

# Effectiveness of Structured Teaching Programme on Knowledge and Practice Regarding Breast Feeding Hygiene Among Primipara Mothers in Select Hospitals of Hosapete

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## ABSTRACT

**Background:** Giving birth and caring her baby is an unexplainable situation for a woman. The first year of life of the baby is crucial in laying the foundation of good health. At this time certain specific biological and psychological needs must be met to ensure the survival and healthy development of the child into a future adult. Breastfeeding is the ideal method suited for the psychological and physiological needs of the infant. It is the most appropriate method of feeding for infants in order to grow and develop.

**Aims:** The aim of the study was to investigate awareness and knowledge of Breast feeding among the primi-para mothers.

**Materials and Methods:** Study approach- This was an evaluative study and follow the examination plan as pre-exploratory, for example one gathering pre-test and post-test without control group. The population associated with this investigation was primi -para mothers in HSK Hospital and Research Center at Bagalkot. Tests primi -para mothers at HSK Hospital and Research center at Bagalkot. Sample size is 100 primi -para mothers were remembered for the investigation. Further information was gathered by organized shut finished information poll.

**Results:**

### Section I

- Majority of subjects (63.3%) were belonged to 18 to 25 years

- Most of them (41.7%) belong to Hindu.
- Most of them (41.7%) had primary education
- Most of them (45.0%) were house wife
- Most of them (53.3%) had income less than Rs.2000/-
- Most of them (60%) were nuclear family
- Majority of them (53.3%) were in rural
- In source of information, most of them got information from health personnel (31.7%) and family members / relatives (31.7%)

### Section II

- The pre-test and post-test knowledge scores of subjects ranged between 5-16 and 22-29 respectively.
- The mean pre-test knowledge score was 9.1 and mean post-test knowledge was 24.5 with mean difference 15.4. The mean post-test knowledge score was found to be significantly higher than mean pre-test knowledge score at 0.05 level of significance. ( $t_{59} = 1.96$   $P < 0.05$ )
- The study revealed that there was association between pre-test knowledge score with selected demographic variables like age, education, occupation, income and source of information

**Conclusion:** The main conclusion drawn from this present study was that the knowledge of primi gravida mothers were below average knowledge in pre-test. Primigravida mothers were above average knowledge after the administration of structured teaching

programme on knowledge of breastfeeding within one hour of birth in post test. So, it was clearly stated that to acquire maximum level of knowledge, effective structured teaching programme is essential.

**Key words:** Breast feeding hygiene, primipara mothers, effectiveness, structured teaching programme

## INTRODUCTION

New born Giving birth and caring her baby is an unexplainable situation for a woman. The first year of life of the baby is crucial in laying the foundation of good health. At this time certain specific biological and psychological needs must be met to ensure the survival and healthy development of the child into a future adult. Breastfeeding is the ideal method suited for the psychological and physiological needs of the infant. It is the most appropriate method of feeding for infants in order to grow and develop. In all ages and cultures, breast milk has been considered as an invaluable source of nutrition and the best way of feeding the infants with their mother's milk is breastfeeding<sup>1</sup>.

### **“A healthy child is a sure future” is one of the themes of WHO**

The newborn health challenge faced by India is more formidable than that experienced by any other country in the world. The newborn health is inevitably affected by the traditional care practices of the mothers causing high infant morbidity and mortality. India carries the highest share of neonatal deaths in the world and contributes around a quarter of neonatal deaths. Of the 26 million babies born in India, every year one million babies die before the age of one month<sup>1</sup>. The neonatal period (0-27 days) is the most vulnerable period for a newborn. It is therefore not surprising that in 2013, 2.8 million babies across the world died during this period. The 2.8 million neonatal deaths account for 44 per cent of all under-five deaths in children.

Breast milk contains white blood cells, and a number of anti-infective factors, which help to protect a baby against many infections. Breastfeeding protects babies against diarrheal and respiratory illness and also ear infections, meningitis and urinary tract infections<sup>11</sup>. The aim of this review is to enrich the health care professionals who will provide breastfeeding education with foresight, by analysing the trials about breastfeeding education, the methods used in these trials, the period of education and the results. Breast feeding is most important thing for all the mothers and newborn babies. It is unique experience to be cherished. All the neonates are absolutely dependent on their mother's milk for survival. In fact, by the end of the 19<sup>th</sup> century, virtually 100% non-breast fed babies were doomed to die because of infection. The rapid introduction of bottle feeding has been associated with huge increase of infant malnutrition during 20<sup>th</sup> century<sup>2</sup>.

