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Assess the effectiveness of structured teaching programme on breast feeding among postnatal mothers: A pre-experimental study

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Abstract
Introduction: Breastfeeding is the natural feeding and breast milk is the best milk. The basic food of infant is mother's milk. Breast feeding is the most effective way to provide a baby with a caring environment and complete food. Children who are not breastfeed appropriately have repeated infections grow slowly, and are almost six times more likely to die by the age of 1 month compared to children who receive at least some breast milk. For many children, breast milk provides the main source of nourishment in the first year of life. Breast feeding should be first initiated within an hour of birth. The first milk which is called colostrum is suitable for the baby.
Anorexia nervosa is defined as the restriction of nutrient intake relative to requirements, which leads to significantly low body weight. Patients with this eating disorder will have fear of gaining weight along and a distorted body image with the inability to comprehend the seriousness of their condition. This activity reviews the evaluation and management of anorexia nervosa and highlights the role of the inter-professional team in improving care for patients with this condition.
Objectives: 1**)** To assess the pretest on breast feeding among post-natal mothers. 2) To implement structured teaching programme on breast feeding among postnatal mothers. 3.) To assess post-test on breast feeding among post-natal mothers. 4) To compare pretest and posttest on breast feeding among post-natal mothers. 5) To determine the association of post-test on breast feeding among postnatal mothers with selected socio demographic variables.
Methodology: A pre-experimental study was conducted among 30 postnatal mothers in selected hospitals of Pathankot. A quantitative pre-experimental approach was adopted and purposive sampling technique was used to select the subjects. The data was collected by using structured questionnaire. The obtained data was analyzed by using descriptive and inferential statistics.
Conclusion: The study concluded that structured teaching has significant effect on the level of knowledge in postnatal mothers.

Keywords: Postnatal mothers, structured teaching programme, senior medical officer, sample size, degree of freedom, non-significant, standard deviation, frequency, percentage

Introduction

Background of Study

Breastfeeding is a crucial aspect of maternal and child health, providing numerous benefits for both mothers and newborns. Despite its importance, many postnatal mothers face challenges and misconceptions about breastfeeding, leading to early cessation or improper practices. A Structured Teaching Programme (STP) can be an effective intervention to address these issues and promote optimal breastfeeding practices. This study aims to assess the effectiveness of an STP on breastfeeding among postnatal mothers, evaluating its impact on their knowledge, attitudes, and practices.

Objectives

1) To assess the pretest on breast feeding among post-natal mothers.
2) To implement structured teaching programme on breast feeding among postnatal mothers.
3) To assess post-test on breast feeding among post-natal mothers.
4) To compare pretest and posttest on breast feeding among post-natal mothers.
5) To determine the association of post-test on breast feeding among postnatal mothers with selected socio demographic variables.

Materials and Methods

A pre-experimental study was conducted among 30 postnatal mothers who are present in Civil Hospitl Pathankot, Oberio Hospital Pathankot, Shri Ram Mission Hospital Pathankot, Kapoor Hospital Pathankot. Purposive sampling technique was adopted. Ethical clearance was obtained prior to study. The tool was developed after extensive review of literature and after consulting the subject experts. Content validity of the tool was established and reliability i.e. 0.75 was assessed. The tool included socio-demographic Performa and for assessment of effectiveness of structured teaching programme structured teaching questionnaire was prepared. Total 25 questions was used in self structured questionnaire. One mark will be given for each correct answer and zero for each incorrect or unanswered question. Scores of knowledge are categorized into four levels: Excellent, Good, Average and Below Average. Out of a total score of below 12 is considered as Below Average, 12 to 18 is considered as average 18 to 22 as good and 22 or greater is considered as Excellent. The investigator obtained the written consent from the subjects and explained the purpose of data collection. Later on calculated data compiled and analyzed by the investigator by using descriptive and inferential statistics.

Results

Socio-demographic Variables

Table 1: Frequency and Percentage distribution of postnatal mothers according to socio demographic variables. (Pre-test) N=30

Items	Demographic variables	Frequency (f)	Percentage (%)
a.	**Age in years**		
	18-20	05	16.66
	21-23	12	40
	24-25	06	20
	25 above	07	23.33
b.	**Family Income**		
	10,000	15	50
	10,000-20,000	12	40
	20,000-30,000	04	13
	More than 30,000	-	-
c.	**Type of Diet**		
	Vegetarian	19	63.33
	Non-vegetarian	11	36.66
d.	**Type of Family**		
	Joint family	15	50
	Nuclear family	15	50
e.	**Religion**		
	Hindu	16	53.33
	Christian	03	10
	Sikh	06	20
	Others	05	16.66
f.	**Residing Area**		
	Rural	11	36.66
	Urban	09	30
	Semi-urban	13	43.33
	Others	-	

