



A Study To Assess The Effectiveness Of Video Assisted Teaching Upon Knowledge And Practice Of Lactation Among Primi Mother In SMVMCH At Puducherry

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Abstract: Breastfeeding is one of the most effective ways to ensure a child health and survival. UNICEF and WHO recommends exclusive breastfeeding for the first six months of life, starting within an hour of birth. Following simple techniques like proper positions, latching up and burping up the baby will easily resolve minor problem. **Objectives:** The objective of the study to assess the effectiveness of Video Assisted teaching upon knowledge and practice of lactation among primi mother in SMVMCH at Puducherry. **Methodology:** The research approach adopted for the present study is a quantitative approach. The target population for the study consist of all the primi mothers The sample size consists of 100 primi mothers who meet the inclusion criteria. A convenient sampling technique was selected for the present study. **Result:** The overall score of 73% of primi mother had adequate knowledge. In level of lactation practice majority of 62% of primi mothers had good lactation practice 38% of primi mothers had average practice on lactation. **Conclusion:** It has been concluded that video assisted teaching upon knowledge and practice of lactation among primi mother was very effective. It also recommended that all primi mother should gain knowledge regarding breastfeeding and care of infants during the time period of pregnancy

Keywords - breastfeeding, mothers, lactation, knowledge, practice, primi mothers

1.INTRODUCTION:

Breastfeeding is one of the most effective ways to ensure a child health and survival. According to the UNICEF and WHO exclusive breastfeeding for the first six months of life, starting within an hour of birth. Breastfeeding to be continued without any other food for the first six months. Breastfeeding promotes the child sensory and cognitive development. It also protects babies against infectious and chronic diseases. Breastmilk is the ideal food for infants. It contains antibodies that help protect against many common childhood illnesses. Breastmilk provides all the energy and nutrients that the infant needs.

Breastfeeding is a skill that you and your baby need to learn together. It may take you both a while to get the hang of it. If you are finding breastfeeding painful or your baby does not seem to be satisfied after feeds, they may not be latching onto the breast properly. During pregnancy and after the birth it is important to discuss with women the importance of exclusive breastfeeding for six months. Try to include the partner or other family members and communicate to them all about the benefits of breastfeeding for the mother and baby, the process of breastfeeding and when and how long to feed for.

Most of primi mothers don't know the correct technique for breastfeeding. This will lead to many unnoticed and biased problems in babies and lactating mothers. Some of the minor problems like flat nipples, inverted nipples, breast engorgement, swelling, sore nipples or not enough milk. Following simple techniques can easily resolve this problem like proper positions, latching up and burping up the baby.

Many studies have shown a positive result in breastfeeding practices among primi mothers. Before the baby is born, attending classes, reading books, and watching videos that demonstrate breastfeeding techniques will help the mothers in promoting breastfeeding practice.

2.OBJECTIVES OF THE STUDY:

1. To assess the level of knowledge on lactation before and after video assisted teaching among primi mothers
2. To assess the practice on lactation before and after video assisted teaching among primi mothers
3. To determine the effectiveness of video assisted teaching among primi mothers
4. To determine the association between selected demographic variables before video assisted teaching among primi mothers

3.MATERIAL AND METHODS:

Research approach:

The research approach adopted for the present study is a quantitative approach.

Research Design:

A descriptive research design is used to assess the level of knowledge and practice on lactation among primi mothers

Setting of the study:

The study was conducted at Sri Manakula Vinayagar Medical College and Hospital in Puducherry

Population:

The target population for the study consist of all the primi mothers

Sample and sample size:

The sample size consists of 100 primi mothers who meet the inclusion criteria.

Sampling technique:

A convenient sampling technique was selected for the present study.

Inclusion criteria

1. Primi lactating mothers who are with their babies
2. Those women who are willing to participate in the study
3. Those who are available at the time of data collection

Description of the tool:

Section A: Demographic and obstetrics variables of primi mothers

Section B: Knowledge questionnaire on lactation

Section C: Observational checklist to assess the practice of lactation

Section A: The demographic variable proforma consists of age, religion, educational status, type of family, area of residence, type of employment, monthly income, gestational age of the newborn at birth, mode of delivery, birthweight of the baby, birthweight of the baby and initiation of breastfeeding after delivery

Section B: The knowledge questionnaire is used to assess the level of knowledge of primi mothers before and after video assisted teaching which was collected by the researcher through an interview schedule. The scoring was given based on observation by the investigator during the procedure. The responses will be scored from inadequate knowledge, moderate knowledge and adequate knowledge.

Section C: The observational checklist was used to assess the lactation practice of primi mothers before and after video assisted teaching which was collected by the researcher through an interview schedule. The responses will be scored from poor , average and good.

4. ANALYSIS AND INTERPRETATION:

The analysis was carried out using descriptive statistics and inferential statistics. The association between the demographic variables and obstetric variables were analyzed with the help of chi-square test

Table 1 : Frequency and Percentage Distribution of Level of knowledge on lactation before and after Video assisted teaching among primi mothers

S.No	Level of knowledge	Before Video assisted teaching		After Video assisted teaching	
		N	%	N	%
1.	Inadequate	38	38%	0	0%
2.	Moderate	52	52%	27	27%
3.	Adequate	10	10%	73	73%

The above table reveals that before video assisted teaching 38% of primi mothers had Inadequate knowledge , 52% of primi mothers had Moderate knowledge and 10% of primi mothers had adequate knowledge regarding lactation. After video assisted teaching, majority of 73% of primi mother had adequate knowledge and 27% of mother having moderate knowledge on lactation.

