

## A STUDY TO ASSESS THE KNOWLEDGE REGARDING BREAST FEEDING AMONG THE NURSING STUDENTS OF SELECTED NURSING COLLEGE AT MYSURU

\*Lissa J.

Asst Professors JSS College of Nursing, Mysuru.

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\*Corresponding author: Lissa J.

Asst Professors JSS College of Nursing, Mysuru.

### ABSTRACT

**Background and Objectives:** The aim of the study is to determine the knowledge regarding breast feeding techniques among the Nursing students of selected Nursing College at Mysuru. **Objectives:** 1. To assess the knowledge regarding breast feeding technique among Nursing students. 2. To find the association between knowledge regarding breast feeding technique with their selected personal variable among Nursing students. **Methods:** Study was descriptive in nature and sample size was 60 Nursing students. Non probability convenience sampling technique was used to select the samples. The data collection was done by using Google form on structured knowledge questionnaire regarding Breast feeding techniques among nursing students. Data was analyzed by using descriptive and inferential statistics. **Results:** The study finding revealed that the majority 45 (75%) of Nursing students had average knowledge, 15 (25%) had good knowledge and none of them had poor knowledge regarding Breast feeding techniques. The mean knowledge score regarding Breast feeding is 15.7 with the SD of  $\pm 0.40$  ranged from 9 -22. The findings also showed that, there was a no significant association of level of knowledge of Nursing students with the personal variables like Age in years, Gender, Source of information except posting in OBG ward on breast feeding techniques were statistically significant at 0.05 level So researcher partially reject null hypothesis and partially accept research hypothesis. **Conclusion:** The following conclusion was drawn on the basis of the findings of the study. This study shows that there was average knowledge regarding Breast feeding techniques among Nursing students. So it is recommended that there is a need for conducting awareness programme among Nursing students regarding Breast feeding techniques.

**KEYWORDS:** Nursing students and Breast feeding and techniques.

### INTRODUCTION

Children bring fragrance and meaning to life. They are a gift to us from god and we are gardeners to meet their needs. We can provide the best to them by proper nourishments, love, attention, care and good health. Today's children are citizen of Tomorrow and to have a strong-shouldered man a child should be free from morbidity. Mahler, who was the Director General of the W.H.O., states that "children are a priceless resource and a nation which neglects them does so at its peril". Healthy children are the greatest resource and pride of the nation, the children are to be healthy and happy to become productive adults of the future to give them a happy and healthy childhood, He must safeguard their total health rate from the beginning. After birth the health of the baby depends upon the nurturing practice adopted by the family.<sup>[1]</sup>

### Need For Study

Breastfeeding has become a prevalent topic due to recent studies that have found a deficit in the knowledge of healthcare workers in this area. Nurses are the largest group of maternal-child staff that support mothers and babies to meet their lactation and breastfeeding needs. However, insufficient training in nursing programs has led to nurses in the field knowing very little in order to assist a mother. A recent study showed that lack of breastfeeding education has resulted in nursing students not knowing essential information needed to assist a breastfeeding mother. Several studies recommend implementation of effective training on breastfeeding support in all undergraduate curricula that lead to nursing and other healthcare degrees. Besides acquiring new knowledge, nurses need to practice and develop clinical skills in order for them to gain confidence and assist a mother breastfeed in the real world.<sup>[2]</sup>

Most of the mothers adopt incorrect position and attachment while breast feeding that leads to many breast feeding problems taking this problem into the investigator decided to do a research study among nursing students regarding breast feeding techniques.

### Statement of the Problem

A study to assess the knowledge regarding breast feeding techniques among the Nursing students of selected Nursing College at Mysuru.

### Objectives

1. To assess the knowledge regarding breast feeding technique among nursing students.
2. To find the association between knowledge regarding breast feeding technique with their selected personal variable among nursing students.

