



Research Article

Assess The Effectiveness of Structure Teaching Program on Knowledge Regarding Breast-Feeding Among Primi Mother's

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Abstract	Manuscript Information
<p>Breastfeeding is an extraordinary gift of nature for both Babies and Mother's in many aspects. It is globally accepted to be the best and complete food for the newborn as it satisfies specific nutritional needs widespread evidence there to support the advantages of breastfeeding to infants, mother's, families, and society which also includes physical, emotional, psychological, developmental, nutritional, immunological, social, economic and environmental benefits.</p> <p>Objective: To assess the level of knowledge regarding breastfeeding among Primi Mother's in S.V.B.P. Hospital, Meerut.</p> <p>Method: A pre-experimental study was conducted among 50 primi gravida mother's from postnatal wards of S.V.B.P Hospital, Meerut, Uttar Pradesh.</p> <p>Result: the result showed that more than half (66%) of mothers have good knowledge and only (2%) have below-average knowledge regarding breastfeeding.</p> <p>Conclusion: the STP was effective, knowledge level was improved after the intervention.</p>	<ul style="list-style-type: none"> ▪ ISSN No: 2583-7397 ▪ Received: 13-09-2024 ▪ Accepted: 19-10-2024 ▪ Published: 27-12-2024 ▪ IJCRM:3(6); 2024: 178-181 ▪ ©2024, All Rights Reserved ▪ Plagiarism Checked: Yes ▪ Peer Review Process: Yes <p>How to Cite this Manuscript</p> <p>Shivani, Shivani Singh, Shivanki, Shivanshu Bansal, Vir Vikram Sahdev Singh. Assess The Effectiveness of Structure Teaching Program on Knowledge Regarding Breast-Feeding Among Primi Mother's. International Journal of Contemporary Research in Multidisciplinary.2024; 3(6): 178-181.</p>

KEYWORDS: Breastfeeding, Knowledge, Primigravida, Lacto globulin

1. INTRODUCTION

Mother's milk is the best and most complete food for the baby. It contains all the nutrients ideal in composition for easy digestion with a low Osmotic load fat is digested better when emulsified and the globules are smaller portions rich in Lacto globulin.

Problem Statement

A study to assess the effectiveness of a structured teaching program on Knowledge regarding breastfeeding among Primi mothers at S.V.B.P Hospital Meerut.

2. OBJECTIVES OF THE STUDY

1. To assess the level of knowledge regarding breastfeeding among primi Mothers in S.V.B.P Hospital.
2. To assess the effectiveness of structured teaching program on knowledge regarding breastfeeding among primi gravida Mother's.
3. To find out the association between knowledge regarding breastfeeding among primi Mothers and demographic variables.

HYPOTHESIS

H0: There is no significant difference between pre-test and post-test knowledge regarding Breastfeeding (P<0.05).

H1: There is a significant difference between pre-test and post-test knowledge regarding breastfeeding (P<0.05).

3. RESEARCH METHODOLOGY

Research Approach

In this study, a quantitative research approach is used.

Research Design

In this study, one-group pre-experimental research is used to answer the hypothesis and to determine the relationship between the independent and dependent variables.

Setting of the Study

The study was conducted at SVBP Hospital in Meerut.

Variables

Independent Variables: Structured Teaching Program

Dependent Variables: Knowledge

POPULATION: The target population consisted of the Primi mothers.

Accessible Population

Accessible Population people who are residency SVBP Hospital at Meerut.

Sample

In this study, the sample is the selected SVBP Hospital in Meerut PNC Ward of Primi mother.

Sample Size

The sample size consists of 50.

Sampling Technique

In this study, the non-probability convenience sampling technique is used.

Criteria For Sample Selection:

Inclusion Criteria

- Primi mother visits SVBP HOSPITAL.
- Subjects who can understand Hindi or English Language.
- who is present on the day of data collection?

Exclusion Criteria

- The who were not willing to participate in the study.
- Secondary mother.

Description Of Tools

The tool consists of 2 sections.

Section: A

Demographic variables: Age, Education, Occupation, Type of Family, Religion, Monthly Income, Place of Residence, Weeks

of Pregnancy, Prenatal Care, Antenatal Visit, Genetic Counseling Session.

Section: B

- Structured questionnaire

Structured question: 30 Questions

4. ANALYSIS AND INTERPRETATION

The organization of findings is discussed under four sections.

