



QUASI EXPERIMENTAL STUDY TO ASSESS THE KNOWLEDGE REGARDING BREASTFEEDING AMONG THE LACTATING MOTHERS

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ABSTRACT

Introduction: More than 1.4 million children in India die before their 1st birthday and of them 1 million die within the 1st month of their life. Instituting breastfeeding within the first 1 hour of birth alone can bring down this rate by 22%. Moreover if Exclusive Breastfeeding is done for first 6 months the disease specific mortality by pneumonia can be brought down by 2.5 times and that by diarrhoea by 4.6 times. Breastfeeding is an important cause of infant deaths by Neonatal Infections as Diarrhoea and Pneumonia. **Aim of the study:** To improve the knowledge of the lactating mothers regarding breastfeeding through structured teaching programme. **Method and Materials:** Structured teaching programme on breastfeeding was delivered to the lactating mothers with the help of PPTs. Pretest and posttest knowledge was compared by applying statistical formulas. **Results:** The difference between pretest mean knowledge score of control and experimental group was statistically non-significant at $p < 0.05$ level but the difference between post test knowledge score of both groups were statistically highly significant at $p < 0.001$ level. This indicated that structured teaching programme was effective. In experimental group, family income had significant impact on the knowledge regarding breastfeeding among the lactating. In control group variables had no significant effect on knowledge. **Conclusion:** it was concluded from the study that STP has impact in improving the knowledge regarding Breastfeeding.

KEYWORDS : Knowledge, Breastfeeding, Lactating Mothers.

INTRODUCTION:

There is evidence that long-term breastfeeding fosters a positive maternal-child bond, aids in postpartum weight loss, and provides the mother with an opportunity to reestablish healthy eating habits for her infant. Babies who were exclusively breastfed had less acute respiratory infections, less ear infections, less thrush, fewer episodes of digestive infections, and fewer hospitalizations.

Mothers' breast milk contains vital antibodies, nutrients, vitamins and immunological factors that babies need to develop natural immunity to disease. the health workers and mothers should be educated regarding the importance of colostrum for feeding newborn.

All mothers must be emotionally and physically prepared and motivated during pregnancy so that they do not encounter any difficulty to establish successful breastfeeding. The inverted and cracked nipples must be managed during pregnancy.

Need Of The Study:

Adolescents who are breast fed at birth have stronger leg muscles than those who received artificial milk. Muscular leg strength was greater in those who had been breastfed for a longer period of time. During clinical posting investigator observed that few mothers were not properly breastfeeding their babies and breastfeeding was not started immediately after birth. Several misconceptions and rituals like janam ghuti, etc. were preferred above first breast milk (colostrum), also benefits of breastfeeding were less known to local rural women. So with extensive review and personal experience the investigator felt need to give teaching on breastfeeding to enhance the knowledge of the lactating mothers regarding breastfeeding.

METHOD AND MATERIALS:

Research Approach and Research Design:

This study was quasi experimental (non-equivalent control group pretest-posttest design) which involves manipulation and control group but lacks randomization. The present study lacks randomization. Attempt has been made to assess the effectiveness of structured teaching programme on breastfeeding among the lactating mothers.

Independent variables included in the study are age, parity, education, family income, type of family, religion, occupation, mode of delivery, source of information and structured teaching programme on breastfeeding.

Dependent variable is knowledge of the lactating mothers regarding breastfeeding.

Research Setting:

The present study was conducted on the lactating mothers in rural communities Kerala.

Population:

The population of this study consisted of lactating mothers of villages in kerala Ernakulam district.

Sample and Sampling Technique:

Investigator selected a sample of 60 lactating mothers, 30 for experimental group and 30 for control group by using purposive sampling technique.

Research Tool:

A self structured multiple choice questionnaire on breastfeeding was prepared to assess the knowledge regarding breastfeeding among the lactating mothers. The tool consisted of following three parts:

Part I: Demographic data:

This part consisted of 9 items for obtaining personal information about subjects.

Part II:

This part consisted of self structured multiple choice questionnaire. Questionnaire was divided into eight areas having 40 items regarding breastfeeding.

Part III:

This part consisted of structured teaching programme on breastfeeding.

Criterion Measure:

Each item was given 1 mark for correct answer. Maximum scores were 40 and Minimum score was 0. Criterion

measurement for assessment of knowledge is as excellent (>75%), good (51-75%), average (26-50%), below average (<25%).