Result shows that-Age: 18-20 (16.66%), 21-23 (40%), 24-25 (20%), above 25 (23.33%); Family Income: ≤10,000 (50%), 10,000-20,000 (40%), 20,000-30,000 (10%); Diet: Vegetarian (63.33%), Non-vegetarian (36.66%); Family Type: Joint (50%), Nuclear (50%); Religion: Hindu (53.33%), Sikh (20%), Christian (10%), Others (16.66%); Residence: Rural (36.66%), Urban (30%), Semi-urban (43.33%).

Table 2: Frequency and Percentage distribution of postnatal mothers according to socio demographic Variables. (posttest) N=30

Items	Demographic variables	Frequency (f)	Percentage (%)
a.	**Age in years**		
	18-20	05	16.66
	21-23	12	40
	24-25	06	20
	25 above	07	23.33
b.	**Family Income**		
	10,000	15	50
	10,000-20,000	12	40
	20,000-30,000	04	13
	More than 30,000	-	-
c.	**Type of Diet**		
	Vegetarian	19	63.33
	Non-vegetarian	11	36.66
d.	**Type of Family**		
	Joint family	15	50
	Nuclear family	15	50
e.	**Religion**		
	Hindu	16	53.33
	Christian	03	10
	Sikh	06	20
	Others	05	16.66
f.	**Residing Area**		
	Rural	11	36.66
	Urban	09	30
	Semi-urban	11	36.66
	Others	-	

Result shows that there is no change in frequency and percentage distribution between pretest and post-test, indicating that the demographic characteristics of postnatal mothers remained consistent throughout the study.

Table 3: Frequency and percentage distribution of pre-test level of knowledge regarding breast feeding among post natal mother. (Pre-test) N=30

Level of knowledge	Frequency (f)	Percentage (%)
Excellent	-	-
Good	21	70
Average	09	30
Below average	-	-

Result shows that-70% of postnatal mothers (21 out of 30) had good knowledge regarding breastfeeding. 30% of postnatal mothers (9 out of 30) had average knowledge regarding breastfeeding.

Table 4: Frequency and percentage distribution of pre-test level of knowledge regarding breast feeding among post natal mother. (Post-test) N=30

Level of knowledge	Frequency (f)	Percentage (%)
Excellent	30	100
Good	-	-
Average	-	-
Below average	-	-

Result shows that 100% of postnatal mothers (30 out of 30) achieved excellent knowledge regarding breastfeeding after the intervention.

Table 5: Comparison of mean, SD and 't' test value score regarding breast feeding among post-natal mothers. N=30

Variables	Mean	SD	T
Pre-test	16.5	4.5616	-7.8
Post-test	23.13	0.9533	

Result shows that the comparison of pre-test and post-test scores shows a significant improvement in knowledge regarding breastfeeding among postnatal mothers, with a mean score increase from 16.5 to 23.13, and a statistically significant 't' value of-7.8.

Table 6: Frequency and percentage distribution among association with demographic variables. (Pre-test) N=30

		Level of Knowledge										
S. No	Demographic variables	Excellent		Good		Average		Below Average		X2 Value	Df	
a.	Age in years	F	%	F	%	F	%	F	%			
	18-20	-	-	04	13.33	01	3.33	-	-	-	0.782	29
	21-23	-	-	09	30	03	10	-	-	-		
	24-25	-	-	05	16.66	01	3.33	-	-	-		
	25 above	-	-	03	10	04	13.33	-	-	-		
b.	Family Income											
	10,000	-	-	11	36.66	04	13.33	-	-	-	0.8791	29
	10,000-20,000	-	-	08	26.66	04	13.33	-	-	-		
	20,000-30,000	-	-	02	6.66	02	6.66	-	-	-		
	More than 30,000	-	-	-	-	-	-	-	-	-		
c.	Type of Diet											
	Vegetarian	-	-	11	36.66	08	26.66	-	-	-	0.8791	29
	Non-vegetarian	-	-	10	33.33	01	3.33	-	-	-		
d.	Type of Family											
	Joint family	-	-	09	30	06	20	-	-	-	0.6	29
	Nuclear family	-	-	11	36.66	01	3.33	-	-	-		
e.	Religion											
	Hindu	-	-	10	33.33	06	20	-	-	-	0.1672	29
	Christian	-	-	3	10	-	-	-	-	-		
	Sikh	-	-	5	16.66	01	3.33	-	-	-		
	Others	-	-	3	10	02	6.66	-	-	-		
f.	Residing Area											
	Rural	-	-	6	20	05	16.6	-	-	-	0.6315	29
	Urban	-	-	7	11	02	6.66	-	-	-		
	Semi-urban	-	-	11	36.66	02	6.66	-	-	-		

Result breastfeeding shows no statistically significant relationships, with calculated chi-square values the association between demographic variables and pre-test knowledge levels regarding indicating no significant associations between knowledge levels and variables such as age, family income, type of diet, type of family, religion, and residing area. The results suggest that these demographic variables do not have a significant impact on the pre-test knowledge levels of postnatal mothers regarding breastfeeding.

