A Study to Assess the Effectiveness of Planned Teaching on Knowledge Regarding Importance of Breast Feeding and Weaning Among the Primigravida Mothers

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ABSTRACT

Breast feeding is the most precious gift a mother can give her infant. "When there is illness or malnutrition it may be a life saving gift, when there is poverty, it may be the only gift". 1. To assess the existing knowledge regarding importance of breastfeeding and weaning among primigravida mother's in selected hospital of Wardha city. 2. To assess the effectiveness of planned teaching knowledge on regarding importance of breastfeeding and weaning among primigravida mother by comparing for the pretest and post test knowledge score. 3. To compare the knowledge regarding importance of breastfeeding and weaning among primigravida mother with selected demographic variables Descriptive interventional research approach. Research Design: - one group pretest and post test design. Setting of the study: Selected hospital of Wardha city. Population- All primigravida mothers admitted in selected hospital of Wardha city. Sample size: 60 Sampling technique: Non -probability convenient sampling.

KEY WORDS: ASSESS, EFFECTIVENESS, PLANNED TEACHING, KNOWLEDGE, PRIMIGRAVIDA, BREASTFEEDING, MOTHER, WEANING.

INTRODUCTION

Weaning complementary feeding is the gradual process and progressive transfers of the baby from the breast feeding to the usual family diet during this process the infants gets accustomed to food other than mother's milk. Weaning does not mean discontinuity of breast feeding. Weaning food is given in addition of breast feed when the amount of breast feeding is inadequate.

Background Of The Study: For the healthy baby, the first routine after delivery should be skin to skin contact and initiation of breast feeding. Starting breast feeding soon after birth lowers infant's risk of neonatal death.2 Breast feeding should be initiated within an hour of birth instead of waiting several hours as is often customary. Although there is little milk at that time it helps to

establish feeding and a close mother-child relationship, known as "Bonding".

Need of the Study

Review of Literature: The related literature is presented under the following headings:

- Review of literature related to importance of breast feeding and weaning.
- Review of literature related to knowledge regarding importance of breast feeding and weaning.
- A study was conducted to initiation breastfeeding within one hour after birth has been associated with reduced neonatal mortality in a rural Ghanaian population. Data were collected during a community-based randomized trial of the impact of topical chlorhexidine antiseptics interventions on neonatal mortality and morbidity in southern Nepal. Multivariable regression modeling was used to estimate the association between death and breast feeding initiation time. Partially breastfed infants (72.6%) were at higher mortality risk than those exclusively breast fed. Improvements in breastfeeding practices in this setting may reduce neonatal mortality substantially.

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- A study was conducted to assess knowledge and current breastfeeding practices and to evaluate the gain in awareness post breastfeeding awareness campaign (BFAC) among lactating women in an urban resettlement colony of Chandigarh. This study was undertaken on a study sample of 210 lactating women. A pre-tested questionnaire was used to assess the knowledge and practices of these women and a post campaign assessment of gain in awareness was done after one month. Post BFAC, results revealed improved awareness among the mothers.
- According to national policy survey (2001), nutrition plays a pivotal role in determining optimal health and development of children. Regarding the importance of child nutrition right since independence India has started many programmed to combat under nutrition supplementary feeding program received emphasis for the weaker section of society. Fortunately 'Green Revolution' also helped the country to attain food self-sufficient of direct result has been a sharp declining in severe forms of malnutrition like Kwashiorkor and Marasmus. However, benefits of development have not reached all children; especially the vulnerable group mainly clubbed together at remote and slum areas.
- Shubhangi Joshi (2009) recently said that, the adequacy of complementary feeding (adequacy in short for timely, adequate, safe and appropriate) not only depends on the availability of a variety of foods in the household; but also, on the feeding practices of caregivers. Feeding young infants requires active care and stimulation, where the caregiver is also the child clues for hunger and also encourages the child to eat. This is also referred to as active of responsive feeding.
- A study was conducted on maternal child-feeding style during the weaning period: association with infant weight and maternal eating style. A controlling maternal child-feeding style has been show to have negative consequences for child weight and eating style for children over the age of 12 months. In the current study, 642 mothers with a child aged 6-12 months completed a copy of the Child Feeding Questionnaire and reported infant and maternal weight. Infant weight was positively correlated with maternal use of restriction, monitoring and concern for infant weight. Moreover, mothers high in restraint, external and emotional eating reported higher levels of concern for infant weight, restriction and monitoring and perceived their infants to be larger. The findings suggest that the extent to which controlling feeding practices are used is influenced by infant and maternal personal weight concerns even at this early stage. Potentially, these early behaviors could have long term consequences for child weight and eating style.

