

Research Article

Effectiveness of Structured Teaching Programme in Terms of Knowledge regarding Exclusive Breast Feeding among Antenatal Mothers in Selected Hospitals, Bareilly, U.P.: A Pre-Experimental Study

Mrs. Prathiba Manoharam B¹ Dr.Prema Balusamy²

Abstract

Background: Breast milk is the perfect food made for baby. It is best for the infant as it is safe, clean, hygienic and readily available on demand whenever baby is hungry. Breast milk is the primary source of nutrition for new-borns. It contains all the essential nutrients and elements that the child needs for the few years of life. There are various benefits of breastfeeding for infant and mother.

Aims and Objectives: The aim of the study to evaluate the effectiveness of structured teaching programme in terms of knowledge regarding exclusive breast feeding among antenatal mothers.

Methods: This was a pre-experimental one group pre-test post-test study among antenatal mothers, attending gynaecology/obstetrics out patient department (OPD) in Rohilkhand Medical College and Hospital, Bareilly (U.P.). Total 60 participants were selected by non-probability purposive sampling technique. A structured and pretested interviewer administrated questionnaire was used to collect data from study participants. The questionnaire includes sociodemographic characteristics and knowledge of study participants towards EBF. The data were analysed by using descriptive and inferential statistics.

Results:The result of the study revealed that the mean post-test knowledge score (13.72 ± 2.351) was greater than the mean pre-test knowledge score (8.43 ± 3.077) with the mean difference of 5.29, hence it shows that the effectiveness of structured teaching programme on knowledge regarding exclusive breast feeding among antenatal mothers. **Conclusion:** Hence, there is a need to create awareness and knowledge about exclusive breast feeding among mothers during antenatal period. Structured teaching programme helps to enhance the knowledge of the antenatal mothers regarding exclusive breast feeding.

Keywords: Structured teaching programme, Knowledge, Exclusive breast feeding, Antenatal mothers

INTRODUCTION

Breast milk is a natural, renewable food that is environmentally safe and green because it is produced and delivered to the child without pollution, packaging or waste. Breast milk is the ideal food for infants. It is clean and contains antibodies which help protect against many common

¹Ph.D Scholar, Department of Child Health Nursing, Bareilly International University (BIU), Bareilly U.P.

²Ph.D (N) Professor, Department of Nursing College of Medical Sciences, University of Hafr Al Batin, Ministry of Higher Education, KSA.

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childhood illnesses. Breast milk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life.^[1]

Exclusive breastfeeding (EBF) means that the infant receives only breast milk for the first six months of life. No other liquids or solids are given not even water with the exception of oral rehydration solution, or drops/syrups of vitamins, minerals or medicines. **WHO** and **UNICEF** recommend that children initiate breastfeeding within the first hour of birth and be exclusively breastfed for the first six months of life.

Breastfeeding has many health benefits for both the mother and infant. Breast milk contains all the nutrients an infant need in the first six months of life. Infants should be exclusively breastfed to achieve optimal growth, development and health. Breastfeeding protects infants from diarrhoea and common childhood illnesses such as pneumonia and acute respiratory infections, which shows the two major causes of infant mortality in developing countries. Breastfed children perform better on intelligence tests, are less likely to be overweight or obese and less prone to diabetes later in life.^[2]

Moreover, it was confirmed that breastfeeding has benefits for mothers, as improving birth spacing, reducing the risk of postpartum haemorrhage through stimulating the uterine involution, enhancing weight loss after pregnancy, reduced risk of breast & ovarian cancers and being the first mother-infant communication pathway.^[3] From the age of 6 months, children should begin eating safe and adequate complementary foods while continuing to breastfeed for up to 2 years and beyond.

According to **WHO**, Breastfeeding is one of the most effective ways to ensure child health and survival. However, nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months—a rate that has not improved in 2 decades.^[4]

According to **International Food Policy Research Institute (IFPRI)**, Globally, only 38 percent of infants aged 0 to 6 months are exclusively breastfed. Recent analyses indicate that suboptimal breastfeeding practices, including non-exclusive breastfeeding, contribute to 11.6 percent of mortality in children under 5 years of age. This was equivalent to about 804,000 child deaths in 2011 ([WHO/UNICEF](#)).

The **World Health Assembly (WHA)** has set a target to increase global exclusive breastfeeding rate from 38% in 2012 to 50% in 2025 globally.

According to **recent report of POSHAN**, the national average, however, conceals variability across states. Prevalence of exclusive breastfeeding ranges from 35.8 percent in Meghalaya, to 77.2 percent in Chhattisgarh. Despite this variability in levels, what is encouraging is that most states saw substantial increases in EBF, with Goa leading with a 43.2 percentage point increase. Only six states (Uttar-Pradesh, West Bengal, Chhattisgarh, Karnataka, Arunachal Pradesh and Kerala) showed a decline in the prevalence of EBF, Uttar Pradesh had the maximum decline of -9.7 percentage points. Seven out of the bottom ten districts with the lowest EBF rates belong to Uttar Pradesh.^[5]

In India as per, **National Family Health Survey-4 (NFHS-4)**, 54.9% of infants are exclusively breastfed up to six months of age.

STATEMENT OF THE PROBLEM

A Pre-Experimental Study to Evaluate the Effectiveness of Structured Teaching Programme in terms of Knowledge regarding Exclusive Breast Feeding among Antenatal Mothers in selected Hospitals, Bareilly, UP.

