



ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME (STP) REGARDING EXCLUSIVE BREASTFEEDING (EBF) IN TERMS OF KNOWLEDGE AMONG LACTATING MOTHERS AT TEHSIL BALH, DISTT. MANDI (H.P)

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ABSTRACT

Exclusive breastfeeding has a unique biological and emotional influence on the health of both mothers and infants. It is further more an important determinant of infant health in the prevention of malnutrition and infection. The inappropriate feeding practice may be contribute to the increase in the prevalence of stunting during the first 18months of life. Aims and objectives: The study aim to assess the effectiveness of structured teaching programme (STP) regarding Exclusive breastfeeding among

lactating mothers, to assess the knowledge regarding breastfeeding among lactating mother and to determine the relationship between knowledge regarding Exclusive breastfeeding with their selected demographic variables. Methodology: Pre -experimental pre-test and post-test research design was used to collect data from lactating mothers. Total 60 mothers were enrolled into the study by using purposive sampling technique. The structured knowledge questionnaire used to assess the knowledge regarding exclusive breastfeeding before and after structured teaching programme. Result: The mean percent knowledge was 78.42 and has a

difference observed was 36.58 after structured teaching program. It was found there is no significance association between knowledge regarding exclusive breastfeeding with their demographic variables. Conclusion: It was concluded that structured teaching programme regarding exclusive breastfeeding increasing the knowledge of mothers. This knowledge will help them to improve the practice of exclusive breastfeeding.

Key words: Exclusive breastfeeding, Structured teaching programme, Lactating mothers.

INTRODUCTION

“Breast feeding is a mother’s gift to herself, her baby and the earth”¹

Pamela k.wiggins

Exclusive Breastfeeding is the feeding of an infant or young child with breast milk directly from female human breasts rather than using infant formula from a baby bottle or other container. Babies have a sucking reflex that enables them to suck and swallow milk. Experts recommend that children be breastfed within one hour of birth, exclusively breastfed for the first 6 months, and then breastfed until age two with age- appropriate, nutritionally adequate and safe complementary foods.²

Exclusive Breastfeeding is the first fundamental right of the child..³

. If you exclusively nurse your baby you will not need to why formula bottles and splic. Breastfeeding also helps keep your child healthy hair which can lover medical cost and reduce the amount of work you miss to care for a sick baby.

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The benefits of Exclusive breastfeeding have been well recognized. Education and promotion of breastfeeding have become a public health focus worldwide.⁵

More than 2.4 million child deaths occur in India each year and two thirds of these deaths are related to inappropriate infant feeding practices. In India, the National Family Health Survey -3 (NFHS III Survey, 2005-2006) reveals that only 46 percent children in the age group 0-6 months are exclusively breastfeed.⁶

The main cause of infant mortality in India is diarrheal diseases and infection. The only remedy for this problem is promotion of exclusive breastfeeding for 6 months. United Nations News Centre on August 1st 2011, quoted that Breastfeeding is directly linked to reducing the death toll of children under five, yet only 36 % of infants below the age of six months in developing countries are exclusively breastfed, according to the UN Children’s Fund. No other preventive intervention is more cost effective in reducing the number of children who die before reaching their fifth birthdays.⁷

OBJECTIVES

- 1>To assess the knowledge regarding exclusive breastfeeding among lactating mothers.
- 2>To assess the effectiveness of structured teaching program among lactating mothers regarding exclusive breastfeeding

HYPOTHESES

H₁. There will be significant difference between the mean pre-test score and post-test knowledge score among lactating mothers after administrating STP.

H₂- There will be significant relationship between pre-test and post-test knowledge score

after administrating STP.

H₃. There will be significant association between knowledge regarding exclusive breast feeding among lactating mothers with their selected demographic variables.

ASSUMPTION

Lactating mothers may possess less knowledge regarding exclusive breastfeeding.

