



“A STUDY TO ASSESS THE EFFECT OF HEALTH TEACHING ON KNOWLEDGE REGARDING THE EXCLUSIVE BREASTFEEDING AMONG POSTNATAL MOTHERS AT SELECTED HOSPITAL PUNE.”

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Abstract:

Background: Breastfeeding has been accepted as the most vital intervention for reducing infant mortality and ensuring optimal growth and development of children **Objective:** 1. To identify existing knowledge regarding exclusive breastfeeding among postnatalmothers. 2.To determine the effect of planned health teaching program on knowledge regardingexclusive breastfeeding among postnatal mothers. 3.To find the association between knowledge score with selected demographic variables. **Aim:** This study examines the effect of health teaching on knowledge of postnatal mothers regarding exclusive breastfeeding. **Methodology:** A quasi experimental design was applied on sample of 60 postnatal mothers who were selected and divided equally into study and control groups. The sample collection was done by using non-probability purposive sampling. The study was approved by the Institutional Scientific Committee and Sub Ethics Committee. Structured Questionnaire was used for assessing the knowledge regarding exclusive breastfeeding in postnatal mothers and health teaching on exclusive breastfeeding in postnatal mothers was prepared. **Result:** In pretest, 96.7% of the postnatal mothers had poor knowledge (score0-5), 3.3% of themhad average knowledge (score6-10) regarding exclusive breastfeeding. In posttest, 13.3% of them had poor knowledge (score0-5), 40% of them had average knowledge (score6-10) and 46.7% of them had good knowledge (score11-15) regarding exclusive breastfeeding. **Conclusion:** This indicates that the knowledge among postnatal mothers regarding exclusive breastfeeding improved remarkably after planned health teaching.

Keywords – Knowledge, postnatal mothers, Exclusive Breastfeeding Health Teaching

INTRODUCTION

Breastfeeding has been accepted as the most vital intervention for reducing infant mortality and ensuring optimal growth and development of children. More than 15% of 24 lakh child deaths could be averted in India by optimal breastfeeding practices. Poor breastfeeding practices are widespread. It is estimated that sub-optimal breastfeeding, especially non-exclusive breastfeeding in the first 6 months of life, results in 1.4 million deaths and 10% of the disease burden in children younger than 5 years of age.¹ The benefits of breast-feeding, to both mother and baby, have long been recognized. Despite strong evidence in support of EBF for the first six months of life, its prevalence has remained low worldwide and it is estimated that only about one third of infants were exclusively breastfed for the first six months of life.² Breastfeeding has declined worldwide in recent years, as a result of urbanization and maternal employment outside the home. Studies in India have also shown a decline in breastfeeding trends, especially in urban areas.³ Early initiation of breastfeeding is not seen in over 75% of the nation's children and over 50% of children are not exclusively breastfed.⁴ In addition, maternal positive attitudes toward breastfeeding are associated with continuing to be breastfeeding longer and have a greater chance of success.⁵ On contrary, negative attitudes of women toward breastfeeding is considered to be a major barrier to initiate and continue to breastfeeding.⁶

OBJECTIVES OF THE STUDY

1. To identify existing knowledge regarding exclusive breastfeeding among postnatal mothers.
2. To determine the effect of planned health teaching program on knowledge regarding exclusive breastfeeding among postnatal mothers.
3. To find the association between knowledge score with selected demographic variables.

METHODOLOGY

A Quasi experimental design was applied on sample of 60 postnatal mothers who were selected and divided equally into study and control groups. The study was approved by the Institutional Scientific Committee and Sub Ethics Committee. Structured Questionnaire was used for assessing the knowledge regarding exclusive breastfeeding in postnatal mothers and health teaching on exclusive breastfeeding in postnatal mothers was prepared. The sample collection was done by using non-probability purposive sampling. The structured questionnaire was made on exclusive breastfeeding and the plan teaching was provided to the mothers who were the sample of the study. Demographic information gathered by using questionnaire. The investigator inspect the selected hospitals in Pune district and received the permission needed from the authorities concerned. In order to ensure better cooperation during the data collection, the investigator introduced herself and told them about the purpose of the research. The

investigator approached the postnatal mothers in selected hospitals and explained the purpose of the study and explain how it will be beneficial for them. Administrative permission was taken from Dr. D.Y. Patil Hospital Pimpri, Pune. The final study was conducted prior to data collection. The actual data collection was done on 60 postnatal mothers in Dr.D.Y. Patil Hospital Pimpri, Pune. after obtaining content validity from experts and doing a pilot study for the feasibility of the tool. While collecting data after the pre-test, the plan teaching was given to the postnatal mothers, and after 1 week the post-test was done. After collecting data given health education regarding exclusive breastfeeding.