Problem Statement: "A study to assess the effectiveness of planned teaching on knowledge regarding importance of breast feeding and weaning among the primigravida mothers."

Objective:-

- To assess the existing knowledge regarding importance of breastfeeding and weaning among primigravida mother's in selected hospital of Wardha city.
- To assess the effectiveness of planned teaching knowledge on regarding importance of breastfeeding and weaning among primigravida mother by comparing for the pretest and post test knowledge score.
- To compare the knowledge regarding importance of breastfeeding and weaning among primigravida mother with selected demographic variables.

RESEARCH METHODOLOGY

Research approach: - Descriptive interventional research approach.

Research Design:- one group pretest and post test design.

Sample:- All primigravida mothers admitted in selected hospital of Wardha city.

Sampling technique:- Non -probability convenient sampling.

Sample size: - 60

Setting: - Selected hospital of Wardha city.

Criteria For Selecting Sample

Inclusive Criteria: -

- Primigravida mother age between 18 – 30 years.
- Mothers who can be available at the time of data collection.
- Primigravida mother who can read & write either Hindi & Marathi./English.
- Primigravida mother who are willing to participate.

Exclusive Criteria:

- Those who attain the same programmed.
- Those who are belong to health profession.

Description of tool

The structure questionnaire consists of 3 sections.

1. Demographic data-
2. It includes the demographic data such Age, Religion, Education, Occupation, Type of family, Income, Residence.
3. Regarding breast feeding questionnaires.
4. Regarding weaning questionnaires.

Organization Of Findings

The analysis and interpretation of the observations are given in the following section:

- **Section A:** Distribution of primigravida mothers with

regards to demographic variables.

- **Section B:** Assessment of existing knowledge regarding importance of breastfeeding and weaning among primigravida mother's in selected hospital of Wardha city.
- **Section C:** Effectiveness of planned teaching on knowledge regarding importance of breastfeeding and weaning among primigravida mother by comparing for the pretest and post test knowledge score.
- **Section D:** Association of knowledge score in relation to demographic variables.

RESULTS

The analysis of the demographic data of the study samples gives an idea about the general characteristic of the total 60 primigravida mothers.

As per demographic variable the result of the 60 primigravida mothers were assessed

- Related to age, the maximum number 26(43.3%) of The Samples were in the age group of 22-23 years and the minimum number 1(1.7%) of the sample were in the age group of 30-33.
- Related to religion, the maximum number 25(41.7%) of mothers belonged to Hindu religion and the minimum number 5(8.3%) Muslim religion.
- Related to educational status, it reveals that maximum number 31(51.7%) of mothers educated up to secondary and the minimum number 10(16.7%) were primary.
- Related to type of family, the maximum number 35(58.3%) sample from joint family and the minimum number 1(1.7%) from single motherhood family.
- Related to occupational status, the maximum number 27(45%) from house wife mothers and minimum number 4(6.7%) sample from business.
- Related to income of families, maximum number 29(48.3%) families were having 3001 -6000rs. and the minimum number 5(8.3%)>9000rs.
- Related to Residence, out of 60 subject maximum number 36(60%) of mothers belongs to Rural area and the minimum number 24(40%) belong to Urban area.
- Related to breast feeding is the first immunization to the baby, the maximum number 45(75%) from yes answer and the minimum number 15(25%) from no answer.
- In pre test most of the primigravida mothers the maximum score 22(36.37%) had average knowledge and the minimum score 9(15%) had poor knowledge.
- In post test, of the primigravida mother the maximum number 43(71.67%) had excellent knowledge and minimum score 1(1.67%) had good knowledge.
- In relation to knowledge of importance of breast feeding and weaning before and after planned teaching module, there was significant difference between pre test and post test knowledge score which was evidence by t value was 17.92 and p

value was 0.000 which was less than 0.05.

In order to achieve the objective , analysis of over all comparison of assessment of pre test and post test knowledge as criteria was done and the result describe that in pre test ,primigravida mothers and Excellent (0%), Very good (16.67%) Good (31.67) and average (36.67%) and Poor (15%) level of knowledge. where as in post test ,level of knowledge was excellent (71.67%),and Very good (26.27%), Good (1.67%) and average (0%) and Poor (0%) which was higher than the pre test knowledge level. It shows that the planned teaching was effective in terms of gain in knowledge score in post test. Analysis of overall comparison of assessment pre test and post test level of the as per criteria was done and the result describe that in pre test primigravida mother had excellent (0 %), very good (16.67%), good (31.6 %) and average (0%) level of practices .where as in post test, level of practice is excellent were (71.67%) and very good (26.67 %) which is higher than the pre test practices level. it shows than the plan teaching was effective in terms of gain in practices score in post test.

