

EFFECTIVENESS OF PLANNED TEACHING PROGRAM REGARDING KNOWLEDGE ON EXCLUSIVE BREST FEEDING AMONG PRIMI ANTENATAL MOTHERS IN A SELECTED COMMUNITY AREA

***Swathy S. R.**

Lecturer, Amrita College of Nursing Amrita Vishwa Vidhyapeetham Kochi-41.

Received date: 06 September 2021

Revised date: 26 September 2021

Accepted date: 16 October 2021

*Corresponding Author: Swathy S. R.

Lecturer, Amrita College of Nursing Amrita Vishwa Vidhyapeetham Kochi-41.

ABSTRACT

Background of The Study: Breast feeding is one of the first bonding experience between mother and baby. Breast milk provides complete nutrition for infants, and its composition changes with time to meet the infant's growth needs. **Objectives:** Effectiveness of PTP on knowledge regarding exclusive breast feeding among primi antenatal mothers and find the association between pretest knowledge scores with socio demographic variables. **Methodology:** To evaluate the effectiveness of PTP on knowledge regarding exclusive breast feeding among antenatal mothers, Quasi experimental pretest posttest research design was selected with Quantitative research approach. Non probability convenient Sampling was used. 60 Sample Size was taken. The structured questionnaire was used to find out the pre-test level of knowledge and planned teaching program was given. The post test was conducted with the same instrument on 7th day to assess the knowledge. **Results:** The findings show a statistically difference in posttest knowledge score regarding exclusive breast feeding among antenatal mothers after PTP. **Conclusion:** Present study suggests the need for PTP is to improve the knowledge level regarding exclusive breast feeding among primi antenatal mothers.

KEYWORDS: Effectiveness; Knowledge; Primi antenatal mothers; Planned teaching program.

INTRODUCTION

A new born baby has only three demands. There is warmth in the arms of its mother, food from her breast, and security in the knowledge of her presence. WHO recommended that exclusive breast feeding mandatory up to 6 months.^[1] Breast feeding satisfy all the basic needs of the baby. An appropriate nutrition is essential for the growth and development of infant. And prematurity of the infant causes emergent number of admissions to the NICU.^[2] Breast milk is the primary source of nutrition for newborns before they are able to eat and digest other foods. Older infants and toddlers may continue to the breast fed either exclusively or in combination with other food.^[3]

Breast feeding is one of the first bonding experiences between mother and baby. "Breast is the best" says British medical journal of breast feeding.^[4] Breast feeding empowers women. Breast feeding the baby brings joy to the mother which cannot be expressed by words. The feeling the mother gets when she continues

to nourish her baby at her breast and see the baby grow and thrive on breast milk is awesome.^[5]

According to the WHO infant feeding recommendation exclusive breast feeding should be for the first Six month of life and continued breastfeeding with appropriate complementary feeding six month of age with the introduction of nutritionally adequate safe and appropriate complementary foods in conjunction with continued breast feeding though at least second year of life.^[6]

Mother's milk is a divine gift for a baby. Breast milk is only the food for the baby which is natural, physiological way of feeding.^[7] Massaging the breast may help a mother to improve breast milk production and avoid breast engorgement.^[8] Breastfeeding could save the lives of 1.3million children a year.^[9] Breast milk provides the exact combination of nutrients that a developing infant needs. Improved breast feeding alone could save the lives of more than 3500 children every day, more than

any other preventive intervention.^[10]

UNICEF, WHO and WABA, along with the scientific community strongly recommend initiating breast feeding within half hour of birth. Evidence showed that early initiation can prevent 22% of deaths among babies between one million countries.^[11]

In 1991 WHO and UNICEF established the baby friendly hospital initiative to ensure that maternity clinics encourage optimal breast feeding practices. But this initiative fails to reach most of mothers since majority are home deliveries especially in rural areas, among the lower socioeconomic, illiterate and ignorant mothers, although breast feeding is common, exclusive breast feeding is not a normal practice.^[12]

MATERIALS AND METHODS

Research Approach and Design: Quantitative research approach with pre experimental one group pre test post test research design to accomplish the objectives of the study.

Research Setting: This study was conducted in Hegganahalli community area, Bangalore.

Population: Primi antenatal mothers in Hegganahalli community area, Bangalore, during the time of data collection.

Sample and sampling technique: 60 primi antenatal mothers in Hegganahalli community area, Bangalore. The sampling technique used for the study was non-probability convenient sampling technique.