STATISTICAL ANALYSIS

The differential and inferential statistics was done by using SPSS 23 software. A master sheet will be prepared by the investigator to measure the data. Using frequency and percentage, baseline Performa containing sample characteristics was analyzed.

RESULTS

Description of samples (postnatal mothers) based on their personal characteristics Table 1: Description of samples (postnatal mothers) based on their personal characteristics in terms of frequency and percentage

51.7% of the postnatal mothers had age 20-30 years, 45% of them had age 31-40 years, 3.3% of them had age 41-50 years. 38.3% of them were Hindu, 31.7% of them were Muslim, 20% of them were Christian and 10% of them had other religion. 1.7% of them were illiterate, 33.3% of them had primary education, 25% of them had secondary education, 30% of them had higher secondary education and 10% of them were graduates. 15% of them were unemployed, 20% of them had government service, 23.3% of them were private employees and 41.7% of them were self-employed. 25% of them had nuclear family and 75% of them had joint family. 36.7% of them had monthly income less than Rs.20000, 30% of them had monthly income Rs.20001-30000, 21.7% of them had monthly income Rs. 30001-40000 and 11.7% of them had monthly income above Rs. 40000. 70% of them had one child, 20% of them had two children and 10% of them had three and more children. 15% of them had LSCS and 85% of them had normal delivery.

Analysis of data related to the existing knowledge regarding exclusive breastfeeding among postnatal mothers.

Table No.1: Existing knowledge regarding exclusive breastfeeding among postnatal mothers.

Knowledge	Pretest	
	Freq	%
Poor (score 0-5)	58	96.7%
Average (score 6-10)	2	3.3%
Good (score 11-15)	0	0.0%

In pretest, 96.7% of the postnatal mothers had poor knowledge (Score 0-5) and 3.3% of them had average knowledge (Score 6-10) regarding exclusive breastfeeding.

Analysis of data related to the effect of planned health teaching program on knowledge regarding exclusive breastfeeding among postnatal mothers

Table No . 2 : Effect of planned health teaching program on knowledge regarding exclusive breastfeeding among postnatal mothers.

Knowledge	Pretest		Posttest	
	Freq	%	Freq	%
Poor (score 0-5)	58	96.7%	8	13.3%
Average (score 6-10)	2	3.3%	24	40.0%
Good (score 11-15)	0	0.0%	28	46.7%

In pretest, 96.7% of the postnatal mothers had poor knowledge (Score 0-5) and 3.3% of them had average knowledge (Score 6-10) regarding exclusive breastfeeding. In posttest, 13.3% of them had poor knowledge (score 0-5), 40% of them had average knowledge (Score 6-10) and 46.7% of them had good knowledge (Score 11-15) regarding exclusive breastfeeding. This indicates that the knowledge among postnatal mothers regarding exclusive breastfeeding improved remarkably after planned health teaching.

Table No.3 : Paired t-test for the effect of planned health teaching program on knowledge regarding exclusive breastfeeding among postnatal mothers

	Mean	SD	T	df	P-value
Pretest	3.0	1.4	16.3	59	0.000
Posttest	9.2	2.7			

Researcher applied Paired t-test for the effect of planned health teaching program on knowledge regarding exclusive breastfeeding among postnatal mothers. Average knowledge score in pretest was 3.0 which increased to 9.2 in posttest. T-value for this test was 16.3 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected. It is evident that the knowledge among postnatal mothers regarding exclusive breastfeeding improved significantly after planned health teaching.

