

A Study to assess the Effectiveness of Planned Teaching on Knowledge Regarding Importance of Breast Feeding & 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 lifesaving gift, when there is poverty, it may be the only gift. Breast feeding is the best natural feeding and breast milk is the best milk. The basic food of infant is of mother’s milk. Breast feeding is the most effective way to provide a baby with a carrying environment and complete food it meets the nutritional as well as emotional and psychological needs of the infant. But recently there is tendency to replace the natural means of infant feeding and introduction of breast milk substitutes. Food is major concern of the mankind beginning from the time of conception and extending through the entire life span of the individual food supplies the energy for physical activity and other metabolic needs of the body. Food in early months of life is essential for maintaining life. The goal of this study was to identify the cultural and social norms and attitudes which mothers felt influenced their decision about weaning.

Objectives of the study: (1) To assess the existing knowledge regarding importance of breastfeeding and weaning among primigravida mother’s in selected hospital of Wardha city. (2) To determine 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 find out the association between knowledge regarding importance of breastfeeding and weaning among primigravida mother with their selected demographic variables.

Methods: A Pre-experimental one group pre-test and post-test design was used for the present study. Non probability convenient sampling technique was used to select the subject and the total population was 60. Tool used to collect the data was baseline proforma and structured knowledge questionnaire.

Results: Data was analyzed and interpreted by using both descriptive and inferential statistics. The mean score for the pretest was 11.28. The mean score for the post-test was 24.63. The gain in the knowledge based on difference in the pre-test and post-test mean was found to be 13.35 (Improvement). The calculated ‘t’

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value is 17.92, which are significant ($P < 0.001$). The results proved that the Planned Teaching was effective in improving the knowledge of primigravida mothers regarding Importance of breastfeeding and weaning. Age, Breast feeding is the first immunization to the baby have significant association with knowledge regarding Importance of breastfeeding and weaning.

Interpretation and Conclusion: This study was successful in achieving aims and objectives as well as using research appropriately.

Keywords: Importance of Breastfeeding & Weaning; Primigravida mothers.

INTRODUCTION

Breast feeding is a way of providing ideal food for the healthy growth and development of infant's; it is also an integral part of the reproductive process with important implication for the health of mothers. Breast milk is the possible food for the baby that promotes the baby physical and emotional growth to the fullest. Breast milk is thus nature most precious gift to the newborn.¹ Breast milk is free from contamination, safe, readily available to the needs of the infants because of its anti-infective properties and being free from contaminates the breast fed babies have low incidence of diarrhea and acute respiratory infection. There is reduced risk of allergy.²

WHO estimates that 1.5 million infant lives could be saved each year through increased breast feedings. One-fifth of neonatal deaths could be prevented by early initiation of exclusive breast feeding (breast feeding within the first hour). Most mothers want to breast feed their baby but they just don't know how to do it. Mostly new mothers do not realize breast feeding is a learned art that requires practice and patience. Optimal learning should take place before the baby enters the world not a week or two after the delivery.³

Weaning is a process of gradual and progressive transfer of the baby from breast milk to the family diet. It does not mean discontinuing the breast feeding. Weaning begins from the moment supplementary food is started and continues till the child is taken off the breast completely. Infants in India thrive on breast milk alone up to six months of life and their growth rate during this period is satisfactory. Breast milk alone is not able to provide sufficient amounts of all the nutrients needed to maintain growth after the first six months.⁴

OBJECTIVES OF THE STUDY

1. To assess the existing knowledge regarding

importance of breastfeeding and weaning among primigravida mother's in selected hospital of Wardha city.

2. To determine the effectiveness of planned teaching knowledge on regarding importance of breastfeeding and weaning among primigravida mother by comparing for the pre-test and post-test knowledge score.
3. To find out the association between knowledge regarding importance of breastfeeding and weaning among primigravida mother with their selected demographic variables.

MATERIALS AND METHODS

A Pre-experimental one group pre-test post-test design was used for the present study. Non probability convenient sampling technique was used to select the subject and the total population was 60. A structured knowledge questionnaire was used to assess the knowledge regarding importance of breastfeeding & weaning among the primigravida.