The total knowledge means score in the pre test was 11.28 and in post test it was 24.63. The standard deviation in pre test was 5.20 and in post test was 3.07 which shows that the data was consistent .As' t' value calculated was 17.92 and t (p= 0.000,P<0.05), which is highly significant i.e. greater than the table value of 't' . The total practices mean score of importance of breast feeding in the pre test was 6.18 and in the post test was 11.68 respectively. The standard deviation in pre test is 2.83 and in post test 2.06 which shows that the data is consistent. As 't' value calculated was t= 13.43 and t (p= 0.000 S, p<0.05), and total mean score weaning in pre test was 5.10 and post test was 12.95 respectively. The standards deviation in pre test 2.96 and in post test 1.80 which shows that the data is consistent. As a 't' value calculated was t=13.43 and t tab. (p= 0.000 S, p < 0.05) which was highly significant i.e. greater than the table value of 't' at df.

Association of knowledge and practices of breast feeding and weaning in demographic variables.

1. Association of knowledge in related to age i.e. cal .value is < F tab and p cal. Value is <0.05 level of significant ,so there is no association of primigravida mothers of knowledge regarding breast feeding and weaning related to age, hence it is not significant.
2. Association of knowledge is relation to religion i.e. t cal. value is < t tab and p cal. Value is > 0.05 level of significance, so there is no association of primigravida mothers of knowledge regarding breast feeding and weaning in relation to religion , hence it is non significant .
3. Association of knowledge in relation to educational status i.e. t cal value is < t tab and p cal .value is >0.05 level of significance ,so there is no association of primigravida mothers of knowledge regarding breastfeeding and weaning in relation to educational status ,hence it is non-significant.
4. Association of knowledge in relation to type of

family i.e., F cal. value is $< F_{\text{tab}}$ and p cal. value is > 0.05 level of significance, so there is no association of primigravida mothers of knowledge regarding breast feeding and weaning in relation to type of family, hence it is not significant.

5. Association of knowledge in relation to occupational status i.e. F cal. Value is $< F_{\text{tab}}$ and p cal. value is $p > 0.05$ level of significance, so there is no association of primigravida mothers of knowledge regarding breast feeding and weaning in relation to occupational status, hence it is non-significant.
6. Association of knowledge in relation to income level i.e. t cal. Value is $< t_{\text{tab}}$ and p cal. value is $p > 0.05$ level of significance, so there is no association of primigravida mothers of knowledge regarding breast feeding and weaning in relation to income level, hence it is non-significant.
7. Association of knowledge related to family residence. i.e. F cal. Value is $< F_{\text{tab}}$ and p cal. Value is > 0.05 level is significance, so there is no association of primigravida mothers of knowledge regarding breast feeding and weaning in relation to family income per month, hence it is non significant.
8. Association of practices in relation to breast feeding is the first immunization to the baby i.e. F cal. Value is $< F_{\text{tab}}$ and p cal. value is > 0.05 level of significance, so there is no association of primigravida mothers of practices score regarding breast feeding and weaning in relation to breast feeding is the first immunization to the baby, hence it is not significant.

Criteria For Selecting Sample

Inclusive Criteria: –

- Primigravida mother age between 18 – 30 years.
- Mothers who can be available at the time of data collection.
- Primigravida mother who can read & write either Hindi & Marathi. /English.
- Primigravida mother who are willing to participate.
- Exclusive Criteria:
- Those who attain the same programmed.
- Those who are belong to health profession.
- Recommendations For Further Research

On the basis of this study the following recommendations have been made for further study.

- A comparative study to find out the knowledge of primigravida mothers in different hospitals may be carried out.

- A teaching manual may be developing for the primigravida mothers, family members and neighbors.
- A similar study may be conducted by using a larger sample size which would help to generalize the findings.
- An exploratory study may be conducted to find out the knowledge of the primigravida mothers regarding importance of breastfeeding and weaning
- A longitudinal study may be done to see the effect of planned teaching among primigravida mothers.
- A comparative study may be conducted to find out the knowledge and practice of mothers in urban and rural areas.

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