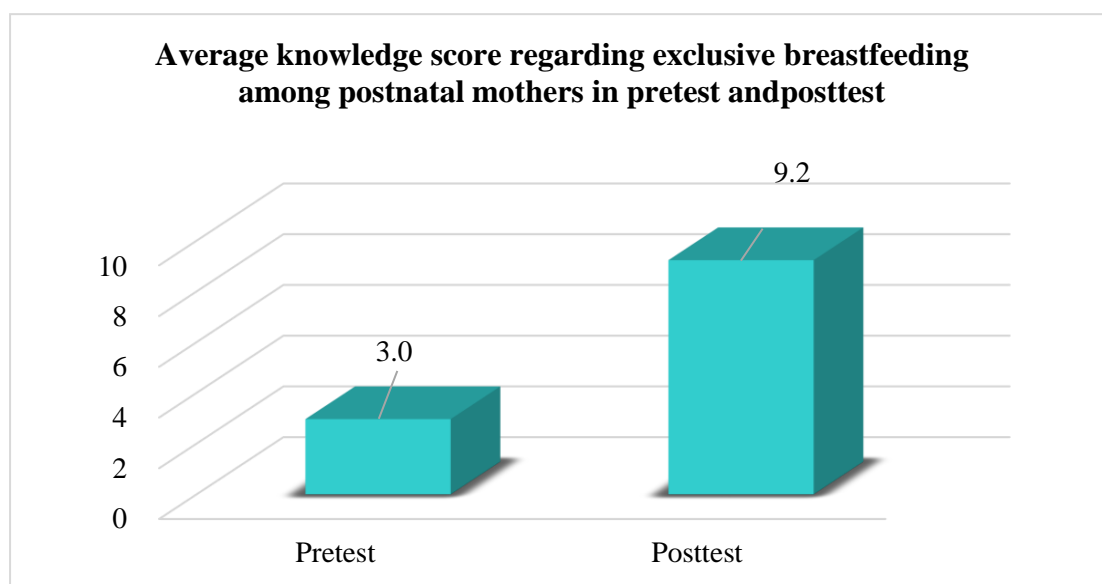


Fig 1.1

Analysis of data related to association between knowledge regarding exclusive breastfeeding among postnatal mothers with selected demographic variables

Since p-value corresponding to monthly income was small (less than 0.05), none of the demographic variables was found to have significant association with the knowledge regarding exclusive breastfeeding among postnatal mothers.

DISCUSSION

The study was conducted to assess the effect of health teaching on knowledge regarding exclusive breastfeeding among postnatal mothers at selected hospitals in Pune, the study was conducted among 60 postnatal mothers in selected hospitals in Pune. In this study one group pre test, post test design adopted. Data collection was done by using structure questionnaire and plan teaching was provide to the postnatal mothers. In pretest, 96.7% of the postnatal mothers had poor knowledge (score0-5), 3.3% of them had average knowledge (score6-10) regarding exclusive breastfeeding. In posttest, 13.3% of them had poor knowledge (score0-5), 40% of them had average knowledge (score6-10) and 46.7% of them had good knowledge (score11-15) regarding exclusive breastfeeding. This indicates that the knowledge among postnatal mothers regarding exclusive breastfeeding improved remarkably after planned health teaching.

A similar study was conducted which is synthesized from the findings of 15 studies that examined the mothers' knowledge, attitudes, and practices about exclusive breastfeeding in East Africa. Most of the best answers on knowledge range from 40.1 to 97.6% in mothers regarding exclusive breastfeeding. The mothers' knowledge of EBF was generally fair, even though some notable gaps were recognized. According to the Food Agricultural and Organization (FAO) guidelines thresholds suggestive of nutrition intervention, a knowledge score of $\leq 70\%$ is considered urgent for nutrition intervention. All mothers who scored $> 70\%$ in the knowledge test were considered to have a high level of knowledge and those scoring $\leq 70\%$ were considered as having a low level of knowledge.⁷

A similar study conducted by Ruth Nimota Nukpezah in 2018, This is a descriptive cross-sectional study, 393 mother-infant pairs attending child welfare clinics from three health facilities in the Tamale Metropolis were surveyed. A structured item questionnaire was used to collect data on the socio-demographic Characteristics of the participants, their knowledge regarding breastfeeding and level of practice of exclusive breastfeeding (EBF). The study revealed that 39.4% initiated breastfeeding within one hour after birth. Majority of participants had heard of EBF 277 (70.5%), about 344 (87.5%) of participants believed that EBF should be practiced for 5 months in their locality. Thus, we suggest improved education at the child welfare clinics and the media should be used as a platform to educate women adequately about importance of EBF.⁸

CONCLUSION

This study indicates that the knowledge among postnatal mothers regarding exclusive breastfeeding improved remarkably after planned health teaching. Adequate nutrition during infancy is essential to ensure the growth, health, and development of children to their full potential. Adequate nutrition during infancy is essential to ensure the growth, health, and development of children to their full potential. Breastfeeding confers short-term and long-term benefits on both child and mother including helping to protect children against a variety of acute and chronic disorders.

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