

**PRE – EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS
OF STRUCTURED TEACHING PROGRAMME ON LEVEL OF
KNOWLEDGE REGARDING BREAST FEEDING AMONG THE
MOTHERS IN KALPNA NURSING HOME AT UDAIPUR,
RAJASTHAN**

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ABSTRACT

Breast feeding is the first fundamental right of the child. Nutrition is one of the basic need of living organism, be they are born or even while they are in their mother's womb. Every day 3000 – 4000 infant die from diarrhea & acute respiratory infection due to inadequate breast milk given them. UNICEF & WHO recommended that there should be exclusive breast feeding for 4 – 6 month of life & continue breast feeding with weaning food upto & beyond second year of life. Thus the researcher felt that there is a need to assess an “Effectiveness Of Structured Teaching Programme On Level Of Knowledge Regrading Breast Feeding Among The Mothers In Kalpna Nursing Home At Udaipur, Rajasthan.” Finding & conclusion of the study are when the sample was taken for the study the samples had less knowledge about breast feeding. The structured teaching programme

regarding breast feeding was found to be effective in increasing the knowledge of mothers. The sample had significant gain in knowledge after structured teaching programme.

KEYWORDS: Knowledge, Effectiveness, Structured Teaching Programme, Breast Feeding & Mother.

INTRODUCTION

Breast milk is a living substance containing enzymes & antibodies specifically designed to protect the infant very vulnerable body system. During antenatal period the mother feeds her body completely through her placenta & after birth breast feeding creates a unique bond between the mother & body. When the mother breast feeds she gives adequate warmth, affection & security as well as food & protection to her body. The infant mortality rates in developing countries are 5 – 10 time higher among children who have not breast fed or who have been breast fed for less than 6 month. Thus the researcher found the importance to assess on knowledge regarding breast feeding among the mother.

OBJECTIVES

- To assess the level of knowledge of mother regarding breast feeding.
- To find out association of level of knowledge of mother with selected demographic variables.
- To evaluates the effectiveness of structured teaching programme regarding breast feeding of mothers.

MATERIAL AND METHOD

RESEARCH DESIGN: One Group Pretest Post Test Design.

SETTING OF THE STUDY: Kalpana Nursing Home, Udaipur, Rajasthan, India.

DESCRIPTION OF TOOL

Tools are divided into two parts

- a) Demographic data
- b) The structured questionnaire to assess the level of knowledge.

POPULATION OF THE STUDY: All Mothers Who Are Admitted In Kalpana Nursing Home, Udaipur, Rajasthan, India.

SAMPLE SIZE: The Sample Size Selected For Study is 32 Mothers.

SAMPLING TECHNIQUE: in the present study use Non – Probability Sampling Technique.

RESULT AND DISCUSSION

Organization and presentation of data

The findings were organized and presented under following sections.

Section – 1: Socio-demographic characteristics and clinical profile of mother.

Table 1: Frequency & percentage distribution of selected socio-demographic variables.

N = 32

S. No.	Variable	Frequency	Percentage
1.	Age		
	a) ≤ 20 years	4	12.5%
	b) 21-24 Years	16	50%
	c) 25-29 Years	12	37.5%
	d) ≥ 30 Years	0	0%
2.	Education		
	a) Illiterate	1	3.12%
	b) Primary	4	12.5%
	c) Senior Secondary	11	34.37%
	d) Under graduate	16	50%
	e) Post graduate	00	0%
3.	Occupation		
	a) House wife	17	53.12%
	b) Employee	9	28.12%
	c) Self employee	4	12.5%
	d) Labour	2	6.25%
4.	Religion		
	a) Hindu	23	71.87%
	b) Muslim	6	18.75%
	c) Christian	2	6.25%
	d) Other	1	3.12%
5.	Monthly Income		
	a) ≤ 5000	14	43.75%
	b) 5001-10000	10	31.25%
	c) 10001-15000	5	15.62%
	D) ≥ 15000	3	9.37%
6.	Family		
	a) Nuclear	24	75%
	b) Joint	8	25%
7.	Residence		
	a) Rural	11	34.37%
	b) Urban	21	65.63%

Section- 2: Association of level of knowledge with selected socio-demographic variable.

Table- 2: Association of level of knowledge with selected socio-demographic variable.