Data collection instruments: After an extensive review of relevant literature, a structured questionnaire was developed. tool consists two section. section 1: the first section included the demographic information. It contains 7 items like age, marital status, education, family income, occupation, type of family and religion. Section 2 included the questions on Knowledge regarding exclusive breast feeding. It consists of 34 multiple choice questions which have four responses.

Each questionnaire had only one correct response remaining wrong response. Correct response was awarded one mark and zero was awarded to wrong responses. Total possible maximum scores for all the items were 34.

Procedure for data collection: The ethical clearance was obtained from thesis review committee and head of the institution for conducting the study. purpose of the study was explained and an informed consent was obtained from samples. A pilot study was conducted to ensure the reliability of the tool, applicability of items and identify the obstacles and problems that and problems that may be encountered in data collection, this number were excluded from the studied sample. The data was analyzed using descriptive and inferential statistics.

RESULTS AND DISCUSSION

Secton-1: Sample characteristics based on socio demographic variables

Frequency and percentage distribution of demographic variables according to baseline characteristics

It was found that majority of the primi antenatal mothers 26 (43.33%) belongs to the age group of 20-25 years, followed by 24 (40 %) in the age group of 26-30 years. On the basis of religion majority of them 33(55%) were Hindu's. In case of Education 2(3.33%) of them had not undergone any formal education, 15(25%) were completed primary school, 12 (20%) educated till high school &14 (23.34%) were higher secondary, 9 (15%) were under graduates & 8 members (13.33%), were post graduates. Regarding occupation table shows that 4 (6.67%) were coolie, 11 (18.33%) were government employed. In the aspect of marital status, it shows that 53 (88.34%) majority of the subjects were married. With respect of family income majority of them, 25 members (41.67%) were earning Rs.7500-10000/- per month and 26 (43.33%) were earning above Rs.10000/- per month. Regarding type of family, that majority of the subjects 40 (66.67%) were joint family, 13 (21.66) were from extended family and 7 members (11.67%) were from nuclear family.

Table 1: Distribution of pre-test level of knowledge regarding exclusive breast feeding among antenatal mothers.

Level of knowledge	Score	n=60	
		Level of Respondents	
		No	%
Inadequate	< 50%	44	73.33
Moderate	50--75%	16	26.67
Adequate	> 75%	0	0.00

Table 1: depicts the pre -test level of knowledge regarding exclusive breast feeding among primi antenatal mothers. It was evident that majority 44 (73.33%) had inadequate knowledge, 16 (26.67%) of them had moderate knowledge level regarding exclusive breast feeding.

Table 2: Distribution of post-test level of knowledge regarding exclusive breast feeding among primi antenatal mothers.

Level of knowledge	Score	n=60	
		Level of Respondents	
		No	%
Inadequate	< 50%	00	0.00
Moderate	50--75%	28	46.67
Adequate	> 75%	32	53.33

Table 2: depicts the post test level of knowledge regarding exclusive breast feeding among antenatal mothers. It was evident that majority 32 (53.33%) had

adequate knowledge, 28 (46.67%) of them had moderate knowledge level regarding exclusive breast feeding.

Section B: Evaluation of effectiveness of PTP regarding exclusive breast feeding among primi antenatal mothers. Table 3: Comparison of knowledge score percentage before and after administration of planned teaching program.

Level of knowledge	Score	n=60			
		Pre test		Post test	
		No	%	No	%
Inadequate	< 50%	44	73.33	0	0.00
Moderate	50--75%	16	26.67	28	46.67
Adequate	> 75%	0	0.00	32	53.33
Total		60	100	60	100

Table – 3 shows, In the pre- test majority 44 (73.33%) had inadequate knowledge, 16 (26.67%) of them had moderate knowledge level regarding exclusive breast

feeding. In the post test majority 32 (53.33%) had adequate knowledge, 28 (46.67%) of them had moderate knowledge level regarding exclusive breast feeding.

Table 4: Determination of mean knowledge score before and after administration of planned teaching program.

Domain	Mean	S D	Mean percentage	Paired 't' test
Pre test	11.66	5.7	34.29	17.24**
Post test	25.23	4.32	74.21	
Enhancement	13.57	6.11	39.91	

** Significant at $p < 0.01$ level, df 59, (t-2.66)

Table – 4, shows that in pre -test the mean was 11.66, SD was 5.7 and mean percentage was 34.29. In post- test the mean was 25.23, SD was 4.32 and mean percentage was 74.21 and the overall enhancement in mean was 13.57, SD was 6.11 and the mean percentage was 39.91. The calculated 't' (17.24) value was greater the table value (2.660). So the planned teaching program was found to be effective in improving knowledge regarding exclusive breast feeding at $p < 0.01$ level of significance with the degree of freedom 59.