DELIMITATIONS

-The study was delimited to lactating mothers of Teh. Balh Distt. Mandi (H.P)

METHODOLOGY

RESEARCH APPROACH

'Quantitative research approach' was considered to be the most appropriate to collect data related to knowledge among lactating mothers.

REASEARCH DESIGN

Research design: pre experimental pre-test post-test group research design

VARIABLE

Independent variable-planned teaching programme

Dependent variable- knowledge of lactating mothers **SETTING**

The setting of the study was in MCH Centre of SLBSMC Nerchowk Mandi (H.P.)

POPULATION

Population: 60 Lactating Mothers

Target Population: Lactating mothers

Accessible Population: 60 Lactating Mothers

SAMPLE AND SAMPLING TECHNIQUE

The sample of present study comprised of lactating mothers in selected area .In this study sampling technique used was Purposive sampling technique.

Inclusion criteria:

The study included lactating mothers who were:

- 1>Feeding their infants up to one year of age.
- 2>Visit in SLBSMC Nerchowk Mandi (HP)
- 3>Available at the time of data collection and understand Hindi and English

Exclusion criteria:

The study excluded lactating mothers who were:

- 1>Illiterate.
- 2>Affected with any disease. Symptoms of corona virus. Participated in same type of study

SAMPLE SIZE

Total numbers of enrolled lactating mothers in the selected area were 60.

TOOLS AND TECHNIQUES

Demographic variables- Self report and paper and pencil method.

Structured knowledge questionnaires- Self report and paper and pencil method.

DESCRIPTION OF TOOL

Data collection tools were divided onto two sections in order to obtain data.

Section-A Selected demographic variables

among lactating mothers. Section-B Structured knowledge questionnaires of exclusive breastfeeding. Each correct answer was awarded a score of '1' and each wrong answer was awarded '0' score. Thus minimum score was '0' and maximum score was '20' Total 20 items Categorization of knowledge score among lactating mothers regarding exclusive breastfeeding

SR.NO	LEVEL OF KNOWLEDGE	PERCENTAGE RANGE	OF SCORE
1	Adequate	75%-100%	15-20
2	Moderate	50%-75%	8-14
3	Inadequate	25%-50%	0-7

VALIDATION OF TOOL

To ensure the content validity of the tool it was given to seven experts. There are 6 Assistant Professors and 1 HOD.

TRY OUT

Try out was conducted in the month of September 2021 in Distt.-Mandi (H.P.) to find out the feasibility of conducting the study and to decide the plan of statistical analysis 3 lactating mothers were selected by purposive sampling technique

ETHICAL CONSIDERATION

Ethical approval was taken from the institutional ethical committee for final study. Informed consent was taken from study participants regarding their willingness to participate in the research project .

PILOT STUDY

Formal approval was taken from the CHC Ratti Mandi (HP) for conducting pilot study was on 29/09/2021

FINAL DATA COLLECTION PROCEDURE.

Formal permission for the final data collection of the study was obtained. The study was conducted from 4/10/2021 to 9/10/2021 MCH center Nerchowk Mandi (HP).

COVID-19 safety measures followed:

1. The safety measures are followed before procedure:
2. Social distancing is maintained during procedure of data collection.
3. Chairs are placed at proper distance for session.
4. Proper Sanitation was done prior the procedure of data collection.
5. We ensured that all mothers wear the mask properly. No mothers are included in the research procedure those are without mask.

The data was collected from 4/10/2021 to 9/10/2021, before the data collection the investigator spent about two day to know the area and to get acquainted from 1st -2nd October 2021 with the staff members in the area.. Ttotal mother visited were 60 and we took 60 lactating mothers who meet with our inclusion criteria for research study and we exclude those mothers who meet exclusion criteria Firstly researcher A took consent of mother about COVID -19 measures. Researcher B gave pre -test to the lactating mother. It took 10 minutes. After the completion of the pre-test, the researcher C explain the definition, types of breast milk, advantages, positions and issues of breast feeding with the

help of PPT, Flashcard, posters to the lactating mothers. Teaching was completed in 30 minutes. For the evaluation of lactating mothers regarding structured teaching programme on breast feeding, the researcher D conduct post- test after 7 days and it took 10 minutes. At the end of data collection we thanks to mother

Table No: .1 Frequency and percentage Distribution of Demographic variables regarding exclusive breastfeeding in term of knowledge among lactating mothers.