Table 7: Frequency and percentage distribution among association with demographic variables. (Post-test) N=30

	Level of Knowledge											
S. No	Demographic variables	Excellent		Good		Average		Below Average		X2 Value	Df	
	Age in years	F	%	F	%	F	%	F	%			
a.	18-20	05	16.66	-	-	-	-	-	-	-	0	29
	21-23	12	40	-	-	-	-	-	-	-		
	24-25	06	20	-	-	-	-	-	-	-		
	25 above	07	23.33	-	-	-	-	-	-	-		
b.	Family Income											
	10,000	15	50	-	-	-	-	-	-	-	0	29
	10,000-20,000	11	36.66	-	-	-	-	-	-	-		
	20,000-30,000	04	13.33	-	-	-	-	-	-	-		
	More than 30,000	-	-	-	-	-	-	-	-	-		
c.	Type of Diet											
	Vegetarian	19	63.33	-	-	-	-	-	-	-	0	29
	Non-vegetarian	13	36.66	-	-	-	-	-	-	-		
d.	Type of Family											
	Joint family	15	50	-	-			-	-	-	0	29
	Nuclear family	15	50	-	-			-	-	-		
e.	Religion											
	Hindu	16	53.33	-	-			-	-	-	0	29
	Christian	03	10	-	-	-	-	-	-	-		
	Sikh	06	20	5	16.66	01	3.33	-	-	-		
	Others	05	16.66	3	10	02	6.66	-	-	-		
f.	Residing Area											
	Rural	11	36.66	6	20	05	16.6	-	-	-	0.6315	29
	Urban	08	26.66	7	11	02	6.66	-	-	-		
	Semi-urban	11	36.66	11	36.66	02	6.66	-	-	-		

Result shows that the post-test results show that 100% of postnatal mothers (30 out of 30) achieved excellent knowledge regarding breastfeeding, with no significant associations found between demographic variables and post-test knowledge levels, as indicated by the chi-square values.

Discussion

Breastfeeding is a vital aspect of postnatal care, providing essential nutrients to newborns and fostering a strong bond between mother and child. Research highlights the significance of breastfeeding, with studies showing its benefits for both mothers and infants, including enhanced cognitive development and reduced risk of infections. Despite its importance, many postnatal mothers face challenges in adopting and maintaining breastfeeding practices, often due to lack of knowledge, cultural beliefs or inadequate support. Antenatal counseling has been shown to promote good breastfeeding practices, emphasizing the need for informed and motivated healthcare providers. Effective breastfeeding support can significantly improve maternal and infant health outcomes. A structured teaching program can be an effective way to educate postnatal mothers about breastfeeding benefits and techniques.

The present study's findings demonstrate a significant improvement in postnatal mothers' knowledge regarding breastfeeding after implementing a structured teaching program. The pre-test results showed that 70% of mothers had good knowledge, while 30% had average knowledge. However, after the intervention, 100% of mothers achieved excellent knowledge. The comparison of pre-test and post-test scores revealed a statistically significant difference, indicating the effectiveness of the structured teaching program. These findings suggest that targeted educational interventions can be a valuable tool in promoting breastfeeding practices and improving maternal and child health outcomes. The program's success highlights the importance of evidence-based interventions in bridging the knowledge gap and promoting best practices among postnatal mothers.

Conclusion

The present study concluded that, the structured teaching program had a significant effect on the level of knowledge regarding breastfeeding among postnatal mothers. The program's effectiveness was evident through the significant improvement in post-test scores, with 100% of mothers achieving excellent knowledge. The findings suggest that targeted educational interventions can be a valuable tool in promoting breastfeeding practices and improving maternal and child health outcomes.

The study's results highlight the importance of evidence-based interventions in bridging the knowledge gap and promoting best practices among postnatal mothers. Overall, the structured teaching program was effective in enhancing the knowledge of postnatal mothers regarding breastfeeding, which can have a positive impact on maternal and child health outcomes.

Conflict of Interest

Not available

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Not available

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