SECTION-1

Table 1: Socio-demographic profile of primi gravida mothers in S.V.B.P of Meerut. (N=50)

S. No	Socio-Demographic Variables	f	(%)
1.	AGE (in years)		
	21-25	36	72%
	26-30	11	22%
	31-35	2	4%
	>35	1	2%
2.	Education status		
	Illiterate	20	40%
	Primary	15	30%
	Secondary	13	26%
	Higher Secondary	2	4%
3.	Graduation and above	0	0%
	Occupation		
	Government	0	0%
	Private	5	10%
	Self-employed	5	10%
4.	Housewife	40	80%
	Type of family		
	Single	24	48%
	Joint	26	52%
	5.	Religion	
Hindu		28	56%
Muslim		19	38%
Sikh		3	6%
Christin		0	0%
6.	Monthly income		
	5,000	13	26%
	5,001-10,000	20	40%
	10,001-15,000	16	32%
	>15,000	1	2%
7.	Residence place		
	Rural	32	64%
	Urban	18	36%
8.	Weeks of Pregnancy		
	Less than 12 weeks	4	8%
	12-20 weeks	3	6%
	20-36 weeks	38	76%
	Above 36 weeks	5	10%
9.	Currently receiving prenatal care		
	Yes	40	80%
	No	10	20%
10.	Antenatal care		
	Yes	32	64%
	No	18	36%
11.	Genetic counselling session		
	Yes	11	22%
	No	39	78%

Table 1 presents the socio-demographic profile of the primi gravida mothers at S.V.B.P Hospital Meerut. The majority of the participants (72%) are between 21- 25 years of age, while (2%) are aged above 35 years and 22% of primi mothers were between 26-30 years, and (4%) were in 31-35 years of age group. More primi gravida mother’s regarding breastfeeding Education status have (40%) illiterate, (30%) primary, (26%) secondary, (4%) higher secondary, (0%) Graduation and above. Regarding occupation Of primi gravida mothers (0%) government, (10%) private, (10%) self-employed (80%) housewife. The majority (48%) live in single families with (52%) in joint families. Most of the primi gravida mothers are Hindu (56%) (38%) are Muslim, (6%) are sikh and (0%) belong to the Christian religion. The monthly income distribution shows that 26% earn less than 5,000, 40% earn between 5,001-10,000, 32% earn 10,001-15,000, (2%) less than>15,000. (64%) participants from Rural areas and others (36%) from Urban areas. regarding weeks of pregnancy (8%) <12 weeks, (6%) between 12-20 weeks, (76%) between 20-36 weeks, and others (10%) >36 weeks. (80%) Primi gravida mothers receiving prenatal care and (20%) No. (64%) Primi gravida mothers receiving antenatal care and (36%) No. (22%) Primi gravida mothers’ participants in genetic counseling sessions and (78%) No.

SECTION—2

Table 2: Pre-test knowledge level among primi gravida mothers on knowledge regarding breastfeeding. (N=50)

Knowledge level	f	(%)
Below average	38	76%
Average	9	18%
Good	3	6%

Table 2 presents the pre-test knowledge levels regarding breastfeeding among primi mother’s the results indicate that the majority of participants (76%) Below Average, (18%) Average, (6%) Good.

Table 3: Distribution of post-test according to knowledge level among primi gravida mothers regarding breastfeeding. (N=50)

Knowledge level	f	(%)
Below average	1	2%
Average	16	32%
Good	33	66%

Table 3 presents the post-test knowledge levels regarding breastfeeding among primi gravida mother’s the results show that after the structured teaching program (2%) participants have Below-average knowledge (32%) participants have average and others (66%) participants have good knowledge.

Table 4: Descriptive statistics of knowledge score regarding breastfeeding among primi gravida mothers. (N=50)

SCORE	Mean	SD	Md
Pre-test knowledge	5.38	4.720	12.68
Post-test knowledge	18.06	4.622	

Table 4 presents the descriptive statistics of knowledge scores regarding breastfeeding among primi gravida mother’s. in the pre-test, the mean knowledge score was 5.38 with a deviation of 4.720. In the post-test, the mean knowledge score increased to 18.06 with a standard deviation of 4.622. the mean difference between the pre-test and post-test is 12.68.

SECTION—3

Findings related to evaluating the effectiveness of the Structured Teaching program on knowledge regarding breastfeeding among primi gravida mothers in S.V.B.P Hospital.

