

# A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE AND ATTITUDE REGARDING BREASTFEEDING AND WEANING PRACTICES AMONG POST-NATAL MOTHERS IN CHANNASANDRA URBAN, BANGALORE CITY

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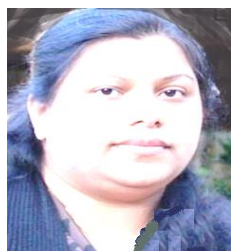
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## ABSTRACT

A study to assess the effectiveness of structured teaching programme on knowledge and attitude regarding breast feeding and weaning practices among post-natal mothers in channasandra urban, Bangalore city. The Research approach adopted for this study is evaluative Approach. The research design adopted for the study was quasi experimental, one group pre-test and post-test design was applied. The non-probability convenient cluster sampling was used to select the sample for the study. The sample consists of the 40 post-natal mothers who are in channasandra urban area in Bangalore city. Karnataka. The instrument used for the data collection was self-administered questionnaire. Analysis result showed that overall knowledge pre-test mean was 24.65, mean% 62.20% with SD 4.60518. And post-test knowledge mean was 30.175, and mean% 77.37% with SD 05.13853. An overall attitude pre-test mean was 10.575, mean% 66.09% with SD 2.06171. and post-test attitude mean 12.625, mean% 78.90% with SD 2.30593. So the knowledge and attitude score of 40 postnatal mothers regarding breast feeding and weaning practices had an enhancement of knowledge score observed is 14.17% and enhancement of attitude score as observed 12.18%. Since the post-test value was more than the pretest, the STP was effective. The comparison of pre-test and post-test knowledge of postnatal mothers regarding breast feeding and weaning reveals that the overall knowledge pre-test mean 24.65 with SD 4.60518 and posttest mean 30.175 with SD 5.13853. The paired "t" test value 6.485988 which is higher than the table value, which is highly significant at 0.05 levels. So it indicates the STP was effective. The variables between knowledge mean 24.65 with SD 4.60518 in pre-test. And attitude mean 10.575 with SD 2.06171, the "r" value of knowledge and attitude was  $r=0.0244$ , a positive correlation which shows the study is significant. There was significant association between pre-test level of knowledge with selected demographic variables such as Age 10.719,  $df=4$   $S^*$  and post-test knowledge Age 8.697  $df=2$   $S^*$ , mother's education 13.561  $df=4$   $S^*$ , father's occupation 9.061  $df=3$   $S^*$ , sources of information 10.239  $df=3$   $S^*$ . Since the obtained value is more than the table value at 0.05 level of significance. So the results shows there is a significant association between pretest and posttest knowledge score with their selected demographic variables so  $H_3$  Hypothesis is accepted. The findings of the study recommended the further interventional approach regarding knowledge and attitude on breast feeding and weaning practices among post-natal mothers is required. The present study was proved the standard teaching program was effective in increasing the knowledge and attitude of breast feeding and weaning practices among post-natal mothers.

**KEYWORDS:** Knowledge, Attitude, Breastfeeding, Weaning practices, Post-natal mothers.

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**INTRODUCTION:**

Human milk is considered ideal for a neonate. Mother's breast milk is natural, readymade food most suitable feed for the neonate. After delivery, when the mother is still in the delivery room.<sup>1</sup> She should have an opportunity to hold her baby for 10 to 15 minutes. As soon as the mother is ready to feed, she should be encouraged to give breast feeding. The breast milk provides close physical contact between the neonate and the mother which provides satisfaction and infant-mother attachment.<sup>2</sup> The breast milk is readily available at all time when required for the child with suitable temperature. It gives strength to the child, free from contamination, easily digestible, helps in growth and over all development of neonate. The breast milk should be given exclusively for 6 months without any additional food, if not sufficient for the child, then formula milk which is available in pharmacy can be given according to the age of the child with correct proportion and with paediatrics advice.<sup>3</sup>

**OBJECTIVES OF THE STUDY:**

1. To assess the knowledge and attitude regarding breast feeding and weaning practices among postnatal mothers.
2. To evaluate the effectiveness of structural teaching programme on breast feeding and weaning practices.
3. To find the correlation between pre-test knowledge and attitude scores.
4. To find out an association between the level of knowledge of postnatal mothers regarding breast feeding and weaning practices with their selected demographic variables.

