

“A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE & PRACTICE REGARDING BREASTFEEDING AND LACTATION MANAGEMENT AMONG PRIMIGRAVIDA MOTHERS”

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Received on: 05/01/2023

Revised on: 25/01/2023

Accepted on: 15/02/2023

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ABSTRACT

The universally recommended breast feeding are from birth to the age of six months exclusive breast feeding and it constitutes appropriate feeding for the infant development. The introduction of breast milk is especially encouraged immediately after birth and until the third day, when the mother secretes colostrums. Colostrums provides all the nutrients that are needed by the infant in this early period. It is compositionally distinct with concentration of protein, vitamin A and B12 being higher than the mature milk. Colostrums also contains a high concentrate of an immunoglobulin's especially immunoglobulin A(IgA) which has protective role against pathogens in gut. Structured teaching programme, Breast feeding & lactation management, primigravida mothers.

KEYWORDS: Colostrums provides all the nutrients that are needed by the infant in this early period.

INTRODUCTION

Breast feeding is an extra ordinary gift of nature for both babies and mothers in many aspects. It is globally accepted to be the best and complete food for the new born as it satisfies the specific nutritional needs. Widespread evidences are there to support the advantages of breast feeding to the infants, mothers, families and society which is also including physical, emotional, psychological, developmental, nutritional, immunological, social, economic and environmental benefits.

The benefits of breastfeeding for health, wellbeing of the mother and baby are well documented. WHO recommends early (i.e. within one hour of giving birth) initiation of breastfeeding could reduce neonatal mortality by 22%, which would contribute to the achievement of the Millennium Development Goals. Globally, over one million newborn, infants could be saved each year by initiating breastfeeding within the first hour of life. Approximately 1.45 million lives each year by reducing deaths mainly due to diarrheal disorders and lower respiratory tract infections in children.

The primary cause of neonatal deaths are: neonatal infection (52%), asphyxia (20%), and low birth weight (17%). Most of the infectious deaths are diarrhea and pneumonia. These all the risks can be reduced by exclusive breast feeding.

REVIEW OF LITERATURE

In the present study, the related literature was reviewed under following categories-

1. Literature related to Prevalence of exclusive breastfeeding
2. Literature related to effectiveness of the intervention about breastfeeding
3. Literature related to exclusive breastfeeding knowledge and practices

OBJECTIVES

- 1) To assess the pre-test knowledge & practice regarding Breast feeding & lactation management among primigravida mothers in government medical Hospital of ambikapur C.G.
- 2) To assess the post-test knowledge & practice regarding Breast feeding & lactation management among primigravida mothers in government medical Hospital of ambikapur C.G.
- 3) To compare the effectiveness of the knowledge & practice regarding Breast feeding & lactation management among primigravida mothers in government medical Hospital of ambikapur C.G.
- 4) To determine the association of demographic variable between pre-test knowledge & practice regarding Breast feeding & lactation management among primigravida mothers in government medical Hospital of ambikapur C.G.

METHODOLOGY

Methodology is the most important part of research study, which enables the researcher to form a blueprint of the research undertaken. Research methodology involves the systematic procedure by which the researcher starts from the time of initial identification of the problem to its final conclusion. An extensive review of literature was undertaken. The conceptual frame work adopted this studies based on kings goal attainment model theory. the Quasi experimental research design was conducted in this study. The total sample was 60 in this study. Purposive sample technique was used. The target population is primigravida mothers. the area of setting is govt. medical college hospital of ambikapur (c.g.)

DEVELOPMENT & DESCRIPTION OF THE TOOL

Data collection tools are the procedures or instruments used by the researcher to observe or measure the key variables in the research problem (Burns.N, Grove. K, 2002).

After wide reading, the researcher developed the tool as per the following:-

SECTION-A: part-I deal with socio demographic variables.

CRITERIA

SN	CRITERIA	SCORE	PERCENTAGE
1	Low satisfaction	0-6	0 % -30 %
2	Moderate satisfaction	7-13	35 % – 63 %
3	High satisfaction	14-20	70 % -100 %

RELIABILITY

Reliability of research instrument is defined as the extent to which the instrument yields the same results on repeated measures. It is then concerned with consistency, accuracy, precision, stability, equivalence and homogeneity. The unstructured observational play therapy checklist questionnaires and intervention tools were tested for reliability. The reliability of tool was established by testing the internal consistency. The internal consistency was assessed by using Karl pearson's correlation coefficient formula for reliability and it was found for experimental group is to be $r=0.82$, and for control group is to be $r=0.67$, which indicate that the tool is reliable.

PILOT STUDY

Pilot study is a small scale version or trial run done in preparation for a major study. A pilot study is carried out at the end of the planning phase of research, in order to explore and test the research elements (Basavanthappa. B.T, 2008).

The pilot study was conducted in the month of 08/11/22 to 15/ 11/22 for 1weeks. The total sample size for the pilot study was 6. The study was conducted after

SECTION B: knowledge based checklist.

DESCRIPTION OF THE INTERVENTION USED

Investigator would analyze the data collected by using descriptive and inferential statistics.