N=60

SR. NO.	VARIABLES	PERCENTAGE%	FREQUENCY
1.	Age		
	a) 18-21 Years	10	6
	b) 22-25 Years	38.3	23
	c) 26-29 Years	45	27
	d) >30 Years	6.7	4
2.	Religion		
	a) Hindu	83.3	50
	c) Muslim	5	3
	d) Sikh	10	6
	e) Other	1.7	1
3.	Types of family		
	a) Joint family	58.3	35
	b) Nuclear family	40	24
	c) Extended family	1.7	1
4.	Area of residence		
	a) Rural	45	27
	b) Urban	40	24
	c) Semi urban	15	9
5.	Mother's education status		
	a) Primary	10	6
	b) Secondary	18.3	11
6.	Mother's occupation		
	a) Student	-	-
	b) Private employee	26.7	16
	c) Self employee	10	6
	d) Government Employee	3.3	2
	e) labour	1.7	1
	f) Housewife	58.3	35
7	Family monthly income		
	a) Rs. 5000-Rs.10000	14	23.3
	b) Rs. 10000-Rs.15000	12	20
	c) Rs. 15000-Rs. 20000	27	45
	d) >Rs. 20000	7	11.7
8	Number of kids do you have		
	1	51.7	31
	2	40	24
	3	8.3	5

9	Previous Knowledge Regarding Breastfeeding		
	Yes	93.3	56
	No	6.7	4
10	Source of knowledge		
	Friends	16.7	10
	Relatives	41.7	25
	Health care workers	41.6	25

regarding exclusive breastfeeding

Table No: 2. The frequency and percentage distribution of post-test score regarding lactating mothers in term of knowledge

N=60

Score Level (N= 60)	POSTTEST f (%)
Inadequate knowledge.(0-7)	-
Moderate knowledge.(8-14)	11(18.3%)
Adequate knowledge.(15-20)	49(81.7%)

regarding exclusive breastfeeding among lactating mothers.

Table No: 3 Mean, SD, Median, range and Mean% knowledge score of post-test

N= 60

Descriptive Statistics	Mean	S.D.	Median	Maximum	Minimum	Range	Mean %
POSTTEST KNOWLEDGE	15.68	1.43	16	19	13	6	78.40

