Nursing

STUDY TO ASSESS THE EFFECTIVENESS OF SELF INSTRUCTIONAL MODULE EGARDING BREASTFEEDING AMONG PRIMIGRAVIDA MOTHERS AT PRIMARY HEALTH CENTRE, PODANUR,COIMBATORE.

Prof. Dr. D. Charmini Jeba Priya	Principal & HOD- Department of OBG Nursing,
Mrs.M.Akila*	M.S.c(N), OBG, Lecturer. Texcity College of Nursing and The TN.Dr.MGR.Medical University- Chennai.*Corresponding Author

ABSTRACT The study was undertaken to assess the effectiveness of self instructional module regarding breastfeeding among primigravida mothers. The research design used for this study was quantitative experimental research design. The result shows that 80% mothers had inadequate knowledge, 20% mothers had moderate knowledge. The level of knowledge was improved after the intervention. 36.7% mothers had moderate knowledge, 63.3% mothers had adequate knowledge. The calculated paired "t" test value was 14.13 is higher than table value, hence the alternative hypothesis accepted. It was interfered that teaching programme was effective in improving the knowledge regarding breast feeding.

KEYWORDS : Primigravida, Breastfeeding

Introduction

Breast feeding is the main form of human nutrition, which was found as biological evolution. It is physiologically the most appropriate method of feeding newborn, and infants. Breast feeding is not only a means of feeding of infants but also an essential element of social ecology of childhood.

The world leading pediatricians and world health organization have been explored on the epidemiology of breast feeding both in developed and developing countries. It become possible to represent a real usage of the prevalence and duration of the breast feeding. Breast feeding is affected by economical level, socio economic condition of the mother's and life tradition, which are certainly related to the level of supply of suitable infant food and mother's awareness of their use according to the exploration. it was found that in poor urban and especially rural population lactation lasts at least 1.5 to 2 years and most children who were born in Africa receive breast milk for a longer period of sometimes up to 3-4years. In East Asia countries the duration of breast feeding is highest in rural areas 55%.

Statement of the problem

A study to assess the effectiveness of self instructional module regarding breast feeding among primigravida mothers at primary health center, podanur, Coimbatore.

Objectives

*   To assess the level of knowledge on breast feeding among primigravida mothers.
*   To evaluate the effectiveness of self instructional module on breast feeding among primigravida mothers.

Hypothesis

* H_0: The mean posttest knowledge score will not be significantly higher than the mean pretest knowledge score.

Assumptions

*   Primigravida mothers have inadequate knowledge on breastfeeding.
*   Self instructional module will include all details related to breast feeding

Material & Methods

A Quantitative Research approach, pre experimental (one group pre test and post test) design was adopted to assess the level of knowledge regarding Breast Feeding among prim gravid mother at primary Health Centre, podanur, Coimbatore. Formal permission was obtained from medical officer in primary Health Centre, podanur for conducting a study. Sample size consists of 30 primi gravid mothers,who fulfils the inclusion criteria. The investigator explained the purpose of conducting the study and reassured the mother that collected data will be kept confidential.

The samples were selected by non probability convenient sampling method who fulfilled the inclusion criteria. Inclusion criteria for the study includes primi gravid mother who are present at the time of data collection and Exclusion criteria for the study includes primi gravid mother who are not present at the time of data collection procedure.

Tools used for the study

Structured Questionnaire to assess the following the socio demographic variables, it includes Age, Education, Marital status Age at marriage, Occupation, Types of Family, Bread winner of the family, Income of the family, Dietary pattern, Gestational week, The date of first visit, Antenatal attendance, Diseases during pregnancy, Type of education, Disease during pregnancy, Type of education media used.

A self structured questionnaire was used to assess the level of knowledge regarding Breast feeding among primi gravid mothers, Maximum score: 30

On selection of the subjects, a self introduction was given; the investigator explained the objectives and method of data collection to the primi gravid mothers. The investigator assessed the demographic variables by structured questionnaire. The level of knowledge regarding Breast Feeding among primi gravid mothers was assessed by self structured questionnaire. On an average, it took 15 minutes for an individual to filled tools. Data collection was analyzed by using descriptive and inferential statistics.
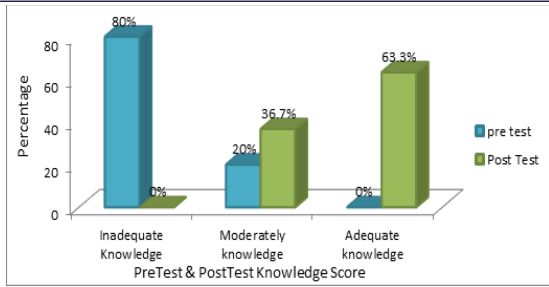
Result and conclusion

LEVEL OF KNOWLEDGE	EXPERIMENTAL GROUP			
	PRE TEST		POST TEST	
	FREQUENCY	%	FREQUENCY	%
INADEQUATE KNOWLEDGE	24	80%	0	0
MODERATE KNOWLEDGE	6	20%	11	36.7%
ADEQUATE KNOWLEDGE	0	0	19	63.3%

The findings are tabulated and analyses are interpreted as follows

Table: 1- Distribution of samples according to knowledge level in pretest and post test.