The plan of data analysis will be as follows:

Section –A -Demographic variables- This consists of 2 parts.

Part –A deals with demographic data such as age, education, and type of family etc.

Section-B - knowledge based checklist. Checklist It consists of 20 questions regarding breast milk secretion. The checklist also has 2 response columns. One is 'Yes', the another one is 'No'. For 'Yes', 1 mark was awarded and for 'No', zero mark was awarded.

CRITERIA MEASURE SCORES

Each correct response scores 2 mark & wrong response 0 mark.

- Maximum score – 20
- Minimum score – 0

obtaining permission from the concerned authority and also got permission from the primary care giver of the children who took part in the study. It was conducted in a similar way as the final data collection. There were no modifications made in the tool after the pilot study. The tool was found to be reliable. The value for experimental group is to be $r=0.98$, and for control group is to be $r=0.80$, by using karl pearson's correlation coefficient formula and primigravida mothers who took part in the study.

DATA COLLECTION PROCEDURE

- The investigator self-introduced to the child family, and also explains the purpose of conducting the study.
- The demographic variable will be collect with the help of knowledge based checklist.
- Pre-test assessment of the effectiveness of structured teaching programme on knowledge & practice regarding breastfeeding and lactation management among primigravida mothers in experimental group and control group, will be done the using of knowledge based checklist.
- Before introducing the procedure explain about the effectiveness of structured teaching programme on

knowledge & practice regarding breastfeeding and lactation management among primigravida mothers.

- The duration of data collection is 6 days.
- A good rapport will be created with the family, and then get the consent.
- The demographic variables will be collected with the help of interview questionnaire.
- Pre-test assessment of will be done using the effectiveness of structured teaching programme on knowledge & practice regarding breastfeeding and lactation management among primigravida mothers in experimental group and control group.
- On the first, second, and third day is the post test will be conducted at the end of the day using the effectiveness of structured teaching programme on knowledge & practice regarding breastfeeding and lactation management among primigravida mothers.
- For each child it takes about 2-5 minutes for demonstrating.
- The duration of data collection was 30days.

PLAN FOR DATA ANALYSIS AND INTERPRETATION

Data will be analysed by using descriptive and inferential statistics.

- Organize data in master data sheet.
- Demographic variables are to be analysed in terms of frequencies and percentages.
- Observational checklist and score is to be presented in form of mean, median and standard deviation.
- Chi- square test is used to determine the association between demographic variables.
- Unpaired t test is used to determine the comparison of experimental group and control group.
- The significant difference between the levels of pre-test and post-test both in experimental group and the control group was determined by using paired "t" test.

ORGANIZATION AND PRESENTATION OF DATA

The data are organized and presented in the following four sections –

- **SECTION 1:-** Distribution of demographic variable of the effectiveness of structured teaching programme on knowledge & practice regarding breastfeeding and lactation management among primigravida mothers.
- **SECTION 2 –** Distribution of pre –test and post test level of the effectiveness of structured teaching programme on knowledge & practice regarding breastfeeding and lactation management among primigravida mothers among experimental group control group
- **SECTION3:-** Comparison of pre-test and post-test knowledge regarding the effectiveness of structured teaching programme on knowledge & practice

regarding breastfeeding and lactation management among primigravida mothers.

- **SECTION4:-** the effectiveness of structured teaching programme on knowledge & practice regarding breastfeeding and lactation management among primigravida mothers in experimental group and control group.

RESULT

Shows that analysis of pre test and post test knowledge score to find out the effectiveness of structured teaching programme knowledge & practice regarding breastfeeding and lactation management among primigravida mothers, Knowledge score according to scoring criteria before and after administering structured teaching programme. **In pretest**, maximum 47(78.33%) subjects are having average knowledge, 9(15%) subjects are having good knowledge and 4(6.67%) a subjects are having poor knowledge, 0(0%) subjects are having excellent knowledge. **In post test**, maximum 31 (51.67%) subjects are having good knowledge, 27(45%) subjects are having excellent knowledge, 2(3.33%) subjects are having average knowledge and 0(0%) subject are having poor knowledge. depict the interpretation of effectiveness of structured teaching programme the In paired t test the calculated value for paired t test is 23.35 and tabulated value for degree of freedom 59 at P value 0.01 as 2.66. as calculated value is greater than tabulated value, so structured teaching programme is highly significant.

H1: In paired t test, the calculated value is greater than tabulated value. So Research hypothesis 1 is accepted.

Depicts that pre test has not significant association between the level of knowledge score of the subject and their age. The hypothesis is rejected accepted

CONCLUSION

After the detailed analysis, this study leads to following conclusion that is effective for primigravida mothers.

RECOMMENDATIONS

1. The study may be replicated with randomization in selection of a large sample.
2. Nurse researcher can do studies related to other type of alternative therapies in promoting breast milk secretion.
3. A study can be conducted by including more number of variables and at different geographic locations.
4. The study can be conducted to compare the amount of breast milk secretion among postnatal mothers in experimental group and control group in government medical hospital ambikapur c.g.

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