



“Assess The Effectiveness Of Clutch Hold Method Of Breast Feeding On Comfort Level Of Post Cesarean Mothers Admitted In Obstetrics Units Of Selected Hospital At Gorakhpur”

¹Mrs. Sumita Tripathi, ²Mrs. Mamta Rawat

¹Research Scholar, ²Associate Professor

¹Obstetrics and Gynecological Nursing,

¹Guru Shri Gorakshnath College of Nursing, Gorakhpur, India

Abstract: The study aimed to assess the effectiveness of clutch hold method among Postnatal cesarean mothers admitted in obstetrics units of selected hospital at Gorakhpur. A quantitative approach with a quasi-experimental non-randomized control group design was used. Sixty participants with Postnatal cesarean mothers (30 in the experimental group, 30 in the control group) were selected using a purposive sampling technique. Data collection involved a demographic proforma and the Likert scale to assess comfort levels before and after the intervention. The experimental group received Clutch hold method of breast feeding 3 days, while the control group received routine care. Data was analyzed using descriptive and inferential statistics. Findings showed a significant improvement in comfort level the experimental group after the clutch hold method of breastfeeding, with a mean post-test pain score of 36.83 (SD 737.96). The control group's comfort level remained largely unchanged (mean pre-test 13.6, post-test 14.6). A significant association was also found between post-test comfort level and selected demographic variables. The study concludes that clutch hold method of breastfeeding is an effective intervention for improving comfort level.

Index Terms - Assess, Effectiveness, clutch hold method cesarean section, postnatal mother, breastfeeding, comfort level, hospital.

I. INTRODUCTION

Pregnancy and childbirth are the most special experiences a woman can have. Although this process is a normal stage of life, it narrows the line between illness and health by affecting the mother physically and mentally. The postpartum period is a critical stage in the protection and development of the health of the mother, child and family, and also a critical time in family life of healing and psychosocial imbalances that coincide with these changes, causing great stress for the mother and family. Breast feeding is the birth right of every child. It is the most precious and the divine gift of God to mankind wherein every child born on earth sucks the mother's breast to obtain the required nutrition, apart from love, affection, and emotional bonding. Mother derives immense satisfaction after feeding the child. Maternal and infant care is essential to promote postpartum compliance, facilitate early initiation and maintenance of breastfeeding, facilitate mother-infant interaction, promote the healing process, avoid complications, and ensure postpartum comfort.

PROBLEM STATEMENT

A study to assess the effectiveness of clutch hold method of breast feeding on comfort level of post cesarean mothers admitted in obstetrics units of selected hospital at Gorakhpur.

OBJECTIVES:

- ❖ To assess the pretest score of comfort level among experimental and control group.
- ❖ To assess the post-test score of comfort level among experimental and control group.
- ❖ To compare the pretest and post-test of experimental and control group.
- ❖ To find out the effectiveness of clutch hold method in comfort level among sample.
- ❖ To find out the association between comfort level with selected demographic variables in experimental group.

II. RESEARCH METHODOLOGY

Research approach: A quantitative research approach is adopted to assess the effectiveness of clutch hold method of breastfeeding among post cesarean mothers.

Research design: A Quasi Experimental Non- randomized pretest -posttest design.

Research setting: The setting selected is Female District Hospital, Gorakhpur, UP based on feasibility, permission and availability of sample based on inclusion and exclusion criteria.

Population: The population consists of mothers with cesarean section those admitted in Female District Hospital, Gorakhpur.

Sample Size: In this study, the sample size consists of 60 postnatal mothers with cesarean section in Female District Hospital in which Experimental group consists of 30 subjects and Control group consist of 30 subjects.

Sampling technique: In the present study Purposive sampling technique.

CRITERIA FOR SELECTION OF SAMPLE:

Inclusion Criteria

- ❖ Sample consists of post caesarean mothers with the age group of 21 to 40 years
- ❖ Those who are willing to participate.
- ❖ Mothers who had delivered an alive baby.
- ❖ Mother who delivered 1st time by caesarean section.

Exclusion Criteria

- ❖ Mothers who are not willing to participate in study.
- ❖ Mothers who had major complications during or after surgery
- ❖ Mothers with acute psychiatric conditions
- ❖ Mothers who were not able to assume desired position due to some physical disability.
- ❖ Mother with inverted nipple and baby on top feeding .
- ❖ Baby in NICU
- ❖ Babies who were not to be directly fed from the breast due to-
 - Cleft lip & cleft palate
 - Birth weight < 1.5 kg
 - Tracheo esophageal fistula
 - Prematurity (<34 weeks)

III. TOOLS AND TECHNIQUES

Section A: It comprises of demographic variables including items such as Age, Educational status, Religion, Type of family, Occupation, Previous Knowledge on breastfeeding, Family history of LSCS, Practicing regular physical activity, Residence and Birth weight of baby:

Section B: Comfort assessment tool for caesarean mothers while breastfeeding (The Likert Scale) is a modified tool to assess the level of comfort while breastfeeding by asking a series of questions to the respondents.tool used to identify the comfort level of breastfeeding is Likert Scale.