Inclusion Criteria

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

Exclusion Criteria:

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

Data Collection Instruments

Tool 1: Baseline Performa

Tool 2: Structured Knowledge Questionnaire (Regarding Breastfeeding & Weaning)

Data Collection Process:

A formal written permission was obtained from the authority concerned and data was collected among Primigravida mothers in present study, 60 primigravida mothers were selected by convenient sampling technique. Prior to the data collection the investigators familiarized themselves with the subjects and explained to them the purpose of the study. They requested the participant's full co-operation and assured them confidentiality of their response. An informed consent was obtained from the subjects. Structured knowledge questionnaire on importance of breastfeeding & weaning was administered to the participants. The average time taken by the participants to complete the tool was 15-20 minutes and planned teaching was given and posttest also conducted after 7 days. The selected subjects were co-operative and the investigators expressed their gratitude for their co-operation. The collected data was compiled for analysis.

RESULTS

Part 1: Demographic variables

The result shows that 43.3% of the primigravida mothers come under the age group of 22-25 Years and 41.7% primigravida mothers from Hindu religion. Around 51.7% of primigravida mothers have from Secondary Education. Approximately 58.3% of them are from Joint family, 45% Primigravida mothers are housewife, around 48.3% of them have 3001-6000 family income, 60% of them from rural area and Approximately 75% of them know breastfeeding is the first immunization to the baby.

Table 1: Frequency distribution of the primigravida mothers in selected hospitals of Wardha city

Variable	Frequency	Percentage
<i>Age</i>		
18-21 years	14	23.3
22-25 years	26	43.3
26-29 years	19	31.7
30-33 years	1	1.7
<i>Religion of the Family</i>		
Hindu	25	41.7
Muslim	5	8.3

Buddhist	22	36.7
Others	8	13.3

Educational Status

Illiterate	0	0
Primary	10	16.7
Secondary	31	51.7
Graduate and above	19	31.7

Type of Family

Nuclear	24	40
Joint	35	58.3
Single Mothered	1	1.7

Occupational status

Housewife	27	45
Daily Wages	13	21.7
Govt. Employ	16	26.7
Business	4	6.7

Income of family

Below 3000 Rs	8	13.3
3001-6000 Rs	29	48.3
6001-9000 Rs	18	30
>9000 Rs	5	8.3

Residence

Urban	24	40
Rural	36	60

Breast feeding is the first immunization to the baby

Yes	45	75
No	15	25

Part 2: Effectiveness of Planned teaching

Summary of statistical outcome of pre-test & Post-test knowledge on Importance of breastfeeding and weaning. The overall pre-test knowledge score was found to be mean 11.28 with standard deviation 5.20 mean score percentage was 37.61. The overall post-test knowledge score was found to be mean 24.63 with standard deviation 3.07 mean score percentage was 21. Which indicates that the planned teaching was effective. The gain in the knowledge based on difference in the pre-test and post-test mean was found to be 8.93 (Improvement). The calculated 't' value is 17.92, which are significant ($P < 0.001$). Researcher concluded that the above data gives sufficient evidence to concluded that primigravida mothers who have received planned teaching on Importance of breastfeeding and weaning had

higher mean knowledge scores in post-test than in pretest.

Part 3:

The association between the levels of knowledge and demographic variables among primigravida mothers shows that Age, Breast feeding is the first immunization to the baby has significant association and Religion of the family, Educational status, Type of family, Occupational status, Income of family, residence had no association with knowledge regarding Importance of breastfeeding and weaning.

DISCUSSION

The findings with regard to pre-test knowledge of importance of breastfeeding and weaning among primigravida mothers mean score for the pretest was 11.28. The mean score for the posttest was 24.63. The gain in the knowledge based on difference in the pre-test and post-test mean was found to be 13.35 (Improvement). So the planned teaching was effective. However, the knowledge among the primigravida mothers when it's come to the association of knowledge with demographic variable is significance. There is need to create awareness regarding importance of breastfeeding and weaning.

However, this is contrast to a similar study done on knowledge regarding breastfeeding among mothers of under two years children which shows that there is a need to improve the knowledge. A study was conducted by Arpita Nag, *et al* showing the findings that the In pre-test the majority of mothers, 50.80% had moderate knowledge, 40.00% 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. These findings highlight the need for teaching programme to improve

knowledge of mothers of under two year children.⁵

CONCLUSION

The result of this study show that the most of the primigravida mothers had excellent knowledge after giving planned teaching between pre and post test knowledge regarding importance of breast feeding and weaning among primigravida mothers. The various findings of the study show that in pre teaching phase almost all the sample, except a few were having lack of knowledge regarding breastfeeding and weaning, frequency and initiation, position technique of breast feeding, advantages of breast feeding and difficulty associated with breast feeding and weaning. The primigravida mothers, if gained knowledge in such basic things, can disseminate the knowledge among the family members, neighbours, community and ultimately to benefit the nation. Reinforced continuation is required to keep the update of gained knowledge.

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