

## ORIGINAL ARTICLES

# Effectiveness of Planned Teaching Programme on Knowledge Regarding Expression and Storage of Breast Milk among Employed Women's

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**ABSTRACT**

The welfare of society is intrinsically connected to the health and survival of mothers and children. Lactation is a defining trait in nearly all mammals and is crucial for stimulating milk production and flow.

**Aim:** The present study aimed to evaluate the effectiveness of Planned teaching programme on knowledge regarding expression and storage of breast milk among employed women.

**Material and method:** A pre-experimental design was adopted for the study. The study was carried out in Government higher secondary school, menasi and Government higher secondary school, Adhikarapatti, Dharmapuri, Tamilnadu. Total 50 employed women's who were selected through convenience sampling. Structured interview knowledge questionnaire and socio-demographic questionnaire were used to collect the data. Planned teaching programme were presented to study participants immediately after pre assessment.

**Results:** The results shows that the post-test mean score was  $19.34 \pm 1.78$  (SD) and the paired 't' test value is 19.43 which was significant at  $p < 0.05$ . The post-test knowledge score of employed women's was found to have a significant correlation with demographic characteristics.

**Conclusion:** According to the results of the study, a planned teaching programme increased the knowledge level of employed women's.

**KEYWORDS**

• Knowledge • Expression and storage of milk • Employed women

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## INTRODUCTION

Babies thrive on breast milk because it supports their optimal physical and mental development. Instead than waiting several hours, breastfeeding should begin within an hour of the baby's delivery. Although breast milk aids in the initiation of feeding and the development of a strong attachment called "bonding" during this period

Exclusive breastfeeding for six months is a more effective intervention to enhance baby nutrition and reduce morbidity and death (**World Health Organization, 2014**).

Current scientific literature indicates that breastfeeding saves 6 million newborn lives annually by reducing diarrhea and severe respiratory tract infections, and it is solely responsible for the suppression of infertility (**Arun Gupta, 2014**).

Currently, around 75% of women are employed in urban areas, with 58% being working mothers. In India, maternity benefits in government settings include 90 days of paid leave, however in the private sector, mothers are required to return to work after one and a half to two months. According to W.H.O guidelines, exclusive breastfeeding should be practiced for a minimum of six months. As the mother resumes work, the baby does not receive adequate feedings; thus, she may express and store breast milk, which often spoils, potentially causing illness in the infant. Therefore, it is crucial to understand the necessary techniques for expressing and storing breast milk at the appropriate temperature. An adverse working atmosphere can hinder the enhancement of breastfeeding initiatives.

Journal of Human Lactation, initially published on November 12, 2009, is a cohort study. Performed in Perth, Australia, A woman can remain apart from her infant for short periods of time while still nursing thanks to the expression of breast milk. The study drew 587 moms, or 55% of the overall population that met the inclusion criteria. Even though 93% of them were nursing when they were released, they stopped within six months because they started working.

**Breastfeeding Promotion Network of India (BPNI) and Public Health Resource Network (PHRN) (2016)** Less than half of Indian infants start nursing in the first hour, don't get enough

to eat after six months of breastfeeding, or are nursed exclusively. Surprisingly, only 47% of mothers start nursing within an hour of giving birth, even though 80% of women give birth in hospitals.

The recent **National Family Health Survey (NFHS)-4**, released last year, indicates that 41.6% of children under three years of age were breastfed within one hour of birth in 2015-16, compared to 23.4% in 2005-06. Even though 79% of births take place in hospitals, only 41.6% of babies are breastfed during the first hour, according to statistics from UNICEF. More than 95% of infants in India were breastfed at some point, according to the study.

All the aforementioned research indicate that healthcare providers play a crucial role in identifying potential restrictions and mother concerns, as well as offering help to address the obstacles associated with exclusive breastfeeding and lactation issues. Upon reviewing the pertinent literature, the investigator determined the necessity of preventing insufficient breast milk availability for newborns and providing women with proper knowledge regarding breast milk storage.

