



KNOWLEDGE AND PRACTICE REGARDING EXPRESSED BREASTFEEDING AMONG WORKING WOMEN

Ms. Anuradha

Abstract: Mother's milk is a boon to baby. Natural and first original food for baby is breast milk as it contains all the nutritive content in appropriate amount which is best for the baby. In today's scenario with greater influence of urbanization and industrialization women are also part of working capital of the country. It is estimated that almost 50% of the women who are employed are in reproductive age group. Due to working condition of the mothers they are not able to breastfeed their baby properly. Expressed breastmilk is best option for the mother in comparison to formula feeding. The purpose of the study was to assess the effectiveness of video assisted teaching regarding expressed breastfeeding practice among working women in New Delhi. Sample of 30 mothers working mothers were selected using convenient sampling. Tool used was structured knowledge questionnaire on expressed breastfeeding and self-assessing practice checklist. Pre-test and post-test were taken to assess the effectiveness of video assisted teaching. Analysis was done using descriptive and inferential statistics. Results shows that there was gain in knowledge score and practice regarding expressed breastfeeding among working women after administration of video assisting teaching.

Index Terms - Expressed breastfeeding, working mothers, video assisted teaching.

I. INTRODUCTION

Breastfeeding provides many benefits to baby as well as to mother. It decreases many health problems in baby that occurs due to top feeding such as diarrhea and colic pain. For mother it helps to achieve her pre-pregnant weight and help in uterus involution. More than 20% death can be prevented in India through optimal breast milk feeding. Exclusively breast feeding means that baby should only receive mother's milk till 6 months and only after that complementary feeding along with breastfeeding can be given upto 2 years.

Many barriers are there for working mothers in exclusively breast feeding as workplace does not provide enough facilities. Literature shows that in Australia due to maternal employment during the early first six months of life leads to premature cessation of breast milk. WHO states that all mother needs long maternity leave for baby care so that there is proper growth and development of the baby during first stage of life. As to cut down the feeding problems most of the mothers are doing expressed breast milk feeding practices. There are two most common ways: manual expression and expression of breast milk using breast pump.

There is qualitatively different experience in expressing and feeding breast milk as compared to breastfeeding baby directly from breast. In United States, most of the feeding mothers used use breast pumps to feed their baby wherever in India the practice of expression of breastmilk remains low. This is mainly due to inadequate knowledge and practice related to expressed breastfeeding.

It is thus very important for the mothers to have appropriate knowledge on expressed breast milk feeding so that she will be able to prevent/correct many health problems if present and can increase the milk supply to prevent malnutrition in baby. This study was conducted to assess the effectiveness of video assisted teaching regarding expressed breastfeeding practices among working mothers.

II. STATEMENT OF THE PROBLEM

A study to assess the effectiveness of video assisted teaching on knowledge and practice regarding expressed breastfeeding among working women in New Delhi.

III. OBJECTIVES OF THE STUDY

1. To assess the knowledge and practice regarding expressed breastfeeding among working mothers.
2. To prepare video assisted teaching regarding expressed breastfeeding practices.
3. To assess the effectiveness of video assisted teaching regarding expressed breastfeeding among working mothers.
4. To assess the co-relation between knowledge and practice of mothers regarding expressed breastfeeding practices among working women.

IV. HYPOTHESIS

1. There will be no significant mean difference between the mean pre-test and post-test knowledge score regarding expressed breastfeeding among working mothers after administration of video assisted teaching at 0.05 level of significance.
2. There will be no significant mean difference between the mean pre-test and post-test practice score regarding expressed breastfeeding among working mothers after administration of video assisted teaching at 0.05 level of significance.

V. METHODOLOGY

5.1 Research approach and design

A quasi-experimental study was conducted using one group pre-test post-test design.

5.2 Setting

The study was conducted in New Delhi.

5.3 Sample and sampling technique

30 working mother of New Delhi was selected as samples were using convenient sampling.

