



A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE ON BREASTFEEDING AMONG MOTHERS OF CHILDREN IN SELECTED HOSPITAL AT CHENNAI.

**Mrs. M. Ramya
Rathi Devi***

Professor, Venkateswara Nursing College, Thalambur Chennai. *Corresponding Author

Dr. Ciby Jose

Principal, Venkateswara Nursing College, Thalambur Chennai.

Dr. Abirami. P

Vice Principal, Venkateswara Nursing College, Thalambur Chennai.

ABSTRACT Breast feeding constitutes for the health and well-being of both mother and the child. Breastfeeding is contemplated the greatest economical public health measure that has a profound influence on the morbidity and mortality of children in emerging nations. **Statement Of The Problem:** The present study was conducted to assess the effectiveness of planned teaching programme on knowledge on breastfeeding among mothers of children in selected hospital at Chennai. **Methodology:** Quantitative approach and Pre - experimental (One group pre and posttest) research design was adopted for the present study. The variables studied are independent variable, dependent variable and demographic variables. The independent variable was planned teaching programme on breast feeding, dependent variable was knowledge on breastfeeding. The study was conducted in Neolife Children's Hospital, Chennai. The sample size for the present study was 60. Convenient sampling technique was adopted to select the samples for the study. Structured self-administered questionnaire which consists of 30 multiple choice questions was used to collect the data. **Results:** The results in pretest revealed that majority 50% of the mothers had moderately adequate knowledge and 46.7 % of the mothers had adequate knowledge and in posttest majority 96.7% of the mothers had adequate knowledge and 3.3 % of the mothers had moderately adequate knowledge and none of the mother had inadequate knowledge after Planned teaching programme.

KEYWORDS : Planned teaching programme, breast feeding, mothers.

INTRODUCTION

Breast feeding constitutes for the health and well being of both mother and the child. [1] Breastfeeding is contemplated the greatest economical public health measure that has a profound influence on the morbidity and mortality of children in emerging nations.[2] WHO, declares that Breastfeeding is correspondingly advantageous for the mother and the infants.[3] Decreased risks of breast cancer, ovarian cancer, postpartum depression, hypertension, cardiovascular disease, type 2 diabetes mellitus, are few benefits of breastfeeding.[4]

Globally, the prevalence of exclusive breastfeeding (EBF) is 30–50% but in India, it is 54.9%. [5] India's National Family Health Survey in the year 2019–2020, records that in Kerala only 55.5% of infants were exclusively breastfed for six months. [6] A study done in rural areas of the Kancheepuram district, showed the prevalence of exclusive breastfeeding was 38.8%.[7] According to the WHO and UNICEF, EBF for 6 months is the single most effective child survival intervention which reduces both infant mortality and under-five mortality rates in India.[8]

Successful breastfeeding is achieved through information, education, and communication strategies aimed at behaviour change. Health care workers mainly the nurses are the foremost source of information to mothers, and the practice of breastfeeding is influenced by various social, cultural, and religious beliefs. Thus, the present study aims to determine the effectiveness of planned teaching programme on knowledge of breastfeeding among mothers of children.

METHODOLOGY

Quantitative approach and Pre - experimental (One group pre and posttest) research design was adopted for the present study. The variables studied are independent variable, dependent variable and demographic variables. The independent variable was planned teaching programme on breastfeeding; dependent variable was knowledge on breastfeeding. The study was conducted in Neolife Children's Hospital, Chennai. The sample size for the present study was 60. Convenient sampling technique was adopted to select the samples for the study. SECTION-A - Demographic variables: Age of mother, Educational status of the mother, Family income, child birth order, occupation of the mother, Previous knowledge about breastfeeding. SECTION-B - It consists of 30 structured questionnaires on breastfeeding. The questions were classified as general aspects regarding breastfeeding, positions used in breast feeding, types of breast milk, diet during lactation, Management of breastfeeding problems and storage of breast milk. Structured self-administered questionnaire which consists of 30 multiple choice questions was used to collect the data. The material of the instrument

was recognized based on the views of experts in the branch of Nursing. Recommendations were included in the tool. Tool trustworthiness was recognized by test-retest technique and the 'r' value was 0.8. The data was scrutinized by means of descriptive and inferential statistics.

Ethical Considerations

The proposal was approved by the dissertation committee of Venkateswara Nursing College, Thalambur, Chengalpattu District. Approval was got from the Principal, VNC, concerned authority of selected hospital and informed consent was got from mothers before collecting the data. Guarantee was assured to the samples that anonymity of every participant will be kept confidential and they are allowed to withdraw from the study at any time. The investigators explained the aims and methods of data collection and particulars about the study was described to the samples. The confidentiality about the data and finding were assured to the participants.