RESULTS:

Table 1. Frequency and Percentage Distribution of Pre and Post Test Mean Knowledge Score Regarding Breastfeeding Among the Lactating Mothers in Control and Experimental Group. N=60

Knowledge Score		Control Group n=30				Experimental Group n=30			
		Pretest		Posttest		Pretest		Posttest	
Level of knowledge	Score	n	%	n	%	n	%	n	%
Excellent (>75%)	>30	-	-	-	-	-	-	9	30.0
Good (51-75%)	21-30	4	13.3	4	13.3	1	3.3	20	66.7
Average (26-50%)	11-20	25	83.3	25	83.3	27	90.0	1	3.3
Below Average (<25%)	≤10	1	3.3	1	3.3	2	6.7	-	-

Maximum Score = 40

Minimum Score = 0

Table 1 reveals that in control group pre and posttest mean knowledge score of 25 (83.3%) was average followed by 4 (13.3%) good, 1 (3.3%) below average and no one had excellent knowledge score. In experimental group pretest knowledge score of 27 (90%) lactating mothers was average, 2 (6.7%) below average, 1 (3.3%) had good knowledge score and none of them had excellent knowledge score. In posttest mean knowledge score of 20 (66.7%) lactating mothers was good followed by (30%) excellent, 1 (3.3%) average and none of them was below average.

Thus it showed that structured teaching programme had definite impact on raising the lactating mother's knowledge regarding breastfeeding.

Table 2. Comparison of Pre and Post test Mean Knowledge Score regarding Breastfeeding Among the Lactating Mothers in Control and Experimental Group. N=60

Knowledge Score		Pretest		Posttest			
		Mean	SD	Mean	SD	df	t'
Group	n						
Control	30	α 16.80	3.55	α' 16.60	3.24	29	0.295 NS
Experimental	30	b 17.0	2.88	b' 28.0	3.78	29	19.918***
		df	t'			df	t'
	(α + b)	58	0.275 NS	(α' + b')		58	12.618***

Maximum Score = 40

Minimum Score = 0 NS = Non Significant at p < 0.05 level

*** = Significant at p < 0.001 level

Table 2 depicts that there was no significant difference between pretest mean knowledge score between control and experimental group (16.80, 17.0) but the difference between posttest mean knowledge score between control and experimental group (16.60, 28.0) was highly significant at p < 0.001 level.

Hence, research hypothesis (H₁) was accepted. Thus it was concluded that structured teaching programme had definite impact on raising the knowledge of lactating mothers regarding breastfeeding.

DISCUSSION:

The majority of lactating mothers in both control and experimental group (83.3% and 90%) had average pretest knowledge regarding breastfeeding. Kuriakose JR (2010)⁷ and Malak AT, Dicle A (2007)⁸ reported similar findings that the knowledge of subjects was average in pretest.

The posttest mean knowledge scores of control and experimental group were 16.60 and 28 respectively. In control group majority of lactating mothers (83.3%) had average posttest knowledge and in experimental group maximum (66.7%) lactating mothers had good and (30%) excellent posttest knowledge regarding breastfeeding which was similar to the findings of Dadhich A (2007)⁹ who found that in control group participants had average (55%) knowledge and in experimental group good (50%) and excellent (45%) knowledge in posttest. Singh G (2008)¹⁰ reported similar findings in his study for experimental group (30%) mothers had excellent, good and average posttest knowledge respectively but in control group mothers posttest knowledge was average (50%).

Analysis reveals that there was no significant difference in pretest mean knowledge score between control and experimental group (16.80, 17). Similar findings were shown by Sharma S, Nagar S (2006) i.e. during pretesting mothers in both group had similar levels of knowledge on all the aspects of nutrition.

The findings of present study showed that posttest mean knowledge score of lactating mothers in experimental group (28.0) was higher than posttest mean knowledge score of lactating mothers in control group (16.60) hence, research hypothesis (H₁) was accepted and concluded that structured teaching programme had definite impact on raising the knowledge of lactating mothers regarding breastfeeding.

Similar findings were shown by Kang JS (2008)¹² who found that the breastfeeding empowerment scores were higher in the experimental group than in the control group due to breastfeeding empowerment programme.

CONCLUSION:

The difference between pretest mean knowledge score of control and experimental group was statistically non-significant at p < 0.05 level but the difference between post test knowledge score of both groups were statistically highly significant at p < 0.001 level. This indicated that structured teaching programme was effective. In experimental group, family income had significant impact on the knowledge regarding breastfeeding among the lactating. In control group variables had no significant effect on knowledge.

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