OBJECTIVES OF THE STUDY

1. To evaluate the effectiveness of structured teaching programme in terms of knowledge regarding Exclusive breast feeding among antenatal mothers.
2. To find the association between pretest level of knowledge regarding Exclusive Breast Feeding with their selected demographic variables.

MATERIALS AND METHODS

A pre-experimental one group pre-test post-test study was conducted from 10/11/2020 to 10/12/2020 to evaluate the effectiveness of structured teaching programme in terms of knowledge regarding Exclusive breast feeding among antenatal mothers. This study was conducted in Rohilkhand Medical College and Hospital in Bareilly, UP. Participants were all antenatal mothers visiting gynaecology/obstetrics OPD in Rohilkhand Medical College and Hospital during data collection. Total 60 participants were selected by using Non-probability purposive sampling. A structured and pretested interviewer administered questionnaire was used to gain data from study participants. The questionnaire includes sociodemographic characteristics and knowledge of study participants towards EBF. The data were analysed by using descriptive and inferential statistics.

RESULTS

The result of the study revealed that majority of the participants i.e. 47% (28) were in the age group of 20-24, equal 35% (25) of the study participants were Hindu & Muslim, majority of the participants 42% (25) were having no formal education, 63% (38) of the study participants were housewife, 53% (32) of the participants were belong to urban area & remaining 47% (28) belong to rural area and majority of the study participants i.e. 47% (28) were primigravida and remaining 53% (32) were multigravida.

In the pre-test, majority 60% (36) of the study participants had moderate knowledge, 37% (22) of the participants had inadequate knowledge and only 3% (2) had adequate knowledge regarding exclusive breast feeding. After the implementation of structured teaching programme in post-test 65% (39) of the participants gained moderate knowledge and 35% (21) of the study participants were gained adequate knowledge.

The overall mean pre-test & mean post-test knowledge score revealed that the mean post-test knowledge score (13.72 ± 2.351) was greater than the mean pre-test knowledge score (8.43 ± 3.077) with the mean difference of 5.29, hence it shows that the effectiveness of structured teaching programme on knowledge regarding exclusive breast feeding among antenatal mothers.

The chi-square test at a level of significance of 5% was applied to check the association of sociodemographic variables with knowledge scores. The sociodemographic variables such as age of mothers (in years), religion, educational status of mothers, occupation of mothers and gravida shows a statistically significant association with pre-test level of knowledge ($p < 0.05$).

DISCUSSION

The findings of the present study discussed with other related studies & organized under following sections.

Section A: Description of the Sample Characteristics

Majority of the participants i.e. 47% (28) were in the age group of 20-24, equal 35% (25) of the study participants were Hindu & Muslim, majority of the participants 42% (25) were having no formal education, 63% (38) of the study participants were housewife, 53% (32) of the participants were belong to urban area & remaining 47% (28) belong to rural area and majority of the study participants i.e. 47% (28) were primigravida and remaining 53% (32) were multigravida.

Findings of the present study is similar with study conducted by Sharma Ravikant&Yaduvanshi Kumar Vinod, (2018) to assess the effectiveness of structured teaching programme on level of knowledge regarding breast feeding among the mothers. The findings of the study shows that 50% of the study participants in age group of 21-24, majority of the study participants i.e. 53% were housewife and 66% of the study participants were belong to urban area.

Section B: Effectiveness of Structured Teaching Programme on knowledge regarding Exclusive Breast Feeding

Result of the present revealed that the mean pre-test & mean post-test knowledge score of the experimental group revealed that the mean post-test knowledge score (13.72 ± 2.351) was greater than the mean pre-test knowledge score (8.43 ± 3.077) with the mean difference of 5.29, hence it shows that the effectiveness of structured teaching programme on knowledge regarding exclusive breast feeding among antenatal mothers.

Findings with the present is congruent with the study conducted by Kani. F.M. to assess the effectiveness of structured teaching programme on exclusive breastfeeding. The findings of the study revealed that the overall pre-test mean score was 5.22 with the standard deviation of 3.587, the overall post-test knowledge mean score was 18.40 with the standard deviation of 3.003. The overall pre-test post-test mean difference was -13.180. SDD= 3.668, S.ED. =0.519 with the paired 't' test value 25.406. Hence, statistically there is significant difference in post-test knowledge score from pre-test.

Section C: Association between pre-test level of knowledge regarding Exclusive Breast Feeding with their selected demographic variables.

The findings of the present study revealed that the sociodemographic variables such as age of mothers (in years), religion, educational status of mothers, occupation of mothers and gravida shows a statistically significant association with pre-test level of knowledge ($p < 0.05$).

Findings with the present is congruent with the study conducted by Kani. F.M. to assess the effectiveness of structured teaching programme on exclusive breastfeeding. The findings of the study revealed that the significant association was found between the knowledge of the primi

antenatal mothers regarding exclusive breastfeeding with the selected socio demographic variables like age, educational status and occupation.

CONCLUSION

Hence, there is a need to create awareness and knowledge about exclusive breast feeding among mothers during antenatal period. Mothers should be counselled regarding the advantages of breastfeeding for new-born and mother during antenatal visits and all the misconceptions about breastfeeding to be addressed. Structured teaching programme helps to enhance the knowledge of the antenatal mothers regarding exclusive breast feeding.

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