**HYPOTHESES:**

**H<sub>1</sub>:** There is a significant difference between pre and post-test knowledge and attitude scores of mothers regarding breast feeding and weaning practices.

**H<sub>2</sub>:** There is a significant correlation between post-test knowledge and attitude scores.

**H<sub>3</sub>:** There is a significant association between levels of knowledge and attitude of mothers regarding breast feeding and weaning practices with selected demographic variables.

**ASSUMPTIONS:**

1. The post-natal mothers have some knowledge and attitude on breast feeding and weaning practices.
2. The structured teaching programme on breast feeding and weaning practices may improve the knowledge and attitude of mothers.

**METHODOLOGY:**

The evaluative research approach was used to assess the effectiveness of structured teaching programme on knowledge and attitude regarding breast feeding and weaning practices among post-natal mothers. The research design used in this study was quasi-experimental, one group pre-test and post-test design. The study was conducted in channasandra slum areas, 4 kilometers from the college. Bangalore. The population of present study comprises of post-natal mothers in channasandra area in Bangalore. In the present study the 40 postnatal mothers staying in channasandra, urban area in Bangalore, Karnataka in age group of 20-35 years and above years were selected by using non probability convenient sampling technique through cluster sampling approach.

**RESULTS:**

Table- I Indicates the distribution of respondents by age, majority of the respondents 18 (45%) are belongs to the age group of 20-25 yrs, 17 (42.5%) of the respondents are belongs to the age group of 26-30 yrs, 5 (12.5%) respondents are belongs to the age group of 31-35yrs and above 35yrs of respondents are absent, majority of respondents 30 (75%) are belongs to Hindu religion, 06 (15%) of the respondents are belongs to Muslim and 04 (10%) of respondents are belongs to Christian, majority of respondents are Joint family 21 (52.5%) and Nuclear are 15 (37.5%) and Extended family are 4 (10%) majority of Education is not literate 13 (32.5%) and 12 (30%) are belongs to primary education, 9 (22.5%) are belongs to P.U.C. Holders, an least are 3 (7.5%) belongs to Secondary education and degree holders, majority are Homemakers 21 (52.5%). Some mothers are belongs to coolie workers 8 (20%) and 5 (12.5%) are Government Employee and 06 (15%) are private employees, majority are having two children 18 (45%) and 11 (27.5%) are having one child, 09 (22.5%) are having three children, and 02 (5%) are having four children, majority of the mothers are getting information from relatives and friends 22 (55%), and 07 (17.5%) are getting information from books 07 (17.5%). Others are getting information from radio and TV are getting information 6 (15%) and 5 (12.5%) are getting information from Health professionals.

**Table-1: Pretest knowledge of respondents regarding breast feeding and weaning practice**

Knowledge level	Category of basis knowledge score	Frequency	Percentage
Adequate knowledge	Knowledge score > 29 (75-100%)	10	25%
Moderate knowledge	Knowledge score > 20-28 (50-74%)	20	50%
Inadequate knowledge	Knowledge score <19 (49%)	10	25%

Table shows pretest knowledge level of respondents regarding breast feeding and weaning practice, In pretest majority of respondents 20 (50%) have moderately adequate knowledge and remaining 10 (25%) are equally distributed between adequate and inadequate knowledge.

**Table 2: Findings of pretest Attitude scores of respondents regarding breast feeding and weaning practices among post natal mothers N=40**

Attitude level	Category of basis attitude score	Frequency	Percentage
Favorable attitude	Knowledge score >10	22	55%
Unfavorable attitude	Knowledge score <8	18	45%

Table shows pre-test attitude level of respondents regarding breast feeding and weaning practice among post-natal mothers, in pre-test attitude, majority of the respondents 22 (55%) have favorable attitude, and 18 (45%) have unfavorable attitude regarding breast feeding and weaning practice.

