

# Effectiveness of self instructional module on knowledge regarding selected breastfeeding problems among postnatal mothers at AHM Kanpur, U.P

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## ABSTRACT

Breastfeeding is the natural ways for a newborn<sup>1</sup>. A baby receives nutrition, immunity and others important values for the better mental and physical growth and development. It is a cheapest and convenient method to feed a baby.

Researcher felt that primipara mothers feels hesitate<sup>4</sup> or shy when they breastfeed their newborn babies. Study shows that many mothers develop problems after delivery<sup>2</sup>. Although babies have a sucking reflexes that enable them to suck and swallow milk. human milk is usually the best source for nourishment and proper growth of a baby. There are circumstances under which breastfeeding can be problematic. engorgement makes it difficult for baby to latch on to the breast its hard and painful condition. breastfeeding difficulties may be due to inverted nipples, cracked nipple, size of breast, mothers attachment and preterm baby.

**Keywords:** Effectiveness, Knowledge, Self instructional module, Breast feeding problems

## INTRODUCTION

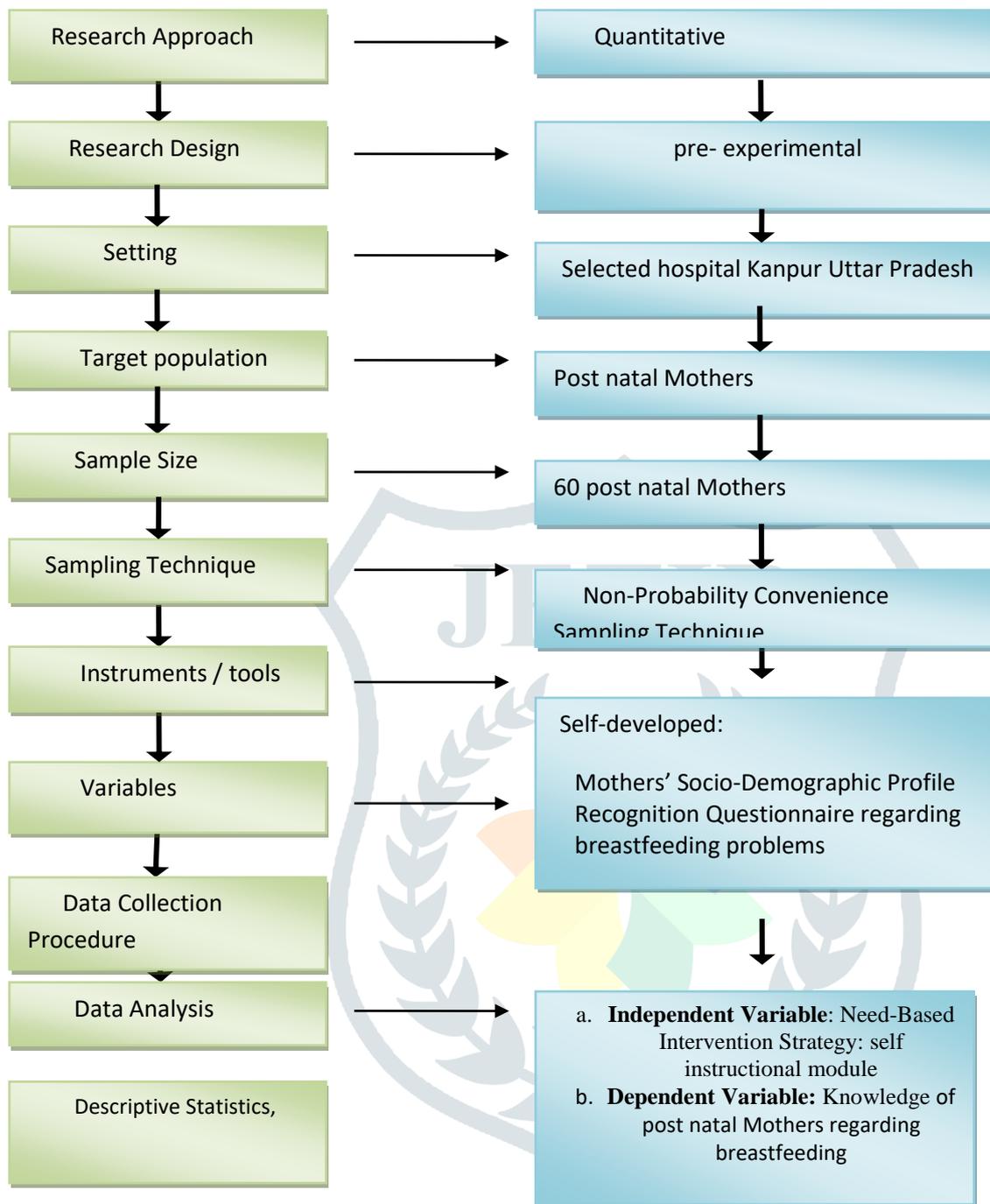
Breastfeeding problems refer to the problems that occur during breastfeeding to an infant or young child with milk from a women breast.<sup>3</sup>

National family health survey report revealed that the breastfeeding rate in different states were, Tamilnadu-55.3%, Kerala-55.4%, Maharastra-51.8%, Mizoram-65.4%, meghayalaya-58.6%, Orissa-54.3%, Goa-59.7%, assam-50.6%, breastfeeding rates in BIMARU states are below 40%. in the Grampian study 33% of all women experienced breast problem<sup>9</sup>. Majority of this problem is in primipara mothers. Problem statement for this present study is “**Effectiveness of self instructional module on knowledge regarding selected breastfeeding problems among postnatal mothers at AHM Kanpur, U.P**” Objectives of the research study are as follows 1. assess the existing level of the knowledge on breastfeeding problems. 2. To assess the effectiveness of the self structured module on selected breastfeeding problems. 3. To find out the association between pretest knowledge score and selected socio demographic variables.

