



EFFECT OF VIDEO ASSISTED TEACHING PROGRAMME ON KNOWLEDGE OF MOTHERS REGARDING INFANT FEEDING PRACTICES: A PRE EXPERIMENTAL STUDY

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ABSTRACT

The study is intended to find out the gain in knowledge by the Mothers after administering Video assisted teaching programme, who were subjected for the study. The investigator selected rural community to conduct the study. The rural community that was selected for the study is situated at Uttarahalli. It comes under Uttarahalli primary health centre. The sample of present study comprised of 60 mothers who are residing in Uttarahalli using non-probability convenience sampling. Based up on the objectives of present study, the tools used have two sections; section A have included were age, educational status, type of family, occupation, source of information on knowledge regarding Infant feeding Practices. Section B is a structured knowledge questionnaire on knowledge regarding Infant feeding Practices based on review of research and non-research literature and opinion of experts was developed. The respondents were assured anonymity and confidentiality of the information provided by them. The Finding reveals that the post test Mean Knowledge score was higher (mean 81.2% and SD = 7.8%) when compared with pre test Mean Knowledge score value (mean 43.8% and SD = 6.3%). There exists a statistical significance in the enhancement of knowledge scores indicating the positive impact of intervention programme.

KEYWORDS : Video Assisted Teaching Programme, Knowledge of Mothers, Infant Feeding Practices, Pre experimental study.

INTRODUCTION

The period from birth to 28 days of life is called neonatal period and the infant in this period is termed as neonate or newborn baby. The first week of life is known as early neonatal period and the late neonatal period extends from 7th to 28th days of age. Assessment of neonates for early detection of problems and initiation of prompt management are the important responsibilities of prompt management are the important responsibilities of nursing personnel. The nurse can provide essential neonatal care in all levels of health care facilities with simple and low-tech measures to save the infants and give them a chance to live a full span of healthy life.

The morbidity and mortality rates in newborn infants are high. In India, almost 7 out of 100 babies do not see their first birthday and nearly 65 percent of these infant deaths occur in the neonatal period, namely, the first four weeks of life. In India, the average weight of a normal newborn infant born at term gestation is around 2.8 Kg. which is less than that in the more affluent societies. The expected weight of newborn 2 infants born at a given gestational age is generally estimated from the intrauterine growth charts on observations in live births of mothers delivering at different gestations.

A clinic based cross-sectional study was conducted on knowledge and practice of mothers regarding infant feeding and nutritional status of under-five children attending the Immunization Clinic at N.R.S.Medical College and Hospital, Kolkata. The data collection was done by interview of mothers, with predesigned and pretested schedules, and by examination of children. Total number of the children are 55; in which 29 males and 26 females. Nutritional status of 63.64% children was normal while 29.09% children had grade 1 malnutrition; Mass communication should be properly utilized for this purpose. The government should organize seminars on this topic frequently attendance of health workers should be made mandatory.

The researcher had an experience regarding the importance of different feeding practices among infants from the neighbourhood. The child had severe dehydration but did not receive adequate nutrition due to lack of awareness of the family members regarding the importance of nutrition. Because of the nutritional demands were not met, the child expired. If the child could have received adequate nutrition and feeding, they could have saved the life of the child. This made the researcher to conduct the study regarding the importance of knowledge about different feeding practices among mothers.

MATERIALS AND METHODS

An evaluative research using pre-test (O1) and post test (O2) was adopted for this study in order to accomplish the objectives. The research design selected for present study was pre-experimental in nature i.e., one group pre-test, post-test design. The study is intended to find out the gain in knowledge by the Mothers after administering Video assisted teaching programme, who were subjected for the study. Thus only one group is observed twice during before and after administration of Video assisted teaching programme. The investigator selected rural community to conduct the study. The rural community that was selected for the study is situated at Uttarahalli. It comes under Uttarahalli primary health centre. The sample of present study comprised of 60 mothers who are residing in Uttarahalli using non-probability convenience sampling. Based up on the objectives of present study tools used have two sections; section A have included were age, educational status, type of family, occupation, source of information on knowledge regarding Infant feeding Practices. Section B is a structured knowledge questionnaire on knowledge regarding Infant feeding Practices based on review of research and non-research literature and opinion of experts was developed. The questionnaire contained 38 multiple choice questions. The investigator personally visited all respondents, introduced her, explained the purpose of the study, and ascertained the willingness of the participants. The respondents were assured anonymity and confidentiality of the information provided by them.

RESULTS

Socio demographic characteristics of study subjects

- Majority of respondents (38%) were in the age group of 24-27 years and the next highest number of respondents (27%) was in the age group of 20-23 years. (18%) of respondents were in the age group of 28-31 years. (17%) of respondents are in the age group of 32-35 years
- In relation to educational status majority of 35% of the respondents had completed Pre University; followed by 30% who had completed their Graduation, further 22%, Secondary and 13% had completed Post Graduation respectively
- Regarding type of majority of 53% of the respondents belong to Nuclear family, 25% of them belongs to joint family, 17% and 5% of them belong to extended family and single parent.
- Related to occupation the findings indicate that majority of 35% of the respondents are unemployed. 28.3% of the respondents are self employed. 23.3% and 13.3% of the

respondents were working in private and Government sector.

