

A Study to Assess the Effectiveness of Structured Teaching Programme on Advantages of Breast Feeding among the Primi Mothers in a Selected Rural Area Ghosipura at Gwalior

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ABSTRACT

OBJECTIVES OF THE STUDY:

1. To assess the effectiveness of structured teaching programme on advantages of breast feeding among the primi mothers.
2. To improve the knowledge of primi mothers regarding advantages of breast feeding.

ASSUMPTIONS:

1. The primi mothers' may have knowledge regarding advantages of breast feeding.
2. The structured teaching programme may have a positive effective on the knowledge of the primi mothers.

HYPOTHESIS:

H: There is a significant improvement in the knowledge of primi mothers regarding advantages of breast feeding after giving the structured teaching programme.

Ho: There is no significant improvement in the knowledge of the primi mothers regarding advantages of breast feeding after giving the structured teaching programme.

CRITERIA FOR SAMPLE SELECTION:

Inclusion criteria.

- A. The primi mothers in a selected rural area Ghosipura at Gwalior.
- B. The primi mothers who are willing to participate.
- C. The primi mothers who are able to read Hindi.

Exclusive criteria.

- A. The samples who are not primi mothers.
- B. The mothers who are not willing to participate
- C. The mothers who are not able to read hindi.

DELIMITATION OF THE STUDY:

The study is delimited to.

- A. The sample size of 60 primi mothers.
- B. Prescribed data collection duration is only 4-6 weeks.

SIGNIFICANCE OF THE STUDY:

This study significance the knowledge through structured teaching programme among primi mothers. It will create awareness regarding breast feeding and its advantages in the rural area. Through this we can improve the knowledge on advantages of breast feeding and reduces the mortality and morbidity.

How to cite this paper: Dr. Ajeem Khan

"A Study to Assess the Effectiveness of Structured Teaching Programme on Advantages of Breast Feeding among the Primi Mothers in a Selected Rural Area Ghosipura at Gwalior" Published in International Journal of Trend in Scientific Research and Development (ijtsrd), ISSN: 2456-6470, Volume-8 | Issue-5, October 2024, pp.26-32, URL: www.ijtsrd.com/papers/ijtsrd68319.pdf



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OPERATIONAL DEFINITIONS:

1. Assess:

It refers to determine the knowledge of primi mothers regarding the advantages of breast feeding before and after the structured teaching programme.

2. Effectiveness:

It is the empowerment of STP on advantages of breast feeding among the primi mothers. It is measured through the structured questionnaire in both pretest and post-test.

3. STP:

It is the health teaching to be given to the primi mothers regarding the advantages of breast feeding in infants.

4. Advantages:

It is the merits of breast feeding in infants.

5. Breast feeding:

It is the provision of human milk to the infants from the time of birth by the mothers. They are the new mothers who are to breast feed their baby for the Primi mothers first time.

INTRODUCTION:

Infancy is very important stage of entire childhood. The growth and development takes place very fast in an infant. During this period, mother's milk is the best diet for the infant. Breast feeding is the best and most appropriate food until a child is 24 months of age.

All the nutritional requirements of the infant are fulfilled by 600 ml of milk which is secreted by mother every day. 100ml of mother's milk yield about 65 calories. The process of weaning starts from 3 to 4 months, but the infant should be breast fed till one year of age. Breast feeding should be started as early as possible after delivery and the mother should be encouraged for this.

The best time to prepare the mother for breast feeding is during pregnancy through individual talks or group discussions. The more the mother knows about the child care the better she will be able to feed and care for her baby,

Breast feeding is an ideal food for the normal neonate. It is the best gift that a mother can give to her baby. To accrue the maximum benefits, the breast feeding must be exclusive. initiated within half an hour of birth. Recently national family health survey-3 documented that only a quarter of infants who were ever breast fed started breast feeding within half an hour of birth.

57% of mothers gave additional drinks other than breast milk in the three days after delivery which is an improper practice.

Exclusive breast feeding rate is only 28% at 4-5 months of age. Breast feeding deserves encouragement from all concerned in the welfare of children. The preparation for breast feeding commence during the mother's ante-natal period. The advantages of breast feeding should be explained to her clearly and its psychological benefits for her and the baby should be emphasized.

