



**A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING
PROGRAMME ON KNOWLEDGE REGARDING BREAST FEEDING
TECHNIQUES AMONG ANTENATAL PRIMIGRAVIDA MOTHERS IN
SELECTED HOSPITAL, INDORE, M.P.**

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Abstract

The First year of life is crucial in laying the foundation of good health. Breastfeeding is the ideal method suited for the psychological and physiological needs of children. Breast milk the “Cinderella substance of the decade” of nature’s most precious gift to the newborn, and equivalent of which is yet to be innovated by our scientific community despite tremendous advances in science and technology. In this one group pre-test and post-test (pre-experimental) design was used to conduct the study. The data was collected by using closed ended structured knowledge questionnaire. The data was analyzed by using descriptive and inferential statistics.

INTRODUCTION

Breast milk is the "Cinderella decade item" of a very precious natural gift to the newborn, and the equivalent of which is yet to be invented by our scientific community despite the great advances in science and technology. The Western world has been trying to bottle-feed for over 50 years, and now it wants to return to breastfeeding and that is why the motto, "Breast is best for a Baby". Children need proper nourishment, love, encouragement and protection from infection. Breastfeeding meets these needs and gives them an excellent start in life. It is an integral part of the reproductive system and its effects on the segregation of children, family health, family and national economy and food production. Breastfeeding is therefore an important aspect of self-esteem and basic health care. Colostrum, yellow, sticky breast milk produced at the end of pregnancy, is recommended by the World Health Organization as complete infant feeding and feeding should begin within the first half hour after birth. Therefore, the principles and methods of breastfeeding are usually followed by mothers from the very first breastfeeding period. The World Health Organization recommends breastfeeding as the best source of nutrition for infants and young children. Therefore, it plays an important role in following appropriate strategies and procedures during breastfeeding. The WHO and the American Academy of Pediatrics emphasize the importance of breastfeeding for mothers and children. They both recommend exclusive breastfeeding with proper formulas. Most mothers do not know how to breastfeed properly. This leads to many neglected and biased problems for babies and breastfeeding mothers. These include malnutrition in the baby, altered growth, Oral thrush, too little milk, poor nutrition, nipple problems etc.

OBJECTIVES

1. To assess the knowledge regarding Breast feeding techniques (BFT) among antenatal Primi gravida mothers in terms of pre-test.
2. To assess the effectiveness of Structured teaching programme by comparing pre• & post test knowledge score regarding BFT among antenatal primi gravida mothers.
3. To find the association between the knowledge score with selected demographic variables of antenatal Primi gravid mothers.

HYPOTHESIS

The hypotheses will be tested at 0.05 level of significance.

- H1: A significant difference will be found between pre-test and post-test knowledge scores of antenatal primi gravida mothers.
- H2: There will be significant association between the pre-test knowledge of mothers regarding breast feeding technique with their selected socio-demographic variables.

METHODS AND MATERIAL

The data will be collected from 60 antenatal primi gravida mothers selected using with Simple random sampling residing in selected Hospital, Indore, M.P. Research designed used was one group pre-test and post-test(pre-experimental) design will be used to Conduct the study. Data collection was done by using closed ended structured knowledge questionnaire. It contains 2 sections namely section 1 and section 2.

SECTION I: It includes socio-demographic variables which can influence the knowledge of primi gravida mothers regarding Breast feeding techniques.

SECTION II: It includes closed ended structured questionnaire to assess the knowledge of primi gravida mothers regarding Breast feeding techniques.

RESULT

The findings were explained under the following headings:

Section A:-Frequency and percentage of demographic data.

Section B:-Knowledge regarding proper Breast Feeding Technique among antenatal primigravida mothers.

Section C:-Association between pre-test levels of knowledge on proper Breast Feeding

The result shows that most of 35 (58.33%) the study participants were in the age group between 18-26 years. Approximately 41.67 % was secondary educated. Majority of pregnant women (83.3%) were home maker. Most of pregnant women (58.33%) belonged to joint family. All (100%) were residing in the rural area. Most of the pregnant women (60%) were multigravida. Majority of pregnant women (96.7%) were having no previous exposure to any information regarding breast feeding.

Depicts that the pre-test knowledge score was 10.4 ± 2.9 which had increased to post-test knowledge score 17.8 ± 3.6 . Independent sample 't' test was calculated to find the significant difference between means of pre-test and post-test knowledge scores. The calculated 't' value was 15.8 which is more than the table value 2.00(df=59 at $p < 0.05$). Hence the null hypothesis was rejected and research hypothesis was accepted. This significant improvement in the knowledge can be attributed to the intervention.

CONCLUSION

The study aimed at testing effectiveness of structured teaching programme on knowledge regarding breast feeding techniques among antenatal Primigravida mothers. The result showed that structure teaching programme is an effective strategy in improving the knowledge of antenatal Primigravida mothers regarding breast feeding techniques. This chapter has brought out the various implications of this study and has also provided suggestion for future studies. The constant encouragement and direction of the guide, cooperation and interest of the subjects to participate in the study had contributed to the faithful and successful completion of the study. Based on the analysis data, it was felt that there is improvement in the post-test level of knowledge. Hence the present study proved that the structure teaching programme on breast feeding techniques was found in effective.

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