N = 32

S. No.	Groups	Poor	Average	Good	df	χ^2
1.	Age				6	3.41 NS
	a) ≤ 20 years	2	2	0		
	b) 21-24 Years	3	13	0		
	c) 25-29 Years	1	11	0		
	d) ≥ 30 Years	0	0	0		
2.	Education				8	15.18 NS
	a) Illiterate	1	0	0		
	b) Primary	3	1	0		
	c) Senior Secondary	1	10	0		
	d) Under graduate	1	15	0		
e) Post graduate	0	00	0			
3.	Occupation				6	25.5 S
	a) House wife	3	14	0		
	b) Employee	1	8	0		
	c) Self employee	0	4	0		
d) Labour	2	0	0			
4	Religion				6	3.66 NS
	a) Hindu	6	17	0		
	b) Muslim	0	6	0		
	c) Christian	0	2	0		
	d) Others	0	1	0		
5.	Monthly Income				6	5.78 NS
	a) ≤ 5000	5	9	0		
	b) 5001-10000	1	9	0		
	c) 10001-15000	0	5	0		
d) ≥ 15000	0	3	0			
6.	Family				2	2.49 NS
	a) Nuclear	2	22	0		
b) Joint	2	6	0			
7.	Residence				2	4.35 NS
	a) Rural	4	7	0		
b) Urban	2	19	0			

The data in table 2 shows that there is statistically significant association between occupation & and selected demographic variables. There is no statistically significant association between level of knowledge and selected demographic variables eg.- age, education, religion, monthly income, family, residence at $p \leq 0.05$ level.

Section- 3: Assessment of effectiveness of structured teaching programme.

Pre test & post test assessment was conducted to assess the effectiveness of structured teaching programme among the mothers. The comparison of pre test & post test assessment scores was done using student 't' test. Based on calculation the value of 't' is 16.97 and there is statistically significant difference between pretest & post test score at $p \leq 0.05$ level ($t=16.97$). Hence, we can say that the structured teaching programme was effective in increasing the knowledge of mothers regarding breast feeding.

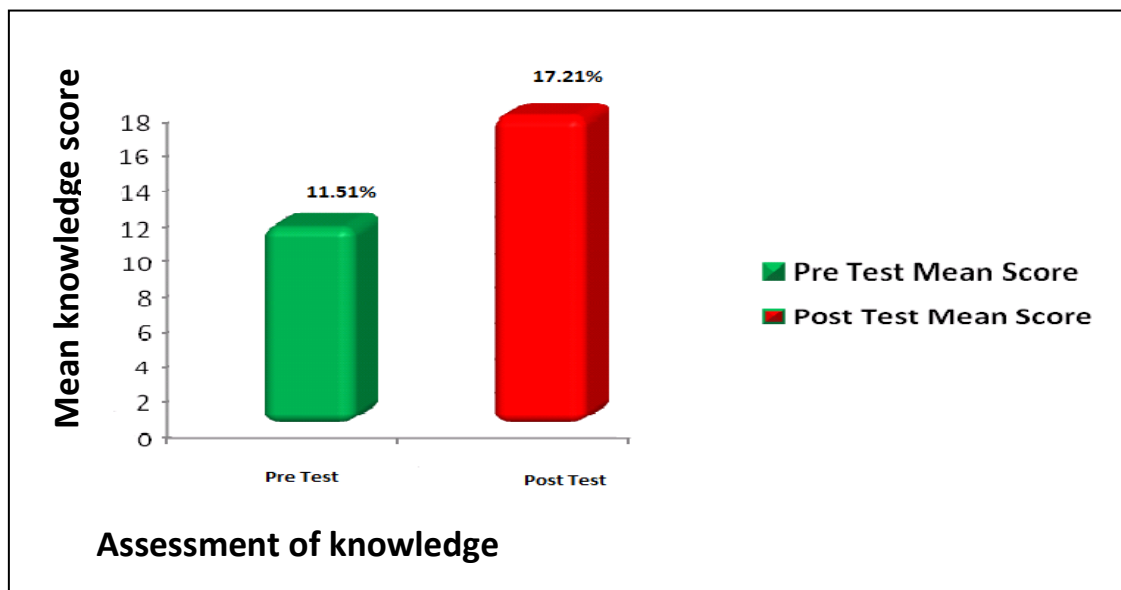


Fig. 10: Bar diagram showing the pre test, post test knowledge score.

CONCLUSION

The following conclusion was made from the following finding of the study. When the sample was taken for study the sample has less knowledge about breast feeding. The structured teaching programme on knowledge regarding breast feeding was found to be effective in increasing the knowledge of mother. The sample had significant gain in knowledge after the structured teaching programme. The structured teaching programme on knowledge of breast feeding was found to be effective in enhancing to become aware of the significant breast feeding & the role of mother towards breast feeding.

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