



“A STUDY TO ASSESS THE EFFECTIVENESS OF AN INFORMATION BOOKLET ON KNOWLEDGE REGARDING BREASTFEEDING AMONG MOTHERS OF UNDER TWO-YEAR CHILDREN ADMITTED IN SELECTED WARDS AT RSDS., LUCKNOW”.

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ABSTRACT

The basic food of infant is mother's milk. Breastfeeding is the most effective way to provide a baby with a caring environment and complete food. It meets the nutritional as well as emotional and psychological needs of the infant. But there is tendency to replace the natural means of infant feeding and introduction of breast milk substitutes. So breastfeeding deserves encouragement from all concerned in the welfare of children. UNICEF stated that every year one million infants die and millions of others are impaired, because they are not adequately breastfed. Every day between 3000 to 4000 infants die from diarrhea and acute respiratory infections because the ability to feed them adequately has been taken away from their mothers. Any damage caused by nutritional deficiencies in first 2 years of life are detrimental to child's growth and development and could lead to impaired cognitive development, compromised educational achievement and low economic productivity. **OBJECTIVES:** -1. To assess the knowledge regarding breastfeeding among the mothers of under two-year children. 2. To assess the effectiveness of an information booklet on knowledge regarding breastfeeding among the mothers of under two-year children. 3. To associate the pre-test knowledge cores with their selected socio demographic variables. **RESEARCH HYPOTHESIS:** -The entire hypothesis will be tested at the 0.05 level of significance **H₁:** The mean post-test knowledge score is significantly higher than the mean pre-test knowledge score. **H₂:** There is significant association between pre-test knowledge scores with their selected socio-demographic variables. **RESEARCH METHODOLOGY:** -In view of the nature of the problem and to accomplish objectives of the present study, a

Quantitative evaluative research approach was considered to be most effective. The research design selected for this study was Quasi experimental one group pre-test post-test design to assess the effectiveness of an information booklet on knowledge regarding breastfeeding among mothers of under two-year children admitted in selected wards i.