- With regard to the Source of information, the table shows that majority 58% of the respondents did not possess knowledge on Infant Feeding Practices. 12% of them got information from friends/neighbours/relatives. 12% of the respondents got information from radio/television, 10% from Health Personnel and 8% of them got information from newspaper/magazine/books/journals.

Table 1: Effect of video assisted teaching on knowledge.

N=60

Aspects	Statements	Max. score	Range score	Knowledge scores			Paired t test
				Mean	Mean (%)	SD (%)	
Pre test	38	38	14-22	16.64	43.8	6.3	29.06*
Post test	38	38	22-35	30.8	81.2	7.8	
Enhancement	38	38	6-20	14.22	37.4	9.1	

*Significant at 5% level

The Finding reveals that the post test Mean Knowledge score was higher (mean 81.2% and SD = 7.8%) when compared with pre test Mean Knowledge score value (mean 43.8% and SD = 6.3%). Further the mean knowledge enhancement scores was 37.4% and SD 9.1%. The statistical paired,t[,] test implies that the difference in the pre test and post test Knowledge Scores was found statistically significant at 5% (t=29.06*, p<0.05). There exists a statistical significance in the enhancement of knowledge scores indicating the positive impact of intervention programme.

Table 2: Aspect wise Pre and Post test Mean Knowledge Scores of Respondents on Infant feeding Practices

N=60

Sl. No.	Knowledge Aspects	State ments	Respondents Knowledge (%)						Paired t test
			Pre test		Post test		Enhancement		
			Mean (%)	SD (%)	Mean (%)	SD (%)	Mean (%)	SD (%)	
I	Knowledge of mother on Prenatal Preparation	8	41.5	10.5	73.8	16.4	32.3	19.1	11.96*
II	Knowledge of mother regarding Infant Feeding Practices	15	39.3	9.2	76.7	9.5	32.3	11.3	23.34*
III	Knowledge of mother regarding Factors affecting and problems related to Infant Feeding Practices.	15	49.5	5.4	89.7	9.7	40.2	10.9	26.14*
Combined		38	43.8	6.3	81.2	7.8	37.4	9.1	29.06*

*Significant at 5% level

Association between Pre test and Post test knowledge score and Demographic Variable

- There exist a Non-Significant association in pre test (χ^2 2 - 9.24) χ^2 (0.05, 6df) = 12.5 and post test (χ^2 2 - 7.967) χ^2 (0.05, 6df) = 12.5 between Age and knowledge level of the respondents.
- There exist a Significant association in pre test (χ^2 2 - 13.522) χ^2 (0.05, 6df) = 12.5 and post test (χ^2 2 - 14.602) χ^2 (0.05, 6df) = 12.5 between Educational Status and knowledge level of the respondents.
- The chi-square result in pre test (χ^2 2 - 16.537) χ^2 (0.05, 6df) = 12.5 and post test (χ^2 2 - 17.02) χ^2 (0.05, 6df) = 12.5 established Significant association between Type of

family and knowledge level of the respondents.

- There exist a Non- Significant association in pre test (χ^2 2 - 9.986) χ^2 (0.05, 6df) = 12.5 and post test (χ^2 2 - 8.448) χ^2 (0.05, 6df) = 12.5 between Occupation and knowledge level of the respondents.
- The chi-square result in pre test (χ^2 2 - 18.671) χ^2 (0.05, 8df) = 15.51 and post test (χ^2 2 - 17.925) χ^2 (0.05, 8df) = 15.51 established Significant association between Source of information and knowledge level of the respondents.

DISCUSSION

The overall pre test knowledge scores of respondents on Infant feeding Practices was 43.8 with SD 6.3% and overall post test knowledge scores 81.2 with SD7.8%. The enhancement of knowledge score is 37.4 with SD 9.1%.

This finding is supported by Tiwari R, The study was planned to understand the determinants of EBF in the infants in urban slums. A communitybased cross sectional study was done in urban slums of Gwalior, India. The data were collected by interviewing the caregivers of 279 infants aged between 6 and 11 months from November 2005 to July 2006. The result shows that, Only 11 (3.8%) mothers knew that EBF should be done till six months and 22 (7.8%) 62 actually practiced EBF. A total of 178 (63.8%) and 212 (76.0%) newborns were given pre- and post-lacteal feeds with 26.2% discarding Colostrum. Only 22 (7.8%) practiced EBF. The early breastfeeding (BF) initiation, Ante Natal Clinic (ANC) visits, mothers' education and immunization visits were significantly associated with higher probability of EBF. There were a number of myths and misconceptions about BF in this urban slum population. The correct information about BF was more common amongst the women who had frequent contacts with health facilities due to any reason or during ANC or immunization visit. Thus finding suggests that, every opportunity of mothers' interaction with the health facility should be utilized for promoting correct and EBF practices.

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