them were having family income of 15,001-20,000 and 6.67% of them were having family income more than 20,000. Distribution of mothers of infants according to their educational status shows that majority (51.67%) were studying till secondary, 36.67% were studying till primary, 6.66% parents were graduate and none of them were studying till post graduate. Distribution of mothers of infants according to their occupation reveals that majority (63.33%) of them were home-maker, 26.67% of them were farmers, 6.67% of them were business woman and 3.33% of them were Government employee.

**In Section-II** Assessment of existing knowledge of mothers of infants regarding breastfeeding is done. In pre-test majority 36 (60%) mothers of infants were having average level of knowledge, 18(30%) of mothers of infants were having good level of knowledge, 6 (10%) of mothers of infants were having poor level of knowledge and none of them were having excellent level of knowledge. In post-test majority 33 (55%) mothers of infants were having good level of knowledge, 17 (28.33%) mothers of infants were having excellent level of knowledge, 10 (16.67%) were having average level of knowledge and none of them were having poor level of knowledge after video assisted teaching was given.

**In Section-III** Assessment of existing practices of mothers of infants regarding breastfeeding is done. In pre-test majority 34 (56.67%) mothers of infants were having average level of practices, 21 (35%) mothers of infants were having good level of practices, 5 (8.33%) mothers of infants were having poor level of practices and none of them were having excellent level of practices. In post-test majority 42 (70%) mothers of infants were having good level of practices, 11 (18.33%) mothers of infants were having average level of practices, 7 (11.67%) mothers of infants were having excellent level of practices and none of them were having poor level of practices after video assisted teaching was given.

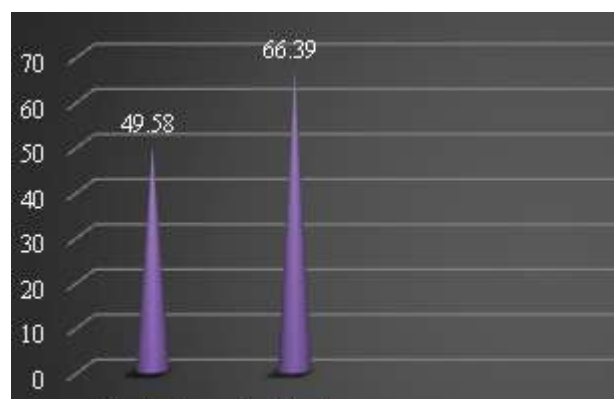
**In Section-IV** Assessment of the effectiveness of video assisted teaching on knowledge of mothers of infants regarding breastfeeding is done. The hypothesis is tested statistically with distribution of pre-test and post-test mean and standard deviation and mean difference. The levels of knowledge during the pre-test and post-test are compared to prove the effectiveness of video assisted teaching programme. Significance of difference at 5% level of significance is tested with student's paired 't' test and tabulated 't' value is compared with calculated 't' value. Also the calculated 'p' values are compared with acceptable 'p' value i.e. 0.05. The comparison of pre-test and post-test knowledge scores of mothers of infants regarding breastfeeding. Mean, standard deviation and mean difference

values are compared and mother's paired 't' is applied at 5% level of significance. The tabulated t-value for n=60-1 i.e - 59 degrees of freedom was 1.98. The calculated 't' value was 8.528 for overall knowledge score. The calculated 't' value was much higher than the tabulated value at 5% level of significance which is statistically acceptable level of significance. Hence it is statistically interpreted that the video-assisted teaching programme on knowledge regarding breastfeeding was effective.



**Figure 1:** Mean percentage of knowledge of mothers of infants in pre-test and post-test

In Section-V Assessment of the effectiveness of video assisted teaching on practices of mothers of infants regarding breastfeeding is done. The hypothesis is tested statistically with distribution of pre-test and post-test mean and standard deviation and mean difference. The levels of knowledge during the pre-test and post-test are compared to prove the effectiveness of video assisted teaching programme. Significance of difference at 5% level of significance is tested with student's paired 't' test and tabulated 't' value is compared with calculated 't' value. Also the calculated 'p' values are compared with acceptable 'p' value i.e. 0.05. The comparison of pre-test and post-test practices scores of mothers of infants regarding breastfeeding. Mean, standard deviation and mean difference values are compared and mother's paired 't' is applied at 5% level of significance. The tabulated t-value for n=60-1 i.e - 59 degrees of freedom was 1.98. The calculated 't' value was 6.281 for overall knowledge score. The calculated 't' value was much higher than the tabulated value at 5% level of significance which is statistically acceptable level of significance. Hence it is statistically interpreted that the video-assisted teaching programme on practices regarding breastfeeding was effective.