A descriptive study was conducted to explore the knowledge, attitude and practices of breastfeeding among primipara mothers and factors that determine them in the Neonatal Division, Department of Paediatrics at a tertiary care hospital in South India. The data was collected from 100 postnatal mothers by trained interviewers using a structured proforma. In addition to demo-graphic data, mothers were also asked about their knowledge on and attitude towards breastfeeding and the practices they follow. The knowledge of the mothers was inadequate in areas of time of initiation of breastfeeding (92%), colostrum feeding

The World Health Organization (WHO), United Nations International Children's Emergency Fund and American Academy of Paediatrics propose that breastfeeding education encourages mothers to breastfeed and recommend that infants should be exclusively breastfed for the first 6 months of life to achieve optimal growth, development, and health, thereafter; infants

should receive complementary foods while continuing to be breastfed for up to 2 years<sup>3</sup>. The period from birth to 28 days of life is called neonatal period and infant in this period is termed as neonate or newborn baby. Newborn babies are very susceptible to infection. They are at risk for various health problems, even though they born with average birth weight. The morbidity and mortality rates in newborn infants are high and need optimal care for improved survival. Neonatal care is highly cost effective because saving life of a baby is associated with survival and productivity of the future adult. They constitute the foundation of the life, so essential newborn care is emphasized to reduce the neonatal illness and deaths by preventing neonatal problems like infections including septicemia, meningitis, umbilical sepsis and neonatal tetanus followed by birth asphyxia. Factors related to neonatal infection are lack of knowledge and practice of mother regarding antenatal care and postnatal care including newborn care<sup>4</sup>.

Despite all the educational programs that promote breastfeeding in the world, in practice, infants receive complementary foods in the first 6 months along breastfeeding<sup>4</sup>. According to The American National Immunization Survey data in 2010, 79.6% of women initiated breastfeeding and 47% breastfed to 6 months, but only 16% practiced exclusive breastfeeding to 6 months. Furthermore, low-income women had lower breastfeeding initiation rates, supplemented with formula earlier, and ceased breastfeeding earlier<sup>5</sup>. Demographic and health survey data from 35 countries found that the percentage of breastfed children was lower in urban areas<sup>5</sup>.

Breastfeeding is an art and skills which needs to be learnt and mastered. This skill is to be learnt and followed by mother not only to feed their infants but also to avoid breastfeeding complications. One of the important steps in breastfeeding technique is helping the baby to latch on the breast correctly. A good latch eliminates the

problem of sore nipples and proper breastfeeding reduces the chances of other breastfeeding complications. Some primiparous inexperienced mothers need some help and should be made aware about the importance of breastfeeding and its techniques during the antenatal period, so as to prevent complications in the later periods<sup>6</sup>.

**Aims:** The aims of the study are as follows:

1. To assess the pre-existing knowledge regarding importance of breast feeding among the primi para mothers
2. To evaluate the effectiveness of structured teaching programme on knowledge regarding on importance of breast feeding
3. To determine the association between post-test levels of knowledge scores regarding importance of breast feeding.

## **MATERIALS AND METHODS**

### **Study Design and Participants:**

A study STP was conducted in 2020. The convenient sample of 100 Prime para mothers among various hospitals in Hosapete were selected for the study. The primi para mothers are present at the time of data collection are included on the study.

### **Instruments:**

Initiation of breast-feeding knowledge questions were rated on multiple choice questions. A score of '1' mark was given for every correct response and '0' was given for incorrect response. The maximum possible score is 30.

### **Socio-Demographic Variables and Clinical Characteristics:**

The socio demographic data consists of information about breast feeding hygiene among primi para mothers. It consists of 8 items. It includes age, religion, educational status, occupation, family monthly income, type of family, residence source of information.

## RESULT

The study was begun with selection of 100 primi para mothers who are attending in selected hospitals in Hosapete. All the primi para mothers were screened for eligibility criteria. Researcher has allocated subject to study group and control group and divided the study subjects as two groups

### Part 1

Description of socio demographic characteristics of sample

It consists of 8 items. It includes age, religion, educational status, occupation,

family monthly income, type of family, residence source of information

## ACCORDING TO DEMOGRAPHIC CHARACTERISTICS

TABLE 1: DISTRIBUTION OF SUBJECTS ACCORDING TO AGE WISE

Variables	Frequency	Percentage
a) 18 - 25 years	38	63.3
b) 26 – 35 years	22	36.7
c) 36 and above	-	-

Majority of the subjects belong to the age group of 18 – 25 years (63.3%) than age group 26-35 years (36.7%). None of them belong to above 36 years.