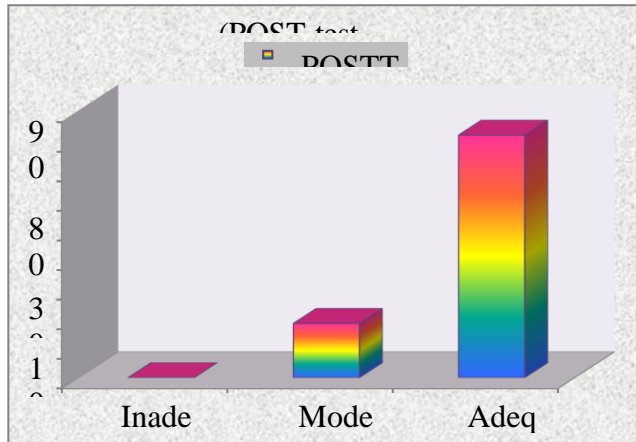
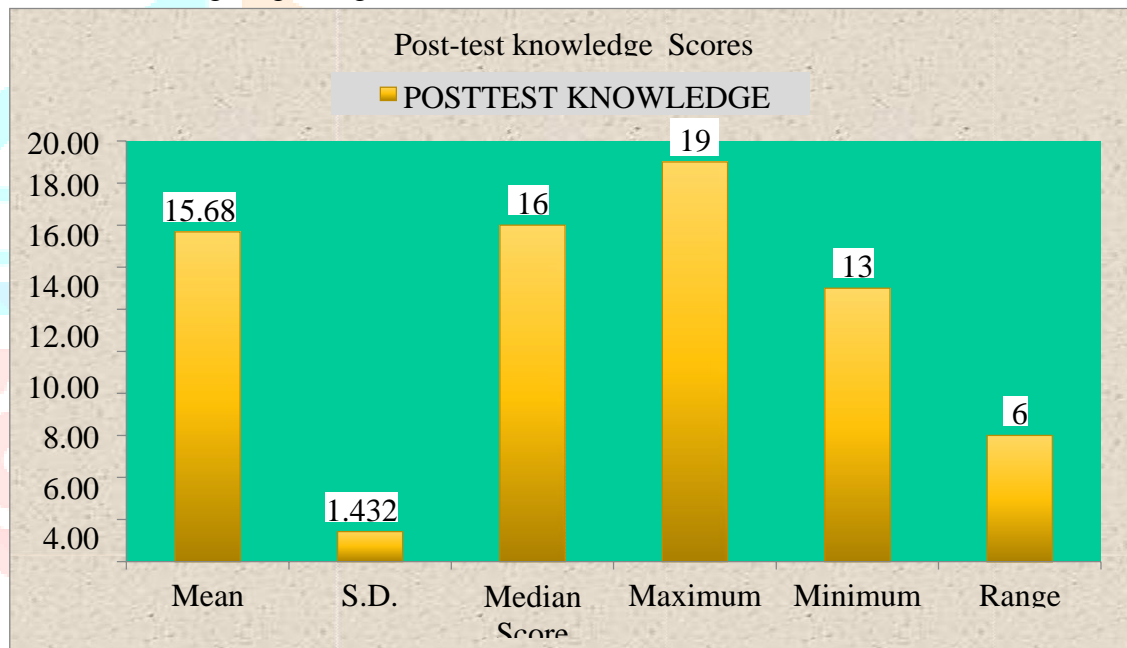


Figure No: 1 Bar graph shows the frequency and percentage distribution of lactating mothers in term knowledge regarding

Inadequate knowledge.(0-7)	22(36.7%)
Moderate knowledge.(8-14)	38(63.3%)
Adequate knowledge.(15-20)	-

The data presented in table 4 showed the pre-test 22(36.7%) had inadequate knowledge, 38(63.3%) had moderate knowledge and in post-test 11(18.3%) had moderate knowledge and 49(81.7%) mothers had adequate knowledge.



exclusive breastfeeding.

Figure No: 2 Bar graph shows the Mean, SD, Median score regarding exclusive breastfeeding among lactating mothers.

Table No:4.Frequency and percentage distribution of pre-test and post-test knowledge score regarding exclusive breastfeeding among lactating mothers. N=60

