



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST FEEDING AMONG POSTNATAL MOTHERS IN MATERNITY HOSPITAL OF SKIMS SOURA KASHMIIR.

1Mehnaz, 2Dr Rajinder jeet kour Bajwa

1Phd scholar, 2Professor

1Himalayan university itanagar,

2Himalayan university itanagar

A study to assess the effectiveness of Structured teaching programme on knowledge regarding breast feeding among postnatal mothers in maternity hospital of skims soura kashmiir.

ABSTRACT: Background: Breast-feeding is good for new mothers as well as for their babies. The WHO recommends breastfeeding the baby exclusively (no water, formula, juice or solid food) for the first six months of life and then continuing to breastfeed until the second year of age or longer as mutually desired by both mother and child.

Aim: Evaluate the effectiveness of the STP on knowledge regarding breast feeding.

Methods and Materials: Quantitative research approach with Pre experimental research design was used. Non-Probability convenient sampling technique was used to select 50 postnatal mothers who delivered within 3 days of hospitalization in maternity hospital of skims soura kashmiir.

Structured Interview schedule was used to collect the data. Pretest was conducted following that structured teaching was given on breastfeeding and 7th day post test was conducted when they are coming for the follow up.

Results: Effectiveness of STP was analysed by using paired 't' test. Obtained t value ($t_{s(39, 0.05)} = 20.6864 > 2.02$) higher than the table value at 0.05 level of significance. Hence the research hypothesis is accepted. **Conclusion:** Present study shows that structured teaching programme is effective in improving level of knowledge.

KEYWORDS: Paired t test, Structured teaching programme, Breastfeeding.

INTRODUCTION: Breast milk is an ideal way of providing food for the health, growth and development of infant and it is also an integral part of the reproductive process with important implications for the health of mothers. Breast milk is the natural first food for the baby, it provide all the energy and nutrients that the infant needs for the first month of life, and it content to provide up to half or more of a child's nutritional need during the second half of the year and up to one third during the second year of life (WHO. 2000-2004)¹⁻⁵ Breast feeding promotes sensory and cognitive development and protects the infants against infection and chronic disease. Exclusive breast feeding reduces infant mortality due to common childhood illness such as diarrrhea and pneumonia and helps for a quiker recovery during illness (kraner Metal, 2001). Breast feeding contributes to the health and well-being of mothers, it helps to space children, reduces the risk of ovarian cancer and breast cancer, increases family and national resources is a secure way of feeding and is safe for the environment (WHO, 2000-2004. a report on nutrition)⁶

While breast feeding is a natural act, it is also a learned behaviour. An extensive study has demonstrated that mother and other care givers require active support for establishing and sustaining appropriate breast feeding practices. Recent review has shown that on a population basis exclusive breast feeding for six month if the optional way of feeding infants. Thereafter infant should receive complimentary foods with continued breast feeding of to two years of age or beyond (WHO 2000- 2004 report card on exclusive breastfeeding). Breast feeding enhances mother-child bonding to make sure the baby is properly positioned at the breast and has latched on correctly, taking all the nipple and as much of the areola (colored part of the breast) as possible in to his mouth.

OBJECTIVES OF STUDY: 1. Assess the pre-test knowledge of postnatal mothers regarding breast feeding. 2. Assess the post-test knowledge of postnatal mothers regarding breast feeding. 3. Evaluate the effectiveness of the STP on knowledge regarding breast feeding.

HYPOTHESIS: H1: The mean post-test knowledge score of post-natal mothers regarding breast feeding is significantly higher than the mean pre test knowledge score

ASSUMPTIONS: 1. Proper Breast-feeding techniques will improve bonding. 2. The knowledge level of the post-natal mothers regarding breast-feeding will increase after the interventions.

INCLUSION CRITERIA: 1. Post-natal mothers delivered in maternity hospital of skims soura kashmir.

2. Post-natal mothers who are willing to participate in the study. 3. Post-natal mothers who delivered within 6 weeks

EXCLUSION CRITERIA: 1. Mothers who are developed Breast complications and nipple problems. 2. Mothers who are affected by anesthetic complications. 3. Mothers who are affected by systemic diseases.

