

A Study to Assess the Effectiveness of Structured Teaching Programme Regarding Management of Breast Feeding Problems On Knowledge Among Postnatal Mothers at Selected Tertiary Care Hospital, Coimbatore

K. Priscilla^{1*}, A. Jayasudha², S. Devadharshini³, J. Edwin Joshua⁴, Sweetlin Jenifa⁵, K. Priyadharsini⁶

¹Assistant Professor, Department of Obstetrics and Gynaecological Nursing, PSG College of Nursing, Coimbatore, India

²Principal & HoD, Department of Obstetrics and Gynaecological Nursing, PSG College of Nursing, Coimbatore, India

^{3,4,5,6}B.Sc. Nursing IV Year, Dept. of Obstetrics and Gynaecological Nursing, PSG College of Nursing, Coimbatore, India

Abstract: Introduction: Breast feeding problems is the major issue among postnatal mothers. Due to some breast feeding problems like engorgement, inverted nipple, mastitis, sore nipple, and low milk supply mothers are psychologically affected. So the researcher felt the necessity to impart knowledge for postnatal mother regarding management of breast feeding problems. **Methods:** The study involved one group pre-test and post-test design, with purposive sampling technique. Information was collected from 60 research participants using self-structured questionnaire (A) structured teaching programme was implemented and Post-test test was conducted on the day of discharge, using same questionnaire. **Results and Discussion:** The mean post test score was 88.58% which was more than the pre test score of 44.67% the difference in the mean was observed as 43.91%. The calculated 't' value for the structured teaching programme for the research participants was 24.78, which is more than the tabulated value at $p < 0.001$. This shows there was significant difference in structured teaching programme for research participants. **Conclusion:** Postnatal mothers had inadequate knowledge regarding management of breast feeding problems at pretest. By effective structured teaching, the mother gained adequate level of knowledge regarding management of breast feeding problems.

Keywords: Structured teaching programme, Management, Breast feeding problems, Knowledge, Postnatal mother.

1. Introduction

"Breast feeding is empowering. It's an accomplishment that takes dedication I did not realise I possessed"

-AMY.C

Breast feeding is vital source for the new born baby. Breastfeeding provides emotional satisfaction and an enormous sense of fulfilment to a mother whenever she nurses her baby. In 2018, UNICEF reports that Breast feeding; A mother's gift to every child, reveals that worldwide, approximately 7.6 million babies a year are not breastfeed. According to World

Health Organization (WHO) Breastfeeding is the best for child health and survival. However, exclusive breastfeeding is not given for about 2/3 of infants for the recommended period of six months. This situation is prevailing for more than two decades' breast milk is suitable for infants because it is safe clean and has antibodies that protect the infant from childhood illnesses. Breast milk provides adequate nutrition during the first month of life and meets half of the nutritional needs during the second six months and reduces by 1/3 after one year. Breast milk improves the intelligence that can be proved by the better performance in intelligence test compared to the non-breast feed children. There is reduced the risk for breast and ovarian cancers among breast feeding women (WHO, 2019). There are more advantages in breastfeeding for example, it fights against the infection and helps to baby gain immunity, establish eye to eye contact and strengthening the mother child bonding. Due to some breastfeeding problems like engorgement, inverted nipple, mastitis, sore nipple, and low milk supply to the mothers are psychologically affected and children are famished. (D.C. Dutta, 2017).

A. Statement of the Problem

A study to assess the effectiveness of structured teaching programme regarding management of breast feeding problems on knowledge among postnatal mothers at selected tertiary care hospital, Coimbatore.

B. Objectives of the Study

- To assess the level of knowledge regarding management of breast feeding problems among postnatal mothers.
- To determine the effectiveness of structured teaching programme regarding management of breast feeding problems on knowledge among postnatal mothers.
- To associate the level of knowledge regarding management

of breast feeding problems with selected demographic variables among postnatal mothers.

C. Assumption

Postnatal mothers may have less knowledge regarding management of breastfeeding problems.

D. Hypotheses

H₁: There will be a significant difference between pre-test and post-test level of knowledge on management of breastfeeding problems.

H₂: There will be a significant association between post-test level of knowledge on management of breastfeeding problems with selected demographic variables.