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. Attitudes and practices among providers

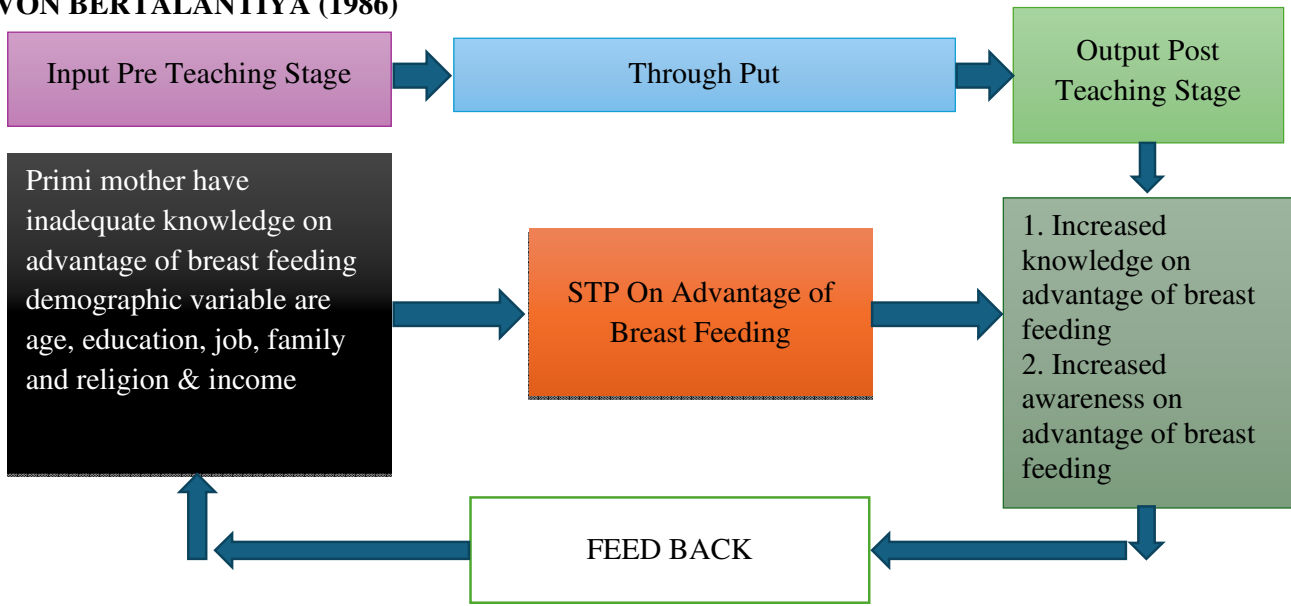
in a medical home to explore how a breast feeding/ baby friendly medical home might be built upon this framework and described breast feeding knowledge. Attitudes and practices among a full range of providers and health care system-level barriers to effective and co-ordinate breast feeding services, which identified gaps in providers, professional education and training in which there were communication disconnects between provider groups, which are the barriers of effective and co-ordinate breast feeding services.

The neonate is deficient in the main antibody that protects mucosal membranes, the secretary Ig A. The breast fed baby is provided with 0.25-0.5 grams of Ig A per day via milk. Recent studies suggest that it may be possible by vaccination of the mother to increase the immunity to the breast-fed infant via the milk secretary Ig A antibodies. Breast feeding result in a lower frequency of infections in the infant.

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 experience 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

A study was conducted by using the economic theory of individual net benefit maximization to motivate a comprehensive look at 32 socials, economic and psychological incentives that potentially influence breast feeding cessation in which a sample of 1595 low-income families and the infants were enrolled at birth and followed through age 30-33 months from which the researchers concluded that the decision to stop breast feeding is complex. The results support the need to develop interventions and policies to minimize incentives associated with breastfeeding cessation. Many health professionals and institutions, both national and international recognize the benefits of breast feeding for child nutritional status and survival. High rate of fertility. malnutrition and infectious disease together with accelerated urban growth and the incorporation of larger numbers of women in the economically active population, have returned breast feeding to a position of key importance in programs for child survival and family planning.

