

A Study to Assess the Effectiveness of Structured Teaching Program on Advantages of Breast Feeding among Primi Mother in Selected Rural Area at Gwalior

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ABSTRACT

The present study was a pre experimental study conducted to assess the effectiveness of structured teaching program on advantages of breast feeding among the primi mothers in a selected rural area at Gwalior. In order to achieve the objectives a one group pre test post test design was used with quantitative approach. Setting of the study was at selected rural areas of Gwalior. The selection of the sample was non probable purposive sampling technique. The sample size of the study was 60. Survey conducted between the month of May to June 2019. Data collected through administering baseline characteristics and knowledge questionnaire on advantages of breast feeding among primi mother. Result of the study reveal that overall pretest knowledge score of primi mothers on advantages of breast feeding was 23.33%. and overall post test knowledge score of the primi mothers on advantages of breast feeding was 83.33%. the difference between pre and post test knowledge score of primi mothers on advantages of breast feeding was 60.5%. so the significant difference in knowledge score was due to structured teaching program. The net benefit of structured teaching programme was 60.5%.

KEYWORDS: Breast Feeding, Primi Mother, Advantages

Need for the study:-

Breast feeding offers numerous health advantages to children, mothers and society, the American academy of pediatrics have conducted a study on breast feeding knowledge, attitude and practices among providers in a medical home to explore how a breast feeding/ baby friendly medical home might be built upon this framework and described breast feeding knowledge, attitudes and practices among a full range of providers and health care system-level barriers to effective and coordinate breast feeding services which identifies gaps in providers, professional education and training in which there were communication disconnects between providers groups, which are the barrier of effective and coordinate breast feeding services.

Breast feeding provides the ideal food for growth and development of infants but the rate of exclusive breast feeding are low and the duration of breast feeding is short in mother of the developing countries like India.

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A study was conducted that evaluated the influences on mothers decisions regarding breast feeding. A follow up study of a group of pregnant women were interviewed in their homes in which the experiences of the mother was identified as the key factor but advices from relatives, neighbors and health professionals was also important. The lack of information about exclusive breast feeding was common.

Based on this all needs the researcher plan to construct a structured teaching program on advantages of breast feeding among primi mothers to improve their knowledge regarding breast feeding.

Title

A study to assess the effectiveness of structured teaching program on advantages of breast feeding among primi mother in selected rural area at Gwalior.

Objectives:-

- To assess the effectiveness of structured teaching program on advantages of breast feeding among the primi mothers.
- To improve the knowledge of primi mothers regarding advantages of breast feeding.

Material and method:-

Research approach and design:- Quantitative approach with one group pretest post test design.

Setting of the study:- The setting of the study was Badagaon, Gwalior M.P between April to may 2019.

Study population:- Primi mothers at Gwalior.

Accessible population:- Primi mothers at the selected rural areas at Gwalior.

Sample size:- 60

Sampling technique:- Non probability purposive sampling technique.

Inclusion criteria:-

1. The primi mothers in a selected rural area at Gwalior
2. The primi mothers who are willing to participate
3. The primi mothers who can read Hindi

Exclusion criteria:-

1. The sample who are not primi mothers
2. The mothers who are not willing to participate
3. The mothers who are not able to read hindi.

Tool:-

The research tool for the data collection consists of two sections.

Section 1:- Baseline characteristics

It consists socio demographic variables of the primi mothers.

Section 2:- Knowledge questionnaire.

To assess the knowledge on advantages of breast feeding which contain two sections consist of 30 multiple choice questions.

The tool was prepared in google docs in English for the convenience of the participant.

Data collection procedure:-

Data collection was started from 5 may 2019 to 03 June 2019. Through self administered tool, the individual pretest conducted then provided structured teaching program on advantages of breast feeding. Then after an interval of one week the post test was conducted for the same primi mothers.

Limitation:-

- Study was limited to 60 primi mothers.
- Prescribed data collection duration is only 4-6 weeks.

Analysis and interpretations

Based on the objectives the collected data was presented under the following headings:-

Section I: Analysis of sample characteristics of primi mothers regarding demographic variables.

Section II :- To assess the pretest knowledge level of the primi mothers in the rural area

Section III: To assess the post test knowledge level of the primi mothers in the rural area.