Table 2: Level of pre-test knowledge of the primipara mothers regarding importance of breast-feeding N=100

Level of knowledge	Range of scores	Number of respondents	Percentage (%)
Very poor	00-07	00	00%
Poor	08-14	12	24%
Average	15-21	38	76%
Good	22-28	00	00%
Very good	29-34	00	00%
Total		50	100%

Table 3: Level of pre-test knowledge of primi para mother regarding importance of breast-feeding N=100

Level of knowledge	Range of scores	Number of respondents	Percentage (%)
Very poor	00-07	00	00%
Poor	08-14	12	24%
Average	15-21	38	76%
Good	22-28	00	00%
Very good	29-34	00	00%
Total		50	100%

## TESTING OF HYPOTHESIS

### 1) EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME IN TERMS OF COMPARING PRE-TEST AND POST-TEST KNOWLEDGE SCORES:

To find the significance of mean difference between pre-test knowledge scores of

subjects who exposed to structured teaching programme, the following full hypothesis was stated H01- There will be no significant difference between mean pre-test and post-test knowledge score of subjects at 0.05 level of significance.

The above hypothesis was tested by paired 'T' test.

Table:4

Sl No	Socio-demographic variables	Df	Chi-square value/Fisher value	Table value	'P' value	Significance of Association
1	Age	1	1.1162	3.84	0.290	NS
2	Educational status	1	0.6994 (F)	3.84	P<0.05	NS
3	Gender	1	2.2247	3.84	0.135	NS
4	Working area	1	0.0526 (F)	3.84	P<0.05	NS
5	Years of working Experience	1	0.9354	3.84	0.333	NS
6	Immunized against any infectious disease	1	3.5656	3.84	0.058	NS
7	Attended any educational program related to handling of occupational BBFs	1	0.8064	3.84	0.369	NS

**TABLE 5: CHI-SQUARE TEST SHOWING THE ASSOCIATION BETWEEN KNOWLEDGE ON INITIATION OF BREASTFEEDING WITHIN ONE HOUR OF BIRTH AND SELECTED DEMOGRAPHIC VARIABLES**

Variables	Knowledge score (pre) test		Significance	
	Below median No. (%)	Above median No. (%)	X <sup>2</sup> value	p value
1) Age (yrs)	a) 18-25 23 (60.5)	23 (15)	4.59 (Table Value 3.84)	<0.05 Sig
	b) 26-35	7(31.8)	15 (68.2)	
	c) 36 and above	-	-	-
2) Religion				
a) Hindu	15 (60.0)	10 (40.0)		
b) Muslim	8 (36.4)	14 (63.6)	2.72(Table value 7.81)	0.44 NS
c) Christians	6 (54.5)	5 (45.5)		
d) Others	1 (50.0)	1(50.0)		
4) Education	-	-	-	-
a) No.of formal education	-	-	-	-

## FINDINGS OF THE STUDY:

### Part I – Demographic proforma:

It consists of 8 items. It includes age, religion, educational status, occupation, family monthly income, type of family, residence source of information.

### Part II- Knowledge on initiation of breastfeeding:

This interview schedule consists of 30 items, that is further divided into 3 sections, section A, B, and C. Section A consists of 22 items, regarding basic concept of initiation of breast feeding and antenatal preparation, section B consists of 5 items regarding techniques of breast feeding and section C consists of 3 items regarding problems of breast feeding and its management.

### Development and Effectiveness of structured teaching programme in terms of comparing pretest and post-test knowledge score.

It includes meaning of breast feeding, initiation of breast feeding within one hour of birth, benefits of early feeding, colostrum, pre-lacteal feed and its complications, factors influencing early initiation of breast feeding, antenatal preparation for breast feeding, techniques of breast feeding, composition of breast milk, advantages of breast feeding and problems of breastfeeding and its management. It also consists of general objectives, specific objectives, teacher's activity, learners' activity and conclusion. The method of teaching was given by lecture cum

discussion and the total duration of teaching programme was 45, minutes.

## SUMMARY

This chapter deals with the Summary, conclusion, limitation, and recommendation of the study, further it includes implications for Nursing practice, Nursing education, Nursing administration and scope for Nursing research.

The present study was quasi experimental approach to evaluate the effectiveness of structured teaching programme on awareness of initiation of breast feeding within one hour of birth among primigravida mothers in selected hospital of Hosapete.

### Declaration by Authors

**Ethical Approval:** Approved

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**Conflict of Interest:** The authors declare no conflict of interest.

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