CONCEPTUAL FRAM WORK BASED ON GENERAL SYSTEM THEORY (MODIFIED) LUDWIG VON BERTALANTIYA (1986)



REVIEW OF LITERATURE:

Review of literature is a key step in research process. It refers to an extensive, exhaustive and systemic examination of relevant to the research. The review of literature in a research report is a summary of current knowledge about a particular practice problem and includes what is known and what is not known about a problem.

The aim of writing related literature is to describe the problem and provide a historical review of it in a logical fashion, appraising the quality of material considered identifying gaps in current knowledge and giving direction for future research

The study on the role of social support in breast feeding promotion by the college of health sciences, USA revealed that the current world wide declined in the initiation and duration of breast feeding has increased the need for effective breast feeding promotion. Promotion policies and programs need to be sensitive to those factors that may help on hinder a mother in her efforts to breast feed. Social support that increases breast feeding includes emotional tangible and educational components from both informal social network members and professional network members and conversely negative social support may decrease breast feeding.

A study was conducted by Department of pediatrics, **University of Iowa**, 1-10 investigate infant feeding attitudes and knowledge among socio-economically disadvantaged mothers in an urban community with historically low breast feeding rates, 2-to examine the influence of women's social networks on infants feeding attitudes and decisions, among the women attending a prenatal clinic(n=49) and the social network members (n=47) resulted in

very low scores in both the groups indicating neutral to negative breast feeding attitudes and mother's scores were lower than social network members and concluded that knowledge and attitudes predict breast feeding initiation in this population and may influence mothers feeding choices and can be used to develop and evaluate breast feeding promotion programs.

A descriptive study was conducted by the department of food sciences and nutrition, CANADA, to describe the breast feeding experience of women, particularly those who use the services of the breast feeding clinic located in the greater Quebec City area. A sample of 89 women (telephone questioners) and 12 women (semi- structured interviews) resulted in identifying the difficulties of the lactating mothers and suggested that breast feeding clinics have a critical role to play in improving the breast feeding experiences of women with major difficulties

A study was conducted by Nine wells hospitals and medical school, Dundee, to assess the relation between breast feeding and infant illness. In a community setting in Dundee in which 750 pairs of mothers and infants were taken for a prospective observational study which resulted that the breast fed babies had significantly less effect of illness than those whoever bottle fed and hence concluded that breast feeding during the first 13 weeks of life confers protection against gastro intestinal illness that persists beyond the period of breast feeding

The Baby Friendly Hospital initiative is a global **UNICEF/ WHO**- sponsored effort to promote breast feeding by ensuring that all women are provided with sound information. regarding their infant feeding choices and that those who elect to breast feed their

infants are given physiologically sound, evidence based advice and skilled assistance prenatally and as they begin nursing their infants during their post-partum hospital or birth center stay.

A study was conducted to determine whether attending an early, routine, preventive, outpatient visit delivered in a primary care physician's office would improve breastfeeding outcomes. The study was a prospective, randomized, parallel-group, open trial and A total of 231 mothers who had delivered a healthy singleton infant (gestational age: $>$ or $=$ 37 completed weeks) and were breastfeeding on the day of discharge were recruited and randomized (116 were assigned to the intervention group and 115 to the control group) between October 1, 2001, and May 31, 2002; 226 mother-infant pairs (112 in the intervention group and 114 in the control group) contributed data on outcomes.

A systematic review of literature identified through searches of Medline, Global Health and CINAHL databases to identify randomized controlled trials of community-based interventions to improve the rate of exclusive breast feeding in low- and low-middle-income countries. Four studies, from four different countries, were included in the final review. Although they evaluated slightly different interventions, all showed a significant improvement in the rate of exclusive breast feeding with a pooled odds ratio of 5.90 (95% confidence interval 1.81-18.6) on random effects meta-analysis.

A study to evaluate the cost-effectiveness of enhanced staff contact for mothers with infants in a neonatal unit with a birth weight of 500-2,500 g. The study population was divided into three weight bands: 500-999 g, 1000-1,749 g, and 1,750-2,500 g. Clinical and resource use data were obtained from literature reviews. The measure of benefit was quality adjusted life-years. Uncertainty was evaluated using cost-effectiveness acceptability curves and sensitivity analyses.

