

A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge Regarding Breast Feeding among Primi Mothers in Selected Rural Communities of Udaipur City Rajasthan

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Abstract

Breastfeeding is the nature's gift for growth and development of children. Breastfeeding has been accepted as the most vital intervention for reducing infant mortality and ensuring optimal growth and development of children. Breastfeeding is the ideal form of feeding in the neonate. artificial feeding exposes the infant to infection and results in over a million death annually worldwide due to its ill effects. As there is less awareness, among primigravida mothers that breast feeding is beneficial for newborn, therefore need to educate antenatal mothers regarding breast feeding so that the social taboos can be removed and healthy practice is followed. The study reveals the effectiveness of structured teaching programme on knowledge of Primi mothers regarding the Breast feeding.

Statement of the problem:

A Study to assess the effectiveness of Structured Teaching Programme on Knowledge regarding breastfeeding among Primi Mothers in selected rural Communities of Udaipur City.

Objectives of the study:

- To assess the pretest knowledge score regarding breast feeding among Primi Mothers in selected area of Udaipur City.
- To assess the Posttest knowledge score regarding breast feeding among Primi Mothers in selected area of Udaipur City.
- To find out the effectiveness of structured teaching programme on knowledge regarding breast feeding among Primi mothers in selected area of Udaipur City.
- To find out the association between the pretest knowledge score regarding breast feeding with the select demographical variable.

Methodology: The conceptual framework for this study is based on general system theory; pre- experimental one group pre test post test study design was adopted for this study. Samples were selected by convenient sampling technique and this study was conducted in selected rural communities of Udaipur city. Total 60 Primi mothers were selected. The pilot study was conducted; final data was collected, analyzed and interpreted by using descriptive and inferential statistics.

Result: In pre test there were 28 (46.7%) participants with inadequate knowledge, 32 (53.3%) participants were having moderate knowledge and no one were having adequate knowledge regarding breastfeeding. Whereas In post-test majority of the participants 32 (53.3%) were having adequate knowledge, 28(46.7%) were having moderately adequate knowledge and none of the participants were having inadequate knowledge.

The mean post-test knowledge score 19.62 with mean percentage (65.4%) was greater than the mean pre test knowledge score 11.73 with mean percentage (39.1%). The mean difference between pre test and post-test score was 7.89 with the mean percentage of (26.3%). Paired t calculated value is 23.74 * $p < 0.05$ is significant at 0.05% level. This indicates that the structured teaching programme was found to be effective in increasing the knowledge of Primi mothers regarding breastfeeding.

Findings related to association shows that the calculated chai square value was less than the chai square tabulated value at 0.05 level of significance for all the selected demographic variables like age, education, religion, type of family, occupation of mother, monthly family income and previous knowledge regarding breastfeeding. This indicates that there is no signification association between pre test knowledge score and selected demographic variables.

Keywords: Assess, Knowledge, Effectiveness, Structured teaching programme, Primi mothers and Breastfeeding