2. Methodology

The research design adopted was pre-experimental one group pre-test and post- test design. Totally 60 postnatal mothers were selected by purposive sampling method. Purposive sampling is one type of non- probability sampling in which researchers rely on their own judgement when choosing member of the research participants. Sample calculated by power analysis method. In this study 60 postnatal mothers were selected with age of 19-35 years. The study was conducted in postnatal ward, PSG hospital. Those who were fulfilled by inclusion criteria were selected for this study. Informed consent was taken from the research participants. The base line information was collected and the pre-test was done to assess the knowledge of postnatal mothers on breast feeding problems using self -structured questionnaire. On the same day structured teaching programme was administered to the research participants. Post-test was done on the day of discharge by using the same questionnaire. The average time taken for planned teaching programme was 45 minutes. The collected data was compiled for analysis.

3. Results and Discussion

A. Percentage distribution of research participants according to Demographic Variables

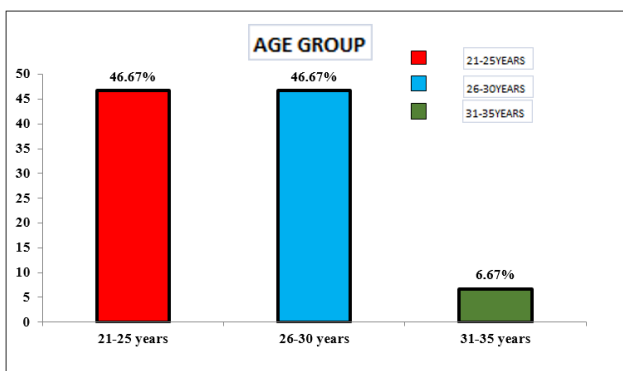


Fig. 1. Percentage distribution of research participants according to Age group

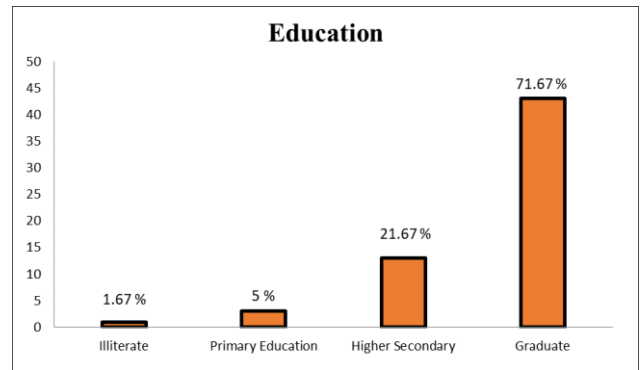


Fig. 2. Percentage distribution of research participants according to Education level

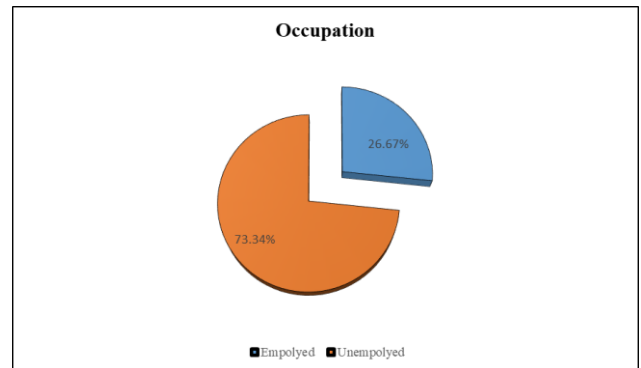


Fig. 3. Percentage distribution of research participants according to Occupation

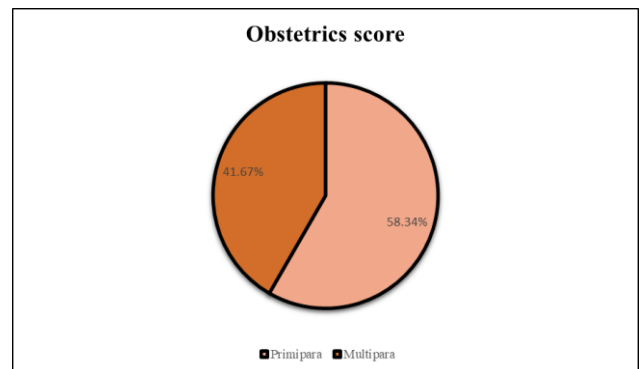


Fig. 4. Percentage distribution of research participants according to Obstetrics score