A study of infant feeding trends was undertaken in India--among urban and rural, upper and lower socioeconomic class women. Breast feeding was found to have been successful at 1 month and at 6 months among 155 lower income Bengali village women. 99% of lower income urban women were successfully breast feeding at 1 month and 95% were continuing at 6 months. These rates are remarkably high given the fact that Maternal attitude is seen as the most important factor in successful breast feeding.

To evaluate the independent predictors of exclusive breastfeeding in early infancy, a Cross sectional multivariate comparison of different breastfeeding

categories was conducted in the urban teaching hospital Outpatient Department. And the Mothers of 501 children between the age group of 0-6 months were questioned in detail on a standardized pretested Performa about various socio demographic, parental, infant, feeding related, antenatal and peri natal characteristics likely to affect breastfeeding practices. The important predictors for exclusive breastfeeding versus total top feeding were breastfeeding propagation (1.34 and 2.99); less educated mother (1.09 and 1.23); normal vaginal delivery (1.60) and taller mother (1.21). Breastfeeding propagation plays a key role in promoting exclusive breastfeeding. These findings suggest a need for educational campaigns aimed at supporting breast-feeding mothers, especially those who perceive their milk supply to be inadequate.

METHODOLOGY

Research methods are the steps, procedure and strategies for gathering and analyzing the data in research investigations.

Research methodology refers to controlled investigation of the ways of obtaining, organizing and analyzing data, methodological studies address the development, validation and evaluation of research tools and techniques. It is a science of study how research is done scientifically. It is considered as backbone or structure of the study. So, methodology is a significant part of investigation under which the investigator is able to project a conclusion of the research undertaken.

The chapter with the methodological approach adopted to assess the effectiveness of structured teaching program on advantages of breast feeding among the primi mothers. It includes description of research approach, research design, study setting, sampling technique, development and description of the tool, data collection technique and plan for data analysis.

RESEARCH APPROACH:

In view of the nature of problems selected for the study and the objectives to be accomplished, a quasi-experimental approach is considered as an appropriate one for the present study. A quasi-experimental approach helps to explain the effectiveness of independent variable on the dependent variable. It includes manipulation, and no control to get the valid results. The research approach adopted for this research study is an evaluative and educative approach.

RESEARCH DESIGN:

The research design refers to the researchers overall plans for obtaining answers to the questions and for

testing the research hypothesis. The research design spells out the strategies that the researcher adopts to develop information that is accurate, objective and interpretable. The design is not only concerned with the specific data collection methods but also with the overall plan of collecting or gathering data. For this study the design chosen is a pre experimental study with one group and post- test and no randomization to assess the effectiveness of structured teaching programme on the knowledge of primi mothers regarding advantages of breast feeding among primi mothers in a selected rural area Ghosipura at Gwalior.

A pre experimental study, with one group – pre-test, and post test.

S	O1	X	O2
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S = STUDY

O1 = PRE-TEST

X = INTERVENTION

O2 = POST-TEST

VARIABLES:

Variables are qualities, properties or characteristics of person, things or situation that change or vary.

Independent variables: -structured teaching programme.

Dependent variables: - Knowledge of primi mothers in a selected rural area Ghosipura at Gwalior, regarding advantages of breast feeding.

SETTING OF THE STUDY:

A setting refers to the general location and condition in which data collection takes place in the study. The village named Ghosipura, at Gwalior was selected for the main study.

TARGET POPULATION:

Population is defined as the entire aggregation of cases that meet designed set of criteria. All the primi mothers in the selected rural area Ghosipura at Gwalior.

ACCESSIBLE POPULATION:

In this study, the population consists of primi mothers at the selected rural area at Ghosipura Gwalior, who have fulfilled the inclusion criteria.

SAMPLE:

Sample is a subset of population. The sample selected for this study is all the primi mothers in the selected rural area Ghosipura at Gwalior

SAMPLE SIZE:

A total of 60 samples of primi mothers of Ghosipura, were selected as sample.