**Table 3: Findings of post-test knowledge and score of respondents regarding breast feeding and weaning practice among post-natal mothers. N=40**

Knowledge Level	Category of basis knowledge score	Frequency	Percentage
Adequate knowledge	Knowledge score >29 (75-100%)	15	37.5%
Moderate knowledge	Knowledge score >20-28 (50-74%)	25	62.5%
Inadequate knowledge	Knowledge score <19 (49%)	00	0.0%

Table Shows post-test knowledge level of respondents regarding breast feeding practice, in post-test majority of the respondents 25 (62.5%) have Moderately adequate knowledge. And 15 (37.5%) have Adequate knowledge. 0 (0%) have Inadequate knowledge.

**Table-4: posttest Attitude score of respondents regarding breast feeding and weaning. N =40**

Attitude level	Category of basis attitude score	Frequency	Percentage
Favorable attitude	Knowledge score >10	36	90%
Unfavorable attitude	Knowledge score <8	04	10%

Table-Shows post-test Attitude level of respondents regarding breast feeding and weaning practice, in post-test majority of the respondents 36 (90%) have favorable attitude, 04 (10%) have unfavorable attitude regarding breast feeding and weaning among post natal mothers

**Table -5 Comparison of pre test and post test knowledge level of respondents regarding breast feeding and weaning among post natal mothers. N=40**

Knowledge score	Category	(pre test) f	%	Post test f	%
>29	Adequate knowledge	10	25%	15	37.5%
20-28	Moderate knowledge	20	50%	25	62.5%
<19	Inadequate knowledge	10	25%	00	0%
	Total	40	100%	40	100%

Table Indicates the pre-test and post-test knowledge score where pre-test adequate knowledge is 10 (25%) and post-test adequate knowledge is 15 (37.5%) and moderate knowledge of pre-test is 20 (50%) and post-test is 25 (62.5%), Inadequate knowledge of pre-test is 10 (25%) and post-test is 0%. At last it shows there is an increase in knowledge score in post-test after structured teaching programme.

**Table 6: Findings of correlation between knowledge and Attitude of Pre test score. N=40**

Variables	Mean	SD	Correlation
Knowledge	24.65	4.60518	r = 0.0244
Attitude	10.575	2.06171	

S- Significant \*  $p < 0.05$  at 40df

Table had shown the correlation obtained between pre-test level of knowledge and attitude regarding breast feeding and weaning among post-natal mothers. The mean score of pre-test level of knowledge was 24.65 and SD was 4.60518. The mean score for pre-test level of attitude was 10.575 and SD was 2.06171. The positive correlation (r-value 0.0244) was found to be significant at  $p < 0.05$  at 40 df.

**Table 7: Comparison of Pre-test and Post-test Knowledge score of respondents regarding breast feeding and weaning among post-natal mothers by using paired 't' test. N=40**

Pre test		Post test		Paired 't' value	P value	Significant
Mean	SD	Mean	SD			
24.65	4.60518	30.175	5.13853	t= 6.485988	P=<0.00001	The result is significant

Table -represents the difference between the pre-test and post-test knowledge score of respondents regarding breast feeding and weaning among post-natal mothers, the paired 't' test value at 6.485988% level of significance, p value is <0.00001, which is less than  $p < 0.05$  value which indicates that there is a significant difference between the pre-test and post-test knowledge score among respondent (post-natal mothers) about breast feeding and weaning is accepted. Table-9 says there is no significant association between pre-test knowledge score of respondents with selected demographic variables. Hence  $H_3$  hypothesis is accepted.

There is no significant association between post-test knowledge score of respondents with selected demographic variables. Hence  $H_3$  Hypothesis is accepted.

### CONCLUSION

Based on the study findings the investigator has drawn many conclusions. In this chapter the investigator also dealt with the various nursing implications of the experience of the investigator during the study findings help to give suggestions and recommendations for future studies.

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