## METHODOLOGY

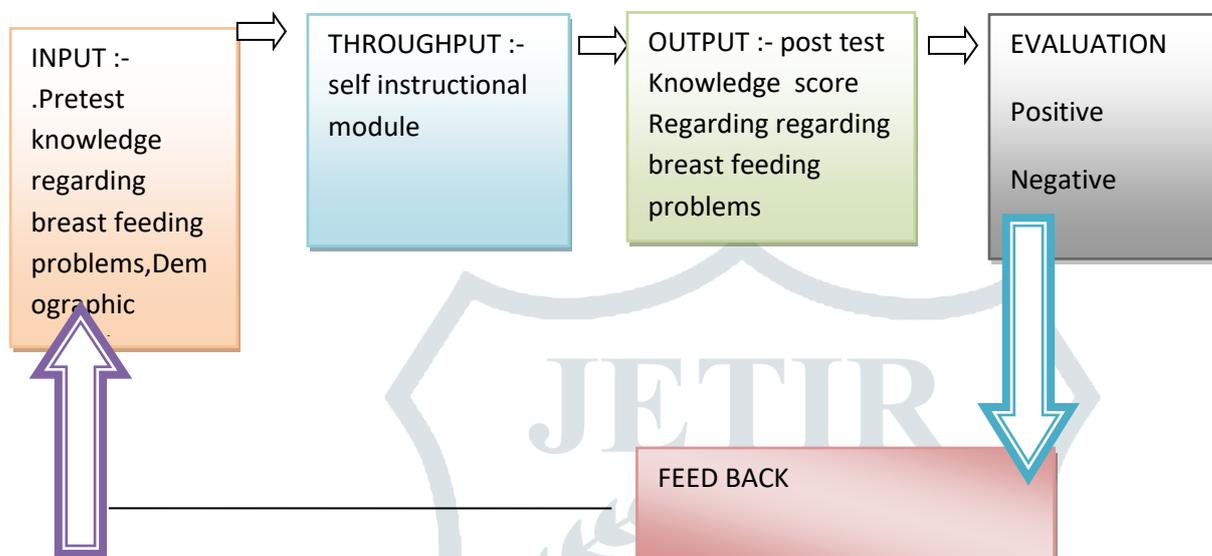
Methodology is the steps, procedures and strategies for gathering efficacious and dependable data for the problem under study to meet the research objectives<sup>4</sup>. Methodology is dealing the step to step of organizing the procedure for gathering valid and reliable data for investigation<sup>5</sup>. In this study Research Approach was Pre-experimental Approach, Research Setting is AHM, Kanpur, Population include the clients admitted in the post natal ward. sample size is 60, sampling technique is purposive. Data was collected through semi structured questionnaire, and the analysis was obtained through descriptive and inferential statistics.

## Research design



### CONCEPTUAL FRAMEWORK

The conceptual model for the study was based on the general system theory by LUDWIG VON BERTANLANFFY (1968)<sup>5</sup> IN THIS theory the main focus is on discrete parts and their interpersonal relationship which consist of input throughput and output<sup>6</sup>.



**Note:** feedback is not include in research study

### ANALYSIS AND INTERPRETATION

Finding of the study reveals that highest percentage of mothers 69% was between 25-28 years of age. Majority of the clients were 10th pass 55%. Majority of clients were unemployed about 78%. heightest % of husband doing work. Most of them were from urban area 90%. Maximum % of the mothers belongs to Muslim religion 70%. Majority of clients belongs to joint family was 70%. 40% clients were vegetarian and 60% clients were non vegetarian. 80% of the mothers have delivered their babies normally and naturally. Source of information was mass media 65% for majority of clients.

The mean and SD and mean percentage of pre test knowledge score of elderly clients shows that highest mean of knowledge score was  $8.81 \pm 1.63$  which is 23.48% of total score which reveals that that postnatal mothers have poor knowledge regarding breastfeeding problems and lowest mean of knowledge was  $0.36 \pm 2.6$  which is 1.26 for good knowledge regarding breastfeeding problems.

Whereas it was  $16.22 \pm 2.17$  which is 53.044 in post test revealing 28.506% knowledge score which is increased. In the post test the highest mean percentage 74% was obtain from the introduction area and 44.50% obtained from the area of problems of breastfeeding.

Hypothesis testing revealed that highly significance  $p < 0.05$  difference was found between pre test and post test knowledge score .association between pretest knowledge score with their selected demographic variables  $p < 0.05$  was not significance.

### CONCLUSION

From the finding of the present study it cab be calculated that SIM regarding selected breastfeeding problems was effective to improve the postnatal mothers knowledge prior to SIM knowledge of mothers was not proper after the SIM lots of change occurs in mothers knowledge.

So implementation of SIM was very effective.

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