The data presented in table 1 shows that 80% of mothers had inadequate knowledge and 20% had moderately knowledge in pretest. The level of knowledge was improved after the intervention .63.3% of mothers got adequate knowledge and 33.7% got moderately knowledge.
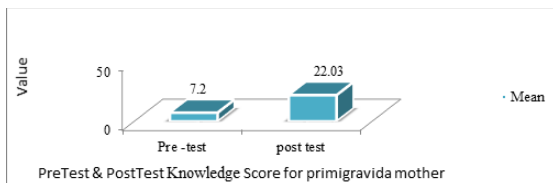
Table: 2 -Mean, Median, and Standard deviation and 't' value of pretest and posttest Level Of knowledge among sample

n=30

S.NO	Variables	Mean	Median	Mean difference	Standard deviation	Paired 't' test	Degree of Freedom
1	Pre test	7.2	6	15.10	4.38	14.13*	29
2.	Post test	22.03	23		3.20		

Table 2 revealed that the pretest mean was 7.2 and and the post test mean was 22.03.The mean difference was 15.1 .The standard deviation of pretest was 4.38 and posttest was 3.20.

The calculated paired't' value was 14.13 was significant at 0.05 level. Hence the stated hypothesis was accepted.It was inferred that self instructional module was effective in improving in the knowledge level of primigravida mothers regarding Breast feeding.

PreTest & PostTest Knowledge Score for primigravida mother

Discussion

- The data presented in table 1 shows that among the samples with regards to age 7 (23.3%) of mothers belongs to the age group of 18-20 years. 15 (50 %) of mothers belongs to the age group of 20 -24 years. 7 (23.3%) of mothers belongs to the age group of 24 -29 years and 1 (3.3 %) of mother belongs to Age above 30 years.
- Among the samples with regards to education 8 (26.6%) of mothers were educated up to primary level,11 (36.6%) of mothers educated up to Higher secondary level ,11 (36.6%) of mothers are graduates and no illiterate mothers.
- Among the samples with regards to age with marital status 14 (46.6%) were married between 18 – 21 years 7 (23.3%) were married between 22 – 25 years and 9 (30%) were married between 26 – 30 years.
- Among the samples with regards to marital status 30 (100%) of mothers get married.
- Among the samples with regards to occupation 3(10%) of mothers were professionals 4 (13.3%) were skilled workers2 (6.6%) were unskilled workers and 21(70%) were Housewives.
- Among the samples with regards to the types of family, 25 (83.3%) beyond to nuclear family and 5 (16.6%) belongs to joint family.
- Among the samples with regards to the Breadwinner family, 30 (100%) were depended to husband as a breadwinner.
- Among the samples with regards to the income 10 (33.3%) of mothers family income of 4000-6000RS, 18(60%) of mothers had family income of 6000-12000RS 2(6.6%) of mothers family had income 12000 RS.
- Among the samples with regard to the Dietary pattern 9(30%) were vegetarians and 21(70%) were non vegetarians.
- Among the samples with regards to gestational week 11 (36.6%) were belong to first trimester, 12 (40%) were belongs second trimester, and 7 (23.3%) were belongs to third trimester.
- Among the samples with regards to antenatal clinic attendance, 30 (100%) regularly attended antenatal clinic.
- Among the samples with regards to diseases during pregnancy, 2 (6.6%) were effected with diabetic, 28 (93.3%) were not affected with any diseases.
- Among the samples with regards to the type educational media used, 24(80%) were using newspaper and television as an educational media, 6 (20%) using all the educational media, which are listed.

The first objective of the study was to assess the level of knowledge regarding breastfeeding among primigravida mothers.

The study revealed that in the pretest among the experimental group 20% had good knowledge level and 80% had poor knowledge level. The study revealed that in the posttest 63.3% had adequate knowledge and 36.7% had Moderate knowledge. The knowledge level was measured using the questionnaire which was administered to the sample before giving the self instructional module. It was found that after giving self instructional module there was significant improvement in the knowledge level.

The second objective of the study was to evaluate the effectiveness of self instructional module on breastfeeding among primigravida mothers.

The present study reveals that in experimental group mean post test knowledge score 22.03 is higher that the mean pretest knowledge score 7.2. The mean difference was found to be 15.10.

The third objective of study was to associate the posttest score with selected demographic value such as age, chi-square value is $\chi2 = 0.17$ Education $\chi2 = 0.27$, Income $\chi2 = 0.101$, Dietary pattern $\chi2 = 0.2$, Gestational Week $\chi2 = 3.16$ and knowledge level. The investigator found that the self instructional module was effective which was able to improve the knowledge.

Conclusion
The conclusion drawn from the study, the majority of primigravida mothers had poor knowledge regarding breastfeeding, and aware about qualities of breastfeeding. The study findings revealed that the knowledge was significantly improved by providing the self instructional module.

Recommendations
- Similar kind of study can be conducted with large sample for generalization.
- Similar kind of study can be done in various settings.
- Comparative study can be conducted among multigravida mothers.
- Study can be conducted by using video assisted program on breastfeeding.

Reference
1. Adele Pillitteri (2007) "Maternal and Child health" 5th edition, Lippincott Williams and Wilkins publishers. Page No: 120 - 124.
2. Annamma Jacob "Manual of Midwifery and Gynaecolonial Nursing" Jaypee Brothers medical publishers (p) Ltd. Page No: 81 – 83.
3. B.T.Basavanthapa (2007) "Nursing research" 7th edition, Lippincott Williams and Wilkins publishers Page No: 315 – 449.
4. C.P Theresyamma "A Guide to Midwifery Student" Jaypee Brothers medical publishers (p) Ltd. Page No: 140 – 141.
5. D.C. Dutta "TextBook of Obstetrics" 6th Edition New Central Book Agency (p) Ltd. Page No: 450 – 456.
6. Denis.F.Polit (2009) "Nursing Research" 2nd edition Jaypee Brothers Medical publishers (p) Ltd. Page No: 20, 35, 56.