Comparison of overall pre-test and post-test knowledge scores of primi gravida mothers. To find the significant difference between the mean pre-test and post-test knowledge scores, the “t” test was used. To test the statistical significance between the mean pre-test and a post-test knowledge score. The following hypothesis was formulated:

H1: There will be a significant difference between a pre-test and a post-test regarding knowledge of Breastfeeding among primi gravida mothers.

Table 5: Effectiveness of Structured teaching program on knowledge regarding breastfeeding among primi gravida mothers in S.V.B.P Hospital. (N=50).

Knowledge score	Mean	SD	Md	“t” value	df	“p” value
Pre-test knowledge	5.38	4.720	12.68	12.9226	49	<0.05
Post-test knowledge	18.06	4.622				

Table 5 presents the effectiveness of a structured teaching program on knowledge regarding breastfeeding among primi gravida mothers the mean pre-test knowledge score was 5.38, while the post-test mean score increased to 18.06. the mean difference (MD) between the pre-test and post-test scores was 12.68 A dependent “t” was applied and the results indicated 12.9226, demonstrating that the teaching program had a significant positive impact on the primi gravida mothers’ knowledge of breastfeeding. Hence the null hypothesis was accepted. This indicates that the Structured teaching program was effective in improving knowledge.

SECTION—4

Findings related to finding out the association between the level of knowledge regarding breastfeeding with their selected Demographic variables among Primi Gravida Mother

Table 6 presents the association between pre-test knowledge levels regarding breastfeeding and selected demographic variables among primi gravida mothers. The chi-square test was applied to assess the relationship between various socio-demographic factors and the knowledge levels of the participants. The results show that none of the variables, including age ($\chi^2=0.06547$), education status ($\chi^2=0.0040061$), occupation ($\chi^2=0.002343$), family type ($\chi^2=3.212172$), religion ($\chi^2=0.0005773$), monthly income ($\chi^2=0.0081693$), residence place ($\chi^2=0.0021587$), weeks of pregnancy ($\chi^2=0.0162188$), receiving prenatal care ($\chi^2=0.0000688$), antenatal care ($\chi^2=0.0034774$), genetic counseling ($\chi^2=0.0017459$) demonstrated a statistically significant association with the pre-test knowledge levels of the primi gravida mother's, as all p values were greater than 0.05. Additionally, no statistics were computed for residency, as it was a constant variable. Therefore, these sociodemographic factors did not significantly influence the pre-test knowledge levels of the primi gravida mothers regarding breastfeeding knowledge.

Implication

The findings of the study have implications in the following areas.

- Implication for nursing practice
- Implication for nursing education
- Implication for nursing administration
- Implication for nursing research.

Nursing Practice

The nurses play a vital role among all the health team members in educating the mother about breastfeeding. They can create better awareness among the Mother's and family members. They have used a special variety of audio-visual aids to create awareness among the Mother and family members. Nurses can include the other members of the family also to be involved along with the mother in learning about breastfeeding. They can also provide a demonstration session for breastfeeding positions, The teaching strategies used by the nurses should be simple, clear cut and able to be followed by the Mother. A structured teaching program has to be planned to enrich the Mother's awareness. The nurses and health care system should focus on the problems related to breastfeeding. Strengthening the breastfeeding program for infants as well as Mother's.

Nursing Education

The nursing curriculum should focus on improving the strategies to strengthen breastfeeding practices. The nursing curriculum should consist of knowledge related to teaching strategies and various modalities. So that the nursing student can use different teaching methods to impart the appropriate knowledge on exclusive breastfeeding to the focus group. The student's learning experience should provide an opportunity to conduct health education campaigns and supervise nursing practices.

Nursing Research

The findings of the study can be utilized for further research to assist the factor influencing the level of knowledge of breastfeeding in primigravida Mother.

Nursing Administration

The nurse administrator should organize in-service education programs for the staff to get updated with the strategies in breastfeeding education. The nurse administrator should motivate the health care professional to organize awareness campaigns to the antenatal mother and the postnatal mothers by providing adequate information about the development of healthy breastfeeding advantages and techniques. Nurse administrators should also involve the mass media to take part in the educational program regarding breastfeeding. Nurse administrators should also motivate and develop interest in the primi antenatal Mother's for breastfeeding.

5. RECOMMENDATION

- A similar study can be done with a large no of the samples.
- A study can be done including primigravida Mother.
- A study can be conducted by assessing the level of knowledge regarding breastfeeding.

6. CONCLUSION

The present study shows that 2% of participants were below-average knowledge. 32% of participants had average knowledge. 66% of participants had good knowledge. There is no significant association between breastfeeding knowledge level with their selected demographic variables.

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