## OBJECTIVES

1. To assess the level of knowledge regarding expression and storage of breast milk among employed women.
2. To deliver Planned teaching programme on knowledge regarding expression and storage of breast milk among employed women.
3. To evaluate the effectiveness of planned teaching programme on knowledge regarding expression and storage of breast milk among employed women.
4. To find out the association between pretest level of knowledge regarding expression and storage of breast milk among employed women with their selected demographic variables.

## RESEARCH METHODOLOGY

**Research approach and design:** Quantitative approach with pre-experimental one group pre and post test research design was used in the present study

**Research setting:** The study was carried out in two schools namely **Government higher secondary school, menasi** and **Government higher secondary school, Adhikarapatti, Dharmapuri.**

**Population:** The assessable population of the study includes employed women's who are working in selected schools, Dharmapuri.

**Sample Size:** Sample size of the present study was 50.

**Sampling Technique:** Non-probability convenience sampling technique was used to select the samples.

## RESULTS

**Table 1:** Comparison of Frequency and percentage distribution of pre test and post test level of knowledge and regarding expression and storage of breast milk among employed Women

Level of Knowledge	N=50			
	Pre Test		Post Test	
	F	%	F	%
Inadequate	33	66%	0	0
Moderately Adequate	17	34%	8	16%
Adequate	0	0%	42	84%
<b>Total</b>	<b>50</b>	<b>100</b>	<b>30</b>	<b>100</b>

Above table revealed that regarding pre test level of knowledge on expression and storage of breast milk, there was 33 (66%) of Employed women had inadequate knowledge, 17(34%) had moderate knowledge and 0(0%) none had adequate knowledge and in post test there was 42 (84%) of Employed women had adequate knowledge, 8(16%) had moderate knowledge and none of them had inadequate knowledge.

**Table 2:** Comparison between mean and standard deviation of pretest and posttest of level of knowledge on expression and storage of breast milk among employed Women

Level of Knowledge	Mean	Sd	N=50	
			Mean Difference	'T' Test
Pre-test	12.42	2.66	6.92	<b>19.43 ***</b>
Post-test	19.34	1.78		

\* Significant at p <0.05

The above table shows that pretest mean

score is 12.42 and the SD was 2.66, the post test mean score is 19.34 and SD is 1.78. Statistical significance was calculated by using paired t-test. The calculated 't' value is 19.43 It revealed that Planned teaching programme was effective method in improving in knowledge expression and storage of the breast milk among Employed Women. Chi square test was used to find out the association between the variables. It shows that there is a significant association was found between pre test level of knowledge on expression and storage of breast milk among employed women with their demographic variables like Occupation etc.

## DISCUSSIONS

The results of the current investigation were corroborated by P. Ester Mary (2017). assessed the efficacy of the teaching module regarding knowledge on the collection and storage of expressed breast milk among mothers of infants, revealing a pretest mean value of 10.62 with a standard deviation of 24.81, and a posttest mean value of 25.96 with a standard deviation of 0.98. The paired t-test indicated the teaching module significantly enhanced mothers' knowledge regarding the collection and storage of breast milk for newborns, with a p-value of less than 0.05.

The current study's findings were corroborated by Suvarna Rai (2017), who conducted research on the knowledge, attitudes, and practices related to expressed breast milk feeding among working postnatal women, as well as identifying and exploring the challenges to this practice. The findings indicated that 64% of women possessed inadequate understanding about expressed breast milk feeding. Merely 36% possessed adequate knowledge.

## CONCLUSION

Statistical significance was identified between pre-test and post-test scores for knowledge of breast milk expression and storage among employed women. A notable correlation was identified between pretest knowledge and the demographic variables of working women. The study demonstrated that the planned training program was an efficient technique for enhancing knowledge expression and prevention of breast milk among employed women's. The study concludes that employed

women require additional educational intervention programs to enhance their understanding of breast milk expression and storage, hence preventing breast milk insufficiency.

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**Ethical Declaration:** No ethical issues involved.

#### **Conflicts of interest**

The author declares no conflict of interest.

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