INTERPRETATION OF SCORES

| | |
|------------------|-------|
| No comfort | 1-10 |
| little comfort | 11-20 |
| Mild comfort | 21-30 |
| Moderate comfort | 31-40 |
| High comfort | 41-50 |

CONTENT VALIDITY: A total 6 experts consisting of 1 Doctor– Gynecologist, 4 experts from department of nursing and 1 Statistician have validated tool.

RELIABILITY: Reliability of Likert Scale was done by the “Karl Pearson” correlation co-efficient formula represented by “r”. The calculated value for “r” is 0.97

DATA COLLECTION:

After obtaining formal ethical clearance from Chief Medical Superintendent of Female district hospital Gorakhpur, Uttar Pradesh. The data collection procedure was conducted. 60 sample of people were selected using purposive sampling technique. Then the comfort level of breastfeeding during pre-test and post-test was assessed using Likert Scale.

DATA ANALYSIS:

The collected data analysed in terms of objectives of the study using descriptive and inferential statistics. The descriptive statistics involves analysis of demographic data done by frequency and percentage, Pre-test and post-test scores were compared using mean and standard deviation. The inferential Paired t-test was used to evaluate the effectiveness of the clutch hold method among control and experimental group (pre-test vs. post-test). Chi-square test was used to determine the association between post-test comfort with selected demographic variables in experimental group.

IV. RESULTS AND DISCUSSION

SECTION I: Findings Related to Demographic Data:

- Among 60 samples, 46.66 % of samples (14 samples) were in the age group of 20-25 years, 26.67 % of samples (8 sample) were in the age group of 26-30 years, 26.67% of samples (8 sample) were in the age group of 31-35years and 0% of samples (0 sample) were in the age group of 36-40 years in control group. In experimental group, 43.33 % of samples (13 sample) were in the age group of 21-25 years, 33.33 % of samples (10 samples) were in the age group of 26-30 years, 10 % of samples (3 sample) were in the age group of 31-35years and 13.33% of samples (4 sample) were in the age group of 36-40 years.
- Among 60 samples, 10 % of samples (3 sample) were illiterate, 23.33% of samples (7 sample) had primary education, 33.33 % of samples (10 % sample) were high school, 30 % of samples (9 samples) had higher secondary education, and 3.33 % of samples (1 sample) were graduate and above in control group. In experimental group, 0% of samples (0 sample) were illiterate, 0% of samples (0 sample) had primary education, 30.00 % of samples (9 sample) were high school, 26.67 % of samples (8 samples) had higher secondary education, and 43.33% of samples (13 sample) were graduate and above.
- Among 60 samples, 93.33 % of samples (28 sample) were Hindu, 6.66% of samples (2 samples) were Muslim, 0% of samples (0 sample) were Christian, and 0% of samples (0 sample) belonged to other religion in Control group. In experimental group, 50 % of samples (15 samples) were Hindu, 43.33 % of samples (13 sample) were Muslim, 0% of samples (0 sample) were Christian, and 6.67 % of samples (2 sample) belonged to other religion.

- Among 60 samples, 46.66 % of samples (14 sample) were belong from nuclear family ,43.33 % of samples (13 samples) were belong from joint family, 2% of samples (10 sample) were belong from others in control group. In experimental group, 53 % of samples (16 sample) were belong from nuclear family ,47 % of samples (14 samples) were belong from joint family, 0% of samples (0 sample) were belong from others.
- Among 60 samples, 97% of samples (29 samples) were housewife, 3 % of samples (1 sample) were working women, in control group. In experimental group, 86.67 % of samples (26 samples) were housewife, 13.33 % of samples (4 sample) were working women.
- Among 60 samples, 60 % of samples (18 samples) were had previous knowledge on breastfeeding and 40 % of samples (12 samples) were not had previous knowledge on breastfeeding in control group. In experimental group, 80 % of samples (24 samples) were had previous knowledge on breastfeeding and 20 % of samples (6 samples) were not had previous knowledge on breastfeeding.
- Among 60 samples, 23.33% of samples (7 samples) were had Family history of LSCS and 76.66% of samples (23 samples) were not had Family history of LSCS in control group. In experimental group, 53.33% of samples (16 samples) were had Family history of LSCS and 46.66% of samples (14 samples) were not had Family history of LSCS in experimental group.
- Among 60 samples, 17 % of samples (5 samples) were practicing regular physical activity and 83% of samples (25 samples) were not practicing regular physical activity in control group. In experimental group, 13.33% of samples (4 samples) were practicing regular physical activity and 86.66% of samples (26 samples) were not practicing regular physical activity.
- Among 60 samples, 20 % of samples (6 samples) were rural and 80 % of samples (24 samples) were urban in control group. In experimental group, 63.33% of samples (19 samples) were belonged from rural area and 36.67 % of samples (11 samples) were belonged from urban area.
- Among 60 samples, 56.66 % of (17 samples) babies were had 2.5-2.9 kg , 43.33% of (13 sample) babies were had 3.0-3.4 kg , 0% babies were had 3.5 – 3.9 kg and 0% of (0 samples) babies were had more than 3.9 kg .In experimental group, indicates that 53.33 % of samples (16 samples) babies were had 2.5-2.9 kg ,40% of (12 sample) babies were had 3.0-3.4 kg , 6.66% (2 sample)babies were had 3.5 – 3.9 kg and 0% (0 samples) babies were had more than 3.9 kg .