RESULTS

Frequency and percentage distribution according to their demographic Variables

In regard to age out of 60 samples 21 mothers (35%) were in the age group of 20-25 years, 29 mothers (48.33%) were in the age group of 26-30 years, 10 mothers (16.67%) were in the age group of 31-35 years. Considering the educational status of mothers out of 60 samples 5 mothers (8.33%) were in the illiterate, 5 mothers (8.33%) were in the secondary level, 50 mothers (83.34%) were in the graduate. Regard to the family monthly income out of 60 samples 10 mothers (16.67%) were in the income of Rs. 10,000-20,000, 23 mothers (38.33%) were in the Rs.21,000-40,000, 27 mothers (45%) were in the Rs. 41,000. Considering to the child birth order, 35 children (58.33%) were in the first order, 24 children (40%) were in the second order, 1 child (1.67%) were in the third order. Regard to the occupation of mother, 45 mothers (75%) were housewife, 15 mothers (25%) were working mother. Considering the previous knowledge on breastfeeding mothers out of 60, 25 mothers (38.33%) were got information from mass media, 30 mothers (50%) were got information from doctors, 7 mothers (11.67%) were got information from nurses. Regard to the type of family 27 mothers (45%) were in joint family, 33mothers (55%) were in the nuclear family.

Table 1 : Pretest And Post Test Level Of Knowledge On Breast Feeding Among Mothers Of Children. N=60

S. No.	Level of Knowledge	Pretest		Post Test	
		Frequency	Percentage (%)	Frequency	Percentage (%)
1	Inadequate	2	3.33	0	0

2	Moderately adequate	30	50	2	3.33
3	Adequate	28	46.67	58	96.67

The above table 1 pretest level of knowledge on breastfeeding among mothers reveals that 2(3.33%) had inadequate knowledge, 30(50%) had moderately adequate knowledge, 28(46.67%) had adequate knowledge on breastfeeding among the mothers of children. Description of post-test level of knowledge according to the scores of the breastfeeding mothers reveals that 0(0%) mother had inadequate knowledge, 2(3.33%) mothers had moderately adequate, 58(96.67%) mothers had adequate knowledge

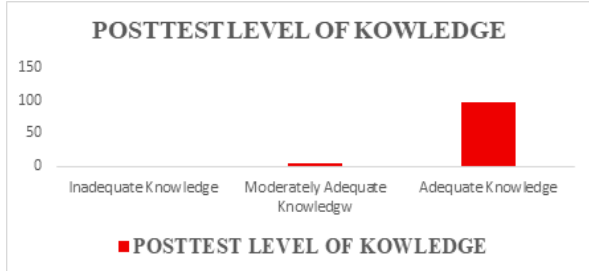


Figure 1: Percentage Distribution Of Posttest Level Of Knowledge On Breast Feeding Among Mothers Of Children.

The mean value with SD of pretest and the mean value with SD of post-test projects 't' value 16.0499 is statistically significant.

Association of the posttest level of knowledge - Analysis represents that the p-value corresponding to the demographic variables "Age" and "Education" is at 5% level of significant and hence we can say that "Age" and "Education" is significantly associated with "Level of knowledge". All other variables are not significant at 5% level since the p-values are not less than 0.05.

DISCUSSION

The present study assessed the effectiveness of planned teaching programme on knowledge on breastfeeding among mothers of children. Results of the study revealed that planned teaching programme was effective which improved the level of knowledge among mothers of children.

Arpita Nag et al (2023) conducted a study on Effectiveness of an information booklet on knowledge regarding breastfeeding among mothers of under two-years children. Quantitative research approach and Quasi experimental one group pre-test post-test design was used. Purposive sampling technique was used to select 65 mothers of under two years children. Results concluded that in pre-test the majority of mothers, 50.8 % had moderate knowledge, 40 % of mothers had inadequate knowledge whereas 9.20% of mothers had adequate knowledge. In post-test majority 92.30% mothers had adequate knowledge, 7.70% mothers had moderate knowledge whereas none of the mothers had inadequate knowledge.

CONCLUSION

Children are the citizens of tomorrow; it is necessary to impart good nutrition which helps to create healthy children for the development of healthy nation.

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Conflicts Of Interest

No conflicts of interest.

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