



A STUDY TO ASSESS THE EFFECTIVENESS OF FENUGREEK SEEDS POWDER CONSUMPTION IN BREAST MILK SECRETION AMONG POST CESAREAN MOTHERS ADMITTED IN FEMALE DOON HOSPITAL, DEHRADUN.

Nursing

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ABSTRACT

Breastfeeding is one of the most effective ways to ensure child health and survival. However, nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months a rate that has not improved in 2 decades. **Objectives-** To assess the effectiveness of fenugreek seeds powder consumption on breast milk secretion among post cesarean mothers in control and experimental group. **Methodology-** A quasi experimental research design is used to assess the effectiveness of fenugreek seeds powder on breast milk secretion among post cesarean mothers. The research design selected was quasi experimental and non-probability purposive sampling was used. The study was conducted in 60 samples in Female Doon Hospital, Dehradun Uttarakhand. The self-structured questionnaire was used as a tool to assess the effectiveness of fenugreek seeds powder on breast milk secretion. The research tool consists of three sections. Section A include demographic variable, section B include obstetric variable, and section C include self-structured questionnaire to assess the effectiveness of fenugreek seeds powder consumption on breast milk secretion. The collected data was analyzed and interpreted by using inferential statistics. **Result-** The result shows in pre-test mean score in experimental group was 30.13 ± 2.08 whereas post-test mean score in experimental group was 43.33 ± 3.57 and in control group pre-test mean score was 30.53 ± 2.20 whereas post-test mean score was 32.9 ± 2.33 . The t value was found 8.006 which is table value to be. Calculated t value is $\leq$ than tabulated value. which implies there is significant effect at $p < 0.05$ with calculated value $p = 0.002$. Thus, the null hypothesis was rejected. **Conclusion-** There is significant effect of fenugreek seeds powder consumption on breast milk secretion among post cesarean mothers.

KEYWORDS

Fenugreek seeds powder, postnatal cesarean mothers, breast milk secretion

INTRODUCTION

Breastfeeding is a mother's gift to herself, her baby, and the earth.

Breastfeeding is a fundamental pillar of child nutrition, with important implications for the health welfare due to its impact on morbidity and mortality, especially among children under 1 year of age. The importance of breast milk as a food of choice during the first 6 months of life. The World Health Organization (WHO) recommends early initiation of breastfeeding within the first hour after birth and exclusive breastfeeding during the 6 months of life. Recently, WHO defined the 2025 Global Nutrition Targets aimed at improving maternal, infant and young child nutrition. Among these, breastfeeding has been prioritized in the fifth target: increase the rate of exclusive breastfeeding in the first 6 months up to at least 50%. Health aspects of breastfeeding is very important for a child, during the breastfeeding period, breast milk provides passive immunity to the child, protect infant against gastrointestinal illness, otitis media and lower respiratory tract infections. In addition, through active stimulation of the infant own immune system, breastfeeding may lead to an improvement in the response even after cessation of breastfeeding.

Aim of the study-

Aim of this study was to assess the effectiveness of fenugreek seeds powder consumption on breast milk secretion among post cesarean mothers admitted in Female Doon Hospital, Dehradun, Uttarakhand.

OBJECTIVES

- To assess the breast milk secretion among post cesarean mothers in experimental and control group.
- To assess the effectiveness of fenugreek seeds powder consumption on breast milk secretion among post cesarean mothers in control and experimental group.
- To find out association between the pretest score on effectiveness of fenugreek seeds powder consumption on lactation among post cesarean mothers.

METHOD AND MATERIAL

A quasi-experimental research approach was used for the investigation. The investigator used non-probability purposive sampling technique for selecting 60 samples. A self-structured questionnaire was used to assess the effectiveness of fenugreek seeds powder on breast milk secretion of the samples. The reliability of the tool was determined by 'test-retest method' and using 'Karl Pearson's correlation co-efficient formula'. Descriptive and inferential statistics was used to analyze the data.]