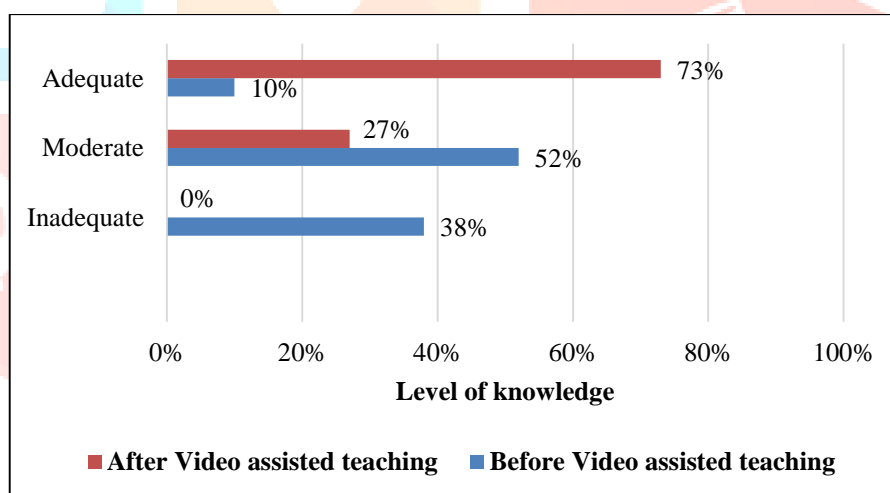


Figure:1 It shows the Level of knowledge on lactation before and after Video assisted teaching among primi mothers

Table 2: Frequency and Percentage Distribution of practice on lactation before and after Video assisted teaching among primi mothers

S.No	Level of Practice	Before Video assisted teaching		After Video assisted teaching	
		N	%	N	%
1.	Poor	52	52%	0	0%
2.	Average	38	38%	38	38%
3.	Good	10	10%	62	62%

The above table reveals that before video assisted teaching 52% of primi mothers had poor lactation practice, 32% of primi mothers had average lactation practice and 10% of primi mothers had good practice on lactation. After video assisted teaching, majority of 62% of primi mothers had good lactation practice and 38% of primi mothers had average practice on lactation.

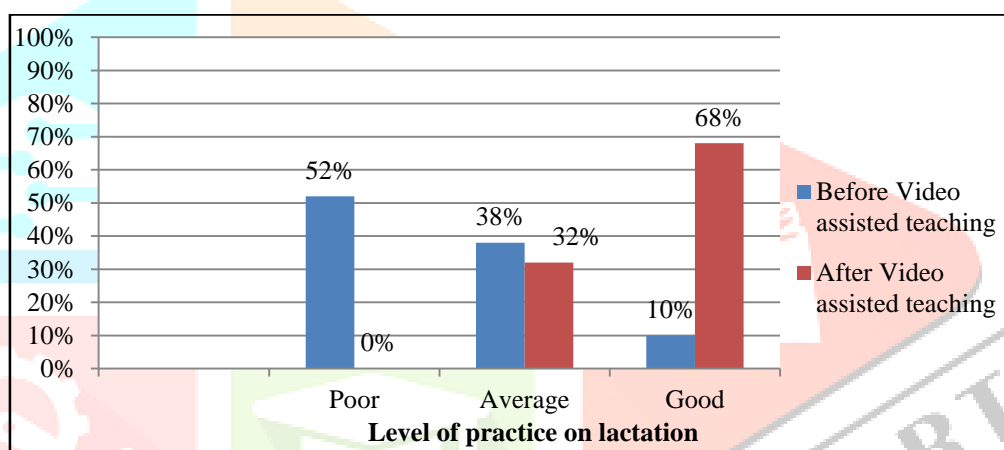


Figure:2 It shows the Level of practice on lactation before and after Video assisted teaching among primi mothers

Table 3: Association between selected demographic variables after video assisted teaching

Demographic variables	Knowledge After video assisted teaching			Practice After video assisted teaching		
	Above mean	Upto mean	X ²	Above mean	Upto mean	X ²
Age						
<30 years	33	45	2.35 (df=1)	56	42	0.1 (df=1)
>30 years	4	18		0	0	
Educational status						
Illiterate	14	16	3.42 (df=1)	18	12	1.08 (df=1)
Literate	30	40		36	34	
Type of family						
Nuclear	39	39	0.07 (df=1)	27	54	3.65 (df=1)
Joint	10	12		12	7	
Employment						
Employed	12	21	3.39 (df=1)	12	9	2.35 (df=1)
Unemployed	30	27		42	37	

The above reveals tables that there is no significant association between age, educational status, employment and type of family in after video assisted teaching in level of knowledge and practice of lactation among primi mothers.

5.DISCUSSION AND CONCLUSION

The major finding of the study reveals that after video assisted teaching majority of 73% of primi mother had adequate knowledge. In level of lactation practice majority of 62% of primi mothers had good lactation practice 38% of primi mothers had average practice on lactation. There is no significant association between selected demographic variables after video assisted teaching.

It has been concluded that video assisted teaching upon knowledge and practice of lactation among primi mother was very effective. It also recommended that all primi mother should gain knowledge regarding breastfeeding and care of infants during the time period of pregnancy.

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