METHODOLOGY: Quantitative research approach with Pre experimental research design was used. Non-Probability convenient sampling technique was used to select 50 postnatal mothers who delivered within 3 days of hospitalization in maternity hospital of skims soura kashmiir.

Structured teaching programme on breastfeeding is a independent variable and level of knowledge is a dependent variable. Structured Interview schedule was used to collect the data. Pretest was conducted following that structured teaching programme was given on breastfeeding and 7th day post test was conducted when they are coming for the follow up.

4. RESULTS

Table 1: Age wise distribution of participants (n=50)

Age in years	Frequency %age
16-20	23.5%
21-25	34.9%
26-30	29.9%
31-35	11.7%

Table 2: Education wise distribution of Participants %age (n=50)

Education	Frequency %age
Illiterate	13.9%
Primary	21.3%
Secondary	30.5%
Higher Secondary	26.3%
Graduate and above	above 8%

Table 3: Occupation wise distribution of Participants (n=50)

Occupation	Frequency %age
Housewife	62.8%
Employed	9.7%
Self-employed	15%
Others	12.5%

Table 4: Family wise distribution of Participants (n=50)

Type of family	Frequency distribution
Small	19.1%
Nuclear	56.3%
Joint	24.6%

Table 5: Income wise distribution of Participants (n=50)

Monthly income (in Rs)	Frequency Distribution
<10,000	31.6%
10,000-30,000	50.4%
>30,000	18%

Table 6: Effectiveness of structured teaching programme on prevention of breast feeding among post natal mothers.

Knowledge score	Mean	N	Standard deviation	't' value	'p' value	Significance
Pre test knowledge score	44.74	50	10.182	23.849	0.00	**
Post test knowledge score	74.50	50	7.149	23.849	0.00	**

**** =significant at 0.01 level**

*** = significant at 0.05 level**

NS = Not Significant

Table-6 show that t-value is 23.849 and there is a significant improvement in knowledge on promotion of breast feeding among postnatal mothers.

Table-7: Association of demographic variables with pre-test knowledge scores among postnatal Women regarding breast feeding .

Demographic variables	Chi-Square χ^2	'P' value
Age	27.652	0.00**
Educational status	50.00	0.00**
Occupation	0.092	0.955 (NS)
Type of Family	12.604	0.002**
Monthly Income	16.74	0.001**

NS= Not significant.

****=Significant at 0.01 level**

Table-7 show that there is significant association between pre test knowledge score of postnatal women on promotion of breast feeding and their selected demographic variables i.e., Age, Educational status, Type of Family and Monthly income whereas no significant association between pre test knowledge score of postnatal women on promotion of breast feeding and occupation is found. So H2 hypothesis is partially accepted

CONCLUSION: Study findings suggest that Structured Teaching Programme is one of the best teaching methods to increase the level of knowledge of the group.

REFERENCES:

1. Al Ketbi, M. I., Al Noman, S., Al Ali, A. et al. Knowledge, attitudes, and practices of breastfeeding among women visiting primary healthcare clinics on the island of Abu Dhabi, United Arab Emirates. *Int Breastfeed J* 13, 26 (2018). <https://doi.org/10.1186/s13006-018-0165-x>
2. Bala K, Sahni B, Bavoria S, Narangyal A. Knowledge, attitude, and breast-feeding practices of postnatal mothers in Jammu: A community hospital based cross sectional study. *J Family Med Prim Care* 2020; 9:3433-7
3. Bashir A, Mansoor S, Naikoo MY. Knowledge, attitude, and practices of postnatal mothers regarding breastfeeding: A crosssectional study. *Int J Med Sci Public Health* 2018;7(9):725-730.
4. Ekambaram, Maheswari and Bhat, Ballambattu and Padiyath, Asif. (2010). Knowledge, attitude and practice of breastfeeding among postnatal mothers. *Current Pediatric Research*. 14. 119-124.
5. Haricharan K R, Vardhan K, Naidu R. Knowledge, attitude and practise of breast feeding among postnatal mothers at rural tertiary hospital. *J Pediatr Res*. 2017;4(02):115-121. doi:10.17511/ IJPR.2017.02.04.
6. WHO, The World Health Organization's infant feeding recommendation. Global strategy on infant and young child feeding (pdf, 192kb) (WHA55 A55/15, paragraph 10)