Score Level	PRE-TEST f(%)	POST-TEST f(%)
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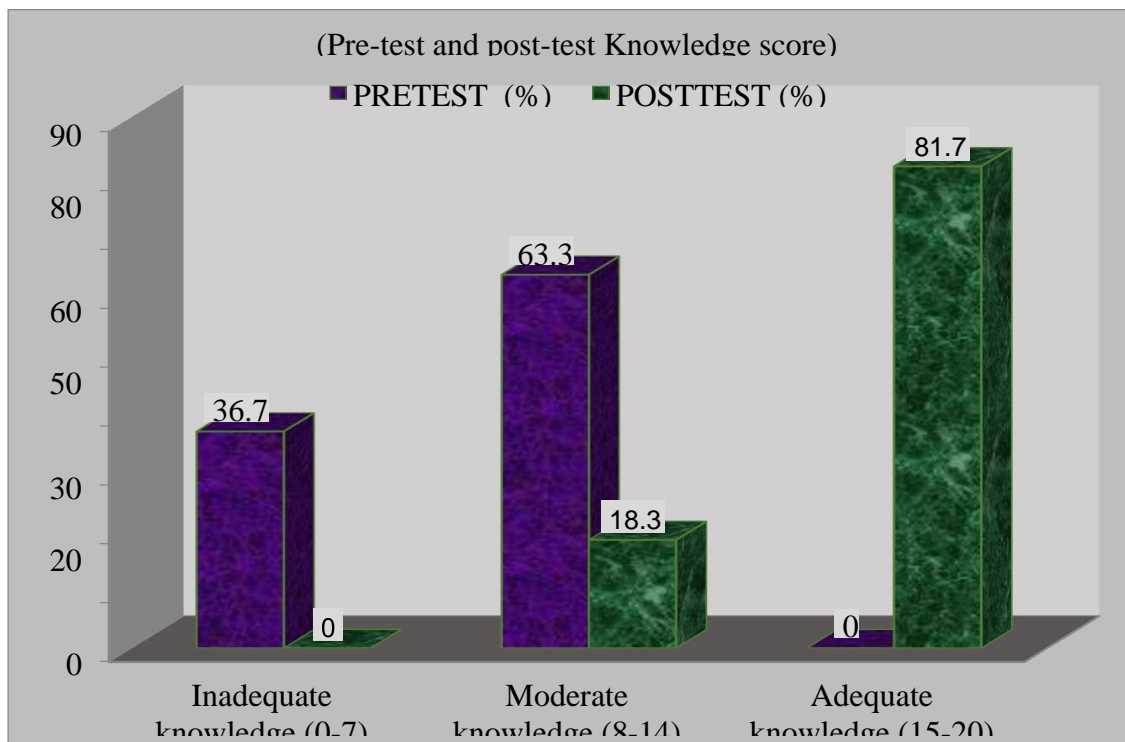


Figure No: 3 Bar graph shows the frequency and percentage distribution of pre- test and post-test knowledge score

Level of knowledge	Mean±S.D.	Mean%	Range	Mean Diff.	Pairet-t Test	P value
PRETEST KNOWLEDGE	8.37±2.115	41.80	4-13			
POSTTEST KNOWLEDGE	15.68±1.432	78.40	13-19	7.31	21.37	<0.001*

* Significant level ($p \geq 0.005$)

$p \leq 0.05$

't' (199)= 1.98

Table No:5 Mean, SD, Mean%, Range, Mean difference of Pre-test and Post-test

Scores knowledge scores regarding breastfeeding among lactating mothers. N=60

The post-test knowledge score of lactating mothers Mean SD was 15.68±1.432. Further finding revealed that computed 't' value in post-test was significantly higher than pre-test

DISCUSSION

The data showed that (51.7%) have number of children 1, (40.0%) have 2, (8.3%) have number of children 3. Lactating mothers having previous knowledge regarding breastfeeding are (93.3%) and have no knowledge (6.7%). About (41.7%) mothers source of knowledge were relative and (35%) health care worker and (16.7%) were friends.

These findings were consistent with study conducted by Meenu, Monu Choudhary, Rtitika, and Sandhya to assess the effectiveness of structured teaching programme on knowledge regarding exclusive breastfeeding among primi antenatal mothers in GIMS Hospital Greater NOIDA.

Finding of the study showed that the 43.3% family belongs to joint family, 13.3% families had monthly income >20000 Rs. ^[8]

These findings were consistent with study conducted by Ravikant Sharma and Vinod Kumar Yaduvanshi in Kalpna nursing home at Udaipur, Rajasthan. Pre experimental study the assess the effectiveness of structured teaching programme on level of knowledge regarding breastfeeding among the mothers. ^[9]

CONCLUSION

The study concluded that structured teaching programme was effective and had impact on lactating mothers regarding exclusive breastfeeding .This knowledge will help them to improve the practice of exclusive breastfeeding.

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