Section IV:- To find out association of the overall post test knowledge score with the socio demographic variables of the primi mothers

Section 1: Analysis of sample characteristics of primi mothers regarding demographic variables.

| Sl.no | Demographic variables | frequency | percentage |
|-------|---------------------------|-----------|------------|
| | Age in year | | |
| 1. | <18 year | 5 | 8.33 |
| | 18-25 year | 38 | 63.33 |
| | 26-35 year | 17 | 28.33 |
| | Educational status | | |
| 2. | Primary | 10 | 16.67 |
| | Secondary | 21 | 35 |
| | Undergraduate | 24 | 40 |
| | Post graduate | 5 | 8.33 |
| 3. | Religion | | |
| | Hindu | 36 | 60 |
| | Muslim | 7 | 11.67 |
| | christian | 17 | 28.33 |
| 4. | Type of family | | |
| | Nuclear | 39 | 65 |
| | Joint | 19 | 31.67 |
| | Widow/ divorced | 2 | 3.33 |

| | | | |
|-----------|-----------------------|----|-------|
| 5. | Monthly income | | |
| | < 5000 | 14 | 23.33 |
| | 5001-15000 | 38 | 63.33 |
| | 15001-25000 | 8 | 13.33 |
| 6. | Job | | |
| | House wife | 36 | 60 |
| | Full time | 22 | 36.67 |
| | Part time | 2 | 3.33 |

Section II :- To assess the pretest knowledge level of the primi mothers in the rural area.

| Pretest knowledge | | | | | | |
|--|---------------------|---------------|---------------|------|--------|------|
| Areas of questionnaire | No of questionnaire | Minimum score | Maximum score | mean | Mean % | SD |
| Knowledge on breast feeding | 12 | 1 | 7 | 7 | 23.33 | 2.15 |
| Knowledge on advantage of breast feeding | 18 | 1 | 8 | | | |

Pretest knowledge score of primi mother

| | Knowledge score | | |
|------------|-----------------|---------------------|----------|
| Assessment | inadequate | Moderately adequate | Adequate |
| Pretest | 59 | 1 | 0 |

Section III: To assess the post test knowledge level of the primi mothers in the rural area.

| Post test knowledge | | | | | | |
|--|---------------------|---------------|---------------|-------|--------|------|
| Areas of questionnaire | No of questionnaire | Minimum score | Maximum score | mean | Mean % | SD |
| Knowledge on breast feeding | 12 | 9 | 12 | 25.15 | 83.83 | 2.48 |
| Knowledge on advantage of breast feeding | 18 | 10 | 18 | | | |

Post test knowledge score of primi mother

| | Knowledge score | | |
|------------|-----------------|---------------------|----------|
| Assessment | inadequate | Moderately adequate | Adequate |
| Post test | 0 | 12 | 48 |

Section IV:- To findout association of the overall post test knowledge score with the socio demographic variables of the primi mothers.

| Sl.no | Demographic variables | Inadequate | Moderately adequate | adequate | Chi square value |
|-------|---------------------------|------------|---------------------|----------|--------------------------|
| | Age in year | | | | |
| 1. | <18 year | 0 | 2 | 3 | 6.25 significant |
| | 18-25 year | 0 | 5 | 33 | |
| | 26-35 year | 0 | 0 | 17 | |
| | Educational status | | | | |
| 2. | Primary | 0 | 3 | 7 | 3.46 Not Significant |
| | Secondary | 0 | 2 | 19 | |
| | Undergraduate | 0 | 3 | 21 | |
| | Post graduate | 0 | 0 | 5 | |
| | Religion | | | | |
| | Hindu | 0 | 2 | 34 | 2.037 Not significant |
| | Muslim | 0 | 1 | 6 | |
| | christian | 0 | 3 | 14 | |
| | Type of family | | | | |
| | Nuclear | 0 | 3 | 16 | 0.652 Not significant |
| | Joint | 0 | 4 | 35 | |
| | Widow/ divorsed | 0 | 0 | 2 | |

| 5. | Monthly income | | | | |
|----|----------------|---|---|----|--------------------------|
| | < 5000 | 0 | 4 | 10 | 4.302 Not significant |
| | 5001-15000 | 0 | 4 | 34 | |
| | 15001-25000 | 0 | 0 | 8 | |
| 6. | Job | | | | |
| | House wife | 0 | 5 | 31 | 0.578 not significant |
| | Full time | 0 | 2 | 20 | |
| | Part time | 0 | 0 | 2 | |

Conclusion:-

The findings of the study support the need of the nurses to conduct the health education to the primi mothers regarding breast feeding and its advantages, so that they can make each baby to have a healthy life. This study has proved that the primi mothers had

remarkable increase in the knowledge after the structured teaching program.

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