Section C: Association between knowledge scores among primi antenatal mothers with demographic variables

Chi square value showing association between knowledge scores with demographic variables

The data shows that there is significant association between the pretest levels of knowledge with selected demographic variables like age and education since the calculated chi square value is more than the table value at 0.01 level of significance. Hence the research hypothesis H_3 is accepted. The data shows that there is no significant association between religion, occupation,

marital status, family income and type of family.

DISCUSSION

In order to achieve the objectives of the study, pre experimental one group pre- test post test research group design was adopted. The subjects were selected by non-probability convenient sampling method. The findings of the study have been discussed in relation to the objectives and other similar studies.

Effectiveness of PTP on knowledge regarding exclusive breast feeding among primi antenatal mothers

The present study was supported by a similar quantitative study conducted to evaluate the effectiveness of PTP on knowledge regarding exclusive breast feeding among primi antenatal mothers in KC General hospital, mallechwaram, Bangalore. The findings of reference study revealed that the level of knowledge in post test was significantly higher than the pre test, which was similar to the present study. After implementation of PTP programme on exclusive breast

feeding the mean posttest knowledge score of most of the patients was found to be adequate and moderately adequate. Study concluded that planned teaching programme was effective among antenatal mothers.

The Present study and the supporting studies show that the PTP program is effective in improving the knowledge regarding exclusive breast feeding among primi antenatal mothers.

Association between pretest knowledge scores with selected demographic variables

The findings of the present quasi experimental study were supported by a descriptive study conducted to find the level of knowledge regarding exclusive breast feeding. The result of reference study revealed that there is a lack of awareness among a sample regarding exclusive breast feeding. The findings of the reference study and present study revealed that there was significant association between knowledge score with selected demographic variables.

The study results along with the supportive studies shows that there was a positive relationship between knowledge scores with selected demographic variables.

CONCLUSION

Breast feeding plays vital role in the growth & development of the newborn. Majority of antenatal mothers have inadequate knowledge volume 20, Issue 2, April-June 2020, Pages 19-24 regarding breast feeding. The study findings revealed that pre- test the total mean of knowledge was 11.66, S D 5.7, mean % 34.29. In post test the total mean of knowledge was 25.23, SD 4.32 and the mean percentage was 74.21%. Paired 't' test analysis was used to test the pre-test and post -test knowledge. The 't' value for knowledge was 17.24, shows that there is significant increases in the knowledge on exclusive breast feeding after planned teaching program held for antenatal mothers.

The chi- square value shows that there is significant association between knowledge on exclusive breast feeding among antenatal mothers with demographic variables.

Interest of conflict: Nil.

Source of funding: Self.

Ethical clearance: Permission had taken from the research committee of Sri Vishnu College of Nursing and Thesis Review Committee of Sri Vishnu College of Nursing, Bangalore. Consent was obtained from the subjects.

REFERENCES

1. Anju philip.T, Neethu R.John J, Binsha C.S, Vettom A, Thomas L, J.Kanyamattathil "practices and problems related to breastfeeding among mothers of

under-five children(Article)"Medico-legal update, april-june 2020, vol. 20, no. 2 19 Volume 20, Issue 2, April-June 2020, Pages 19-24.

2. Islam R, Anila K.P "Compare the physiological parameters and behaviour responses among mixed feed versus formula feed preterm babies" Indian Journal of Public Health Research and Development volume 10, Issue 11, November -19 Pages 10-14.
3. Parul Dutta. A text book Pediatrics. 2nd edition. Jaypee publishers. New Delhi; 2003. Pg: 143-147.
4. Singh Meharban. Care of the new born. Sagar publication. New delhi, 1993.
5. Jessie M. Chellappa. Pediatric Nursing. Gajanana book publishers and distributors, 1989; 230-234.
6. Waechter, E.H and Philip Jane. Nursing care of children. Lippincott publications; Philadelphia.
7. Breast feeding benefits and barriers: Breast feeding statistics by WHO.
8. Divya. A, Viswanath L, Philip A "Effectiveness of breast massage on expression of breast milk among mothers of neonates admitted in neonatal intensive care unit" Journal of SAFOU, january-march 2016; 8(1): 21 to 24.
9. David Wesly. Importance of breast feeding. Indian nursing journal; 2006.
10. WHO Community based strategies for breast feeding promotion & support in developing countries, 2003.
11. Acharya and Viswanathan. Textbook of Pediatrics. Oriented Longman publications; Hyderabad.
12. Ighogboja IS, Odumodu CU, Olarewaju RS. Breastfeeding pattern in Jos, 1996.