The investigator reviewed related literature to describe the tool to

assess the effectiveness of fenugreek seeds powder on breast milk secretion of the samples. Tool divided in to three sections. Section I: Demographic data Demographic variables of the samples consist of items such as Age, Occupational status, Residency. Section II: The section has obstetric variables.

It consists of data such as-No of children, type of feeding. Section III: The section has self-structured questionnaire which is help in assess the effectiveness of fenugreek seeds powder in breast milk secretion.

Major findings

Table 1: Data on pre and post assessment of breast milk secretion among post cesarean mothers in experimental and control group.

	Control				Experimental			
	Pre		Post		Pre		Post	
	F	%	F	%	F	%	F	%
Insufficient	30	100	22	73.3	30	100	14	46.7
Sufficient	-	-	8	26.6	-	-	16	53.3
Total	30	100	30	100	100	30	30	100

Table 1: shows that in pre-test, in both group (Experimental and Control group) breast milk secretion among post cesarean mothers, all 60 post cesarean mothers were having insufficient breast milk secretion and in experimental group after post-test, breast milk secretion among post cesarean mothers 17 mothers (57%) were have sufficient breast milk secretion and 13 mothers (43.30%) were have insufficient breast milk secretion and in control group there is no changes in post test score.

Data on comparison on mean score level in experimental and control group on breast milk secretion among post cesarean mothers.

Table 2: Comparison between pre and post test of fenugreek seed powder consumption on breast milk secretion among post cesarean mothers in experimental and control group by using paired t-test.

Group	Pre-Test (mean $\pm$ SD)	Post-Test (mean $\pm$ SD)	Mean difference	Paired - t test	DF	P - value
Experimental group	30.13 ± 2.08	43.33 ± 3.57	13.2	17.47	29	0.004
Control group	30.53 ± 2.20	32.9 ± 2.33	2.37	1.97	29	0.053

Data on effectiveness of fenugreek seed powder consumption on breast milk secretion among post cesarean mothers between experimental and control group.

Group	Experimental group (mean $\pm$ SD)	Control group (mean $\pm$ SD)	Independent t test	df	p-value
Pre test	30.13 $\pm$ 2.08	30.53 $\pm$ 2.20	0.716	58	0.476
Post test	43.33 $\pm$ 3.57	32.9 $\pm$ 2.33	8.006	58	0.002*

*= significant at the level of p value 0.002 with tabulated value 8.006

*Significant at $p \leq 0.05$

*Significant at $p \leq 0.01$

*Significant at $p \leq 0.001$

DISCUSSION

The present study is conducted on post cesarean mothers in female doon hospital, Dehradun district. In the discussion session the researcher draws the conclusion about the meaning and implication of findings. This session tries to implore what the result mean. A Quasi experimental research design study was found to be appropriate.

Based on pretest of breast milk secretion among post cesarean mothers in experimental and control group:

In pre-test, considering the breast milk secretion among post cesarean mothers 0(0%) were having sufficient breast milk secretion and 60(100%) were having insufficient breast milk secretion.

Based on post test of breast milk secretion among post cesarean mothers in experimental and control group:

In post test, considering the breast milk secretion among post cesarean mothers 17(57%) were having sufficient breast milk secretion and 13(43.30) were having insufficient breast milk secretion.

Findings of mean comparison in experimental and control group by using paired t-test:

The study shows that the pretest and post test on breast milk secretion among post cesarean mothers, the mean value is in pretest (30.13) and in post test (40.20) calculated by using paired t-test.

Findings on effectiveness of fenugreek seeds powder consumption on breast milk secretion among post cesarean mothers in control and experimental group.

The study shows that, there is statistically significant difference by comparing control and experimental group, where in control group p value is 0.476 which is not significant and in experimental group p value is 0.002 which means significant. It was calculated by using un-paired t test.

CONCLUSION

Based on the findings, it is statistically evidence proved that the effectiveness of fenugreek seeds powder in breast milk secretion among post cesarean mothers have significantly increased after the consumption of fenugreek seeds powder.

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