SAMPLING TECHNIQUE:

A sample technique refers to the process of selecting a portion of the population to represent the entire population being studied.

The sampling technique used for the study was purposive sampling. Out of total population defined and all those who met inclusive criteria 60 primi mothers were selected for the study. Thereafter, the questionnaire was administered to the primi mothers, followed by a pre-test the structured teaching program was provided. After an interval of one week a post-test was conducted for the same primi mothers in the selected rural area Ghosipura at Gwalior

DEVELOPMENT OF THE TOOL:

The investigator developed the tool as follows

PART-1: It consists of Socio-demographic variables of the primi mothers.

PART-II: It comprises questionnaire which is to assess the knowledge on advantages of Breast feeding which contain two sections.

Questionnaire consists of 30 multiple choice questions. Each correct answer was given a score of one and wrong answers score of zero. An answer key was prepared for scoring the answer to the questionnaire.

VALIDATION OF THE TOOL:

Validity refers to whether an instrument accurately measures what it is supposed to measure. When an instrument is valid it truly reflects the concept, it is supposed to measure. Content validity of the instruments was assessed by obtaining opinion from various experts in the field of pediatrics, Medicine, Nursing and Research, as per the recommendations the changes were made in the tool.

PILOT STUDY:

A pilot study is a small scale rehearsal that proceeds as if it were the actual study. except for the fact: for the present study the investigator selected a rural area at Gwalior Formal permission from the concerned authorities to conduct the pilot study was obtained and 6 prime mothers were selected by purposive sampling technique for the same purpose.

Before starting the pilot study, the instrument was corrected by the subject guide, child health nursing experts and medical experts. The design was a quasi-experimental study.

METHOD OF DATA COLLECTION:

Data collection was started from 1st Apr. 2012 to 15 Apr. 2012. The investigator had established good relationship with the primi mothers, who had participated in the study from Ghosipura at Gwalior.

The investigator had used purposive sampling. By using purposive sampling technique, the primi mothers were selected. Through self-administration of tool, the individual details of socio-demographic data was collected which was followed by a pre-test and structured teaching program was given. After an interval of one week the post-test was conducted for the same primal mothers. The investigator had taken individual consent from the primi mothers to participate in the study. The investigator had asked for information pertains to the socio-demographic data and a self-administered questionnaire was used to elicit the knowledge regarding advantages of breast feeding. Data was collected in Badagaon at Gwalior. The structured teaching program was administered soon after the pre-test. All the primi mothers took active participation in the study. After an interval of one week the post-test was done for the primi mothers. The difference in the effectiveness of the structured teaching programme on the knowledge of primi mothers regarding advantages of breast feeding was 60.5% thus gnifying an increase in the knowledge of the prim mothers.

PLAN FOR DATA ANALYSIS:

Data was collected from 60 primi mothers in Ghosipura at Gwalior. The collected data was summarized and tabulated by utilizing descriptive statistics it includes mean, percentage and standard deviation: inferential statistics it includes student independent't" test, Paired "t" test and chi-square test.

DESCRIPTION OF THE DATA ANALYSIS:

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. To assess the posttest knowledge level of the primi mother in the rural area.

Section IV: To compare the pretest and post test knowledge level of the primi mothers in the rural area.

SUMMARY:

This chapter has highlighted the various finding based on the two objectives. The findings show that the overall pre-test knowledge score was 23.33% and post-test knowledge score was 83.83%. So the difference between pre and post-test knowledge score was 60.5%. So the net benefit of the structured teaching program was 60.5%. So results show that the study is highly significant.

RESULTS:

The results of the study showed that pre-test overall knowledge score of primi mothers regarding breast feeding and its advantages was 23.33% and standard

deviation was 2.15. During post-test overall knowledge score was 83.83% and standard deviation was 2.48. Hence the difference between pre-test and post-test knowledge score was 60.5%. So the result of the study shows the difference between pre-test and post-test knowledge score of the primi mothers regarding advantages of breast feeding is statistically significant and this difference is due to the structured teaching program on advantages of breast feeding. There is significant association between the post-test knowledge and selected demographic variable like age of the primi mothers.

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