**Figure 2:** Mean percentage of practices of mothers of infants in pre-test and post-test

In Section-VI Association of knowledge of mothers of infants with selected demographic variables is done. There was no significant association between knowledge score and age, number of children, income of the family, education status of mother and occupation of mother.

In Section-VII Association of practices of mothers of infants with selected demographic variables is done. There was no significant association between practices and age, number of children, income of the family, education status of mother and occupation of mother.

In Section-VIII Correlation of knowledge with practices is done.

**Table 1:** Correlation of knowledge with practices of mothers of infants regarding breastfeeding, n=60

Score	Mean	Standard deviation	N	Correlation 'r'	P – value
Knowledge score	8.42	1.825	60	0.85	0.000 S, p<0.05
Practices score	7.97	1.414	60		

In Table 1: Significant correlation was found between knowledge and practices score (r=0.85, p – value=0.000). It proves that practices increases with increase in the knowledge score of mothers of infants.

## 5. Discussion

The findings of the study were discussed with reference to the objectives stated in chapter 1 and with the findings of the studies in this section. The present study was undertaken 'To assess the effectiveness of video assisted teaching programme on knowledge and practices regarding breastfeeding among mothers of infants'.

Findings of the study are supported by a study done to assess the knowledge and attitude of primigravida mothers regarding colostrum feeding by Mrs. Muniratna K.

A study was conducted to evaluate a video-based breastfeeding education programme provided to primigravida in the third trimester of pregnancy with the aim of deepening breastfeeding knowledge and enhancing skills of 60 mothers in Taiwan. Results suggest that the rate after the intervention has significantly increased from 32% to

44% at 1 week of age and from 18% to 28% at 9 months of age. Video-based breastfeeding education may contribute to breastfeeding knowledge and attitude and improved breastfeeding rate. Video-based breastfeeding education programme can achieve success in promoting breastfeeding and provide health professionals with an evidence-based intervention.

## 6. Nursing Practice

The staff and student nurses can use the video assisted teaching programme for imparting the knowledge and practices of breastfeeding to breastfeeding mothers in the hospital and community.

The tool prepared for this study can be used to assess the knowledge and practices of mothers of infants.

The major role and responsibilities can be summarized as:

- Identify the previous knowledge and practices of the mothers of infants.
- Providing appropriate information regarding breastfeeding.
- Help the mothers of infants to ventilate all their doubts by interpersonal interactions.

## 7. Nursing Education

- Health care personnel should be given an opportunity to update their knowledge periodically.
- The educators need to remember that more emphasis is to be given for knowledge and practices regarding breastfeeding.
- In the nursing curriculum, now a day much emphasis is given on comprehensive care. So the study will help the staff nurses to educate the mothers of infants for increasing the knowledge and practices about breastfeeding.
- The findings will help the nursing students to understand about the need to be equipped with adequate knowledge and skill.

## 8. Nursing Administration

The administrators of the hospital can formulate the policy and prevent complication.

Nurse administrators are the key persons to plan, organize and conduct in-service education programmes. Nurse administrator's support should be necessary to conduct and evaluate health education programmes. They can help to improve the knowledge and practices of the mothers of infants; working by providing various teaching programmes with the help of various AV aids.

## 9. Nursing Research

- The findings of the study have added to the existing body of knowledge and practices regarding breastfeeding.
- Other researcher may utilize the suggestions and recommendations for conducting of further study.
- The tool and the technique used have added to the body of knowledge and practices and can be used for further references.
- The finding can be utilized for conducting further research on breastfeeding.

## 10. Recommendations

On the basis of the findings of the study, it is recommended that the following studies can be conducted.

- 1) A similar study may be conducted on a larger population for generalization of findings.
- 2) A similar study can be conducted in rural and urban population.
- 3) A study can be carried out to evaluate the efficiency of various teaching strategies like SIM, pamphlets, leaflets and computer-assisted instruction on breastfeeding.
- 4) A study can be carried out to assess the effectiveness of structured teaching programme on breastfeeding among mothers of infants.
- 5) Manuals, information booklets and self-instruction module may be developed on breastfeeding among mothers of infants.
- 6) A comparative study can be done between rural and urban population.

## 11. Conclusion

The main aim of the study is to evaluate the effectiveness of video assisted teaching programme on knowledge and practices regarding breastfeeding among mothers of infants. Information is given to the mothers of infants through a video assisted teaching which includes various aspects of general knowledge and practices regarding breastfeeding.

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