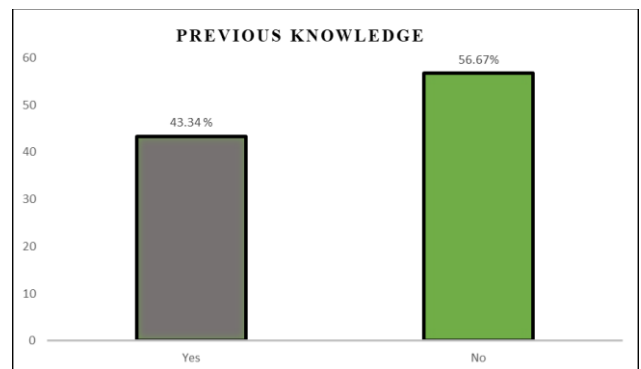


Fig. 5. Percentage distribution of research participants according to Previous knowledge on breastfeeding problems

Table 3

Association between level of knowledge regarding management of breast feeding problems with selected demographic variables among postnatal mothers (n=60)

S. No.	Demographic variables	Adequate knowledge		Moderately Adequate knowledge		Inadequate knowledge		χ ² value	Table Value
		f	%	f	%	f	%		
1	Age							2.1916 d.f=4 NS	9.488
	a) 21-25	2	3.34	19	31.67	7	11.67		
	b) 26-30	3	5	14	23.3	10	16.67		
	c) 31-35	1	1.67	3	5	1	1.67		
2	Education							32.076 d.f= 6 S***	22.458
	a) Illiterate	2	3.34	1	1.67	1	1.67		
	b) Primary education	1	1.67	2	3.34	2	3.34		
	c) Higher secondary	4	6.67	8	13.3	1	1.67		
	d) Graduate	11	18.3	15	25	2	3.34		
3	Occupation							0.888 d.f= 2 NS	5.991
	a) Employed	1	1.67	12	20	4	6.67		
	b) Unemployed	5	8.3	25	41.67	13	21.67		
4	Obstetrical score							1.229 d.f=2 NS	5.991
	a) Primipara	3	5	22	36.67	8	13.3		
	b) Multi para	4	6.67	15	25	9	15		
5	Previous knowledge							39.94 d.f=2 S***	13.816
	a) Yes	2	3.34	16	26.67	8	13.3		
	b) No	4	6.67	21	35	9	15		

***p<0.001, S- Significant, NS- Not Significant

Table 1

Frequency and percentage distribution of research participants based on level of knowledge regarding management of breastfeeding problems among postnatal mothers (n=60)

S. No.	Level of knowledge	Pre test		Post test	
		f	%	f	%
1	Adequate knowledge (Above 75%)	4	6.67	59	98.3
2	Moderately Adequate knowledge (51-75%)	52	87.67	1	1.67
3	Inadequate knowledge (<=50%)	4	6.67	0	0

The table 1 reveals that among 60 postnatal mothers, Pre- test scores revealed that 6.67% mothers had adequate knowledge and 87.67% mothers had moderately knowledge. Post- test scores revealed that 98.3% had adequate knowledge, 1.67% had moderate knowledge regarding management of breastfeeding problems after given structured teaching programme.

Table 2

The Effectiveness of structured teaching programme on level of knowledge regarding management of breast feeding problems (n=60)

Aspect	Maximum Score	Level of knowledge			Paired 't' test
		Mean	Mean (%)	Standard Deviation	
Pre-test	20	26.8	46.67%	2.15	24.78*** P = 0.001, S
Post-test	20	53.15	88.58%	1.09	

***p<0.001, S- Significant, NS- Not Significant

The overall pre-test mean percentage was 46.67% and post-test mean percentage was 88.58%. The calculated 't' value was 24.78 at p<0.001 which revealed that there was significant difference between pre and post-test knowledge on management of breastfeeding problems. Hence H1 was retained

Table 3 reveals that there was highly significant association between demographic variables such as Education and Previous knowledge at level of p<0.001. Hence H2 was retained for Education and Previous knowledge.

4. Conclusion

The main objective of the study was to assess the effectiveness of structured teaching programme on the level of knowledge regarding breast feeding problems and its management among postnatal mothers in PSG hospital.

The study concluded that postnatal mothers had inadequate knowledge regarding management of breast feeding problems at pre-test. By effective structured teaching, the mother gained adequate level of knowledge regarding management of breast feeding problems.

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