### Hypothesis

H<sub>1</sub>: There will be a significant association between knowledge regarding breast feeding technique with their selected personal variable among Nursing students

## METHODOLOGY

**Research Approach:** Descriptive survey approach  
Research approaches implies a set of methods and technique for designing a study and collecting and analyzing a data. As the main objective of the study to assess the knowledge regarding breast feeding techniques among the Nursing students of selected Nursing College at Mysuru.

**Research Design:** Descriptive research design

### Variables

1. Study variable is
  - knowledge
2. Personal variables are
  - Personal variables are Age, Gender, Year of studying, Are you posted in OBG ward? source of information on breast feeding technique?.

### 2. Findings related to level of knowledge of nursing students regarding breastfeeding technique

Frequency and percentage distribution according to the level of knowledge of Nursing students regarding breastfeeding techniques. n=60.

Sl. No	Level of knowledge	Frequency	Percentage (%)
1	Poor knowledge <sup>[1-8]</sup>	0	0
2	Average knowledge <sup>[9-16]</sup>	45	75
3	Good knowledge <sup>[17-25]</sup>	15	25

Data presented in the Table 2. Shows that majority 45(75%) of Nursing students are having Average knowledge regarding breastfeeding techniques and only 15(25%) having good knowledge. None of them have poor knowledge.

The study findings revealed the majority of Nursing students having 15(25%) good Knowledge and 45(75%) average knowledge regarding breastfeeding techniques

### Setting of the study

The setting is the physical location and condition in which data collection takes place. This study was conducted in selected Nursing college at Mysuru.

### Population

Population is the entire set of individual or objects having same common characteristics. In the present study population comprised of Nursing students studying in same Nursing College at Mysuru.

### Sample and sampling

Same consists of a subset of population selected to participate in a research study. The sample for the present consists of 60 Nursing students studying in selected Nursing College at Mysuru.

### Sampling Technique

Sampling is the process of selecting portion of the population. Purposive sampling technique was used.

### Sampling criteria

#### Inclusion criteria

- Nursing students who are available at the period of data collection.

#### Exclusive criteria

- Nursing students who are not willing to participate.

## RESULTS

### 1. Findings related to selected personal variables

The findings of the study showed that 5 (8.33%) belongs to 20-21years, 50 (83.33%) belongs to 22-23 years and 5(8.33%) belongs to 23-24years. Majority nursing students were female 56(93.33) and male 4(6.66%). All the students are belongs to 4th year BSC Nursing. 50(83.33%) having posting in OBG ward and 10 (16.66%) were having no postings in OBG ward The majority of students get information regarding breast feeding technique from prints 40(66.66%) and 20 (33.33%) from health personal

and none of them have poor knowledge. Mean Knowledge score of nursing students is 15.7 with standard deviation of 0.40 ranged from 9-22.

### **3. Findings related the association between the level of knowledge of Nursing students regarding breastfeeding technique with their selected personal Variables**

Computed Chi-square values shows that there was a association between level Of knowledge of Nursing students was found to be statistically significant at 0.05 levels for posting in OBG ward. But other demographic variables like Age in years, Gender, Source of information on breast feeding technique were not found to be statistically significant at 0.05 level.

### **RECOMMENDATIONS**

1. A similar study can be carried out on a large sample for broader generalization.
2. A comparative study can be conducted between Nursing students of government and private nursing colleges regarding breast feeding technique.
3. A experimental study can be conducted among Nursing students by giving a structured teaching program.

### **CONCLUSION**

The findings of present study concluded that the majority 45(75%) of Nursing students were having average knowledge and 15(25%) were having Good knowledge and none of them have poor knowledge regarding breast feeding techniques. Computed chi-square values shows that there was association between level of knowledge of Nursing students regarding breast feeding techniques with variables such as posting in OBG ward and other variables were not significant. Hence the null hypothesis is partially accepted and partially rejected. The outcome of the study revealed that Nursing students need to update their knowledge regarding breast feeding techniques.

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