5.4 Tool used

Structured knowledge questionnaire and self-assessing practice checklist regarding expressed breast milk feeding. Reliability of the structured knowledge questionnaire and practice rating scale was 0.79 and 0.76 respectively. Structured knowledge questionnaire consists of 20 questions with one correct option and 3 distractors. Each correct question scores 1 marks and incorrect question score 0 marks. Self-assessing practice checklist is divided into 3 divisions: Expressing Breast milk (7), storage of breast milk (5) and feeding expressed breast milk (8) with overall total of 20 points.

5.5 Statistical Analysis

1. Frequency and percentage distribution of demographic data of working women of New Delhi.
2. Mean, Standard Deviation, mean difference and t-test was used to collect the data from the samples.

VI. RESULTS AND DISCUSSION

Table 4.1

Frequency and percentage distribution of demographic data of selected working women of New Delhi.

n=30

DEMOGRAPHIC DATA		FREQUENCY (n)	PERCENTAGE (%)
Age in Years	19-21	3	10
	22-26	7	23.33
	27-33	15	50
	>33	5	16.67
Educational Status	Illiterate	0	0
	Primary	0	0
	Secondary	0	0
	Intermediate	0	0
	Graduate	26	86.67
	Post graduate	4	13.33
Workplace sector	Government	6	20
	Private	19	63.33
	Other	5	16.67
Religion	Hindu	22	73.33
	Muslim	4	13.33
	Christian	2	6.67
	Sikhs	1	3.33
	Other	1	3.34
Total number of	One	20	66.67

children	Two	8	26.67
	Three	2	6.66
	More than three	0	0
Age of last child	1-3 months	6	20
	3-6 months	10	33.33
	More than 6 months	14	46.67
Family Type	Joint	5	16.67
	Nuclear	25	83.33
	Extended	0	0
Express and store breast milk	Yes	30	100
	No	0	0
Previous knowledge on expressed breastfeeding	Yes	30	100
	No	0	0
Source of Information	Health personnel	19	63.33
	Mass Media	4	13.33
	Family	5	16.67
	Friends	2	6.67

Table 4.1 shows that majority of working women that is 23.33% are in age group of 22-26years, majority of working women (86.67%) have done graduation, 63.33% are having private jobs, 73.33% women are Hindu, 66.67% women are having only on children, 46.67% are having child with more than 6 month of age, 83.33% are having nuclear family, 100% of women express and stores breast milk and having previous knowledge on expressed breastfeeding and 63.33 % are having information source as health personnel.

Table 4.2

Mean, Standard deviation, mean difference and t-test for knowledge score and self-assessing practice rating scale regarding expressed breastfeeding among working mothers of New Delhi

Items		Maximum marks	Mean	Standard deviation	Mean difference	t value
Knowledge score	Pre -test	20	9.93	2.15	5.97	19.559*
	Post-test	20	15.9	2.67		
Self-assessing practice checklist	Pre-test	20	9.53	1.34	6.57	16.526*
	Post-test	20	16.1	1.94		

$t(29)=2.045$, $p<0.05$, *significant at 0.05 level

Table 2 depicts that mean post-test knowledge score (15.9 ± 2.67) which is higher than pre-test knowledge score (9.93 ± 2.15) with mean difference of 5.97. Since, the calculated t value (19.559) which is greater than table value (2.045) the result was found significant at 0.05 level. Hence the null hypothesis (H_{01}) was rejected and research hypothesis (H_1) was accepted. This shows that video assisting teaching was effective in increasing the knowledge of working women regarding expressed breastfeeding. The mean post-test practice score (16.1 ± 1.34) which is higher than the pre-test practice score (9.53 ± 1.94) with mean difference of 6.57. Since the calculated t value is 16.526 which is greater than table value (2.045) the result was found significant at 0.05 level. Hence the null hypothesis (H_{02}) was rejected and research hypothesis (H_2) was accepted. This shows that video assisted teaching was effective in increasing the knowledge of working women regarding expressed breastfeeding.

CONCLUSION

The study reveals that video assisting teaching was effective in increasing knowledge and practice of the working women regarding expressed breastfeeding.

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