SECTION II: Findings Related To Clutch Hold Method.

SECTION II Pre-test score of comfort level among experimental and control group

Among 60 samples, , 6.66% of sample (2 sample) were extremely dissatisfied , 93.33 % (28 Samples) were dissatisfied 0% (0 sample) were neither satisfied nor dissatisfied ,0% (0 sample) were satisfied 0% (0 sample) extremely satisfied in pre-test control group .In pre-test experimental group ,0% (0 sample) were extremely dissatisfied , 30 % (30 Samples) were dissatisfied 0% (0 sample) were neither satisfied nor dissatisfied ,0% (0 sample) were satisfied 0% (0 sample) extremely satisfied in pre-test control group and the mean value Of 13.6 in control group and 12.63 in experimental group ..

SECTION III. Post-test score of comfort level among experimental group and control group

Among 60 samples, 0 % of sample (0 sample) were extremely dissatisfied , 98.33 % (28 Samples) were dissatisfied 7% (2 sample) were neither satisfied nor dissatisfied ,0% (0 sample) were satisfied 0% (0 sample) extremely satisfied in pre-test control group .In pre-test experimental group ,0% (0 sample) were extremely dissatisfied , 0% (0 samples) were dissatisfied 27 % (8 sample) were neither satisfied nor dissatisfied , 33.33% (10 sample) were satisfied 40% (12 sample) extremely satisfied in pre-test control group and the mean value of 14.6 in control group and 36.83 in experimental group .

SECTION IV. Compare the pre-test and post-test of experimental and control group

Among 60 postnatal mother, In pre and post-test of control group, mean value is 13.6 and 14.6, which shows less statistically significant mean difference of 1 mean value in pre and post-test of experimental group is 12.63 and 36.86, which shows high statistically significant mean difference of 24.27. Research Hypothesis H1 is accepted.

Further, since the mean score of experimental group (24.2) is higher than that of the control group (1), it is evident that the Clutch hold method was more effective among experimental group compared to control group.

SECTION V. Effectiveness of clutch hold method in comfort level among sample.

Controlled group N =30

Experimental group N= 30

| S.No | Parameters | Control group | Experimental group |
|------|--------------------|---------------------------|---------------------------|
| 1. | Mean (\bar{D}) | 1 | 24.2 |
| 2. | SD | 20.183 | 737.96 |
| 3. | t - value | 5.3884 | 5.4499 |
| 4. | df | 29 ($t_{0.05} = 16.99$) | 29 ($t_{0.05} = 16.99$) |
| 5. | Inference | Significant | Significant |

Paired “t” test was used to find out the effectiveness of clutch hold method of breastfeeding.

-EXPERIMENTAL GROUP-The calculated “t” value for experimental group is 5.4499, at 0.05 level AND inference is significant.

-CONTROL GROUP- The calculated “t” value for control group is 5.3884, at 0.05 level and inference is significant.

SECTION VI. Association between comfort level with selected demographic variables in experimental group.

Experimental group N= 30

| S.No. | Demographic variable | Chi square | Degree of freedom | P-Value | Inference |
|-------|--------------------------------------|------------|-------------------|---------|-------------|
| 3 | Religion | 119.54 | 12 | 21.03* | Significant |
| 6 | Previous knowledge on breastfeeding: | 18.01 | 4 | 9.49* | Significant |
| 8 | Practicing regular physical activity | 12.13 | 4 | 9.49* | Significant |

The above table shows that a significant association was found between the post-test score and three demographic variables: Religion, Previous knowledge on breastfeeding, Practicing regular physical activity. For these variables, the obtained chi-square values were higher than the corresponding table values at the respective degrees of freedom, indicating statistical significance at $P < 0.05$. This implies that mothers post-test comfort level varied significantly based on their religion, previous knowledge on breastfeeding, practicing regular physical activity.

CONCLUSION: The present study was aimed to assess the effectiveness of clutch hold method among postnatal cesarean mothers in selected hospital at Gorakhpur. The clutch hold method was explained by Self-module to mother who underwent cesarean section delivery in experimental group. Hence, it was concluded that the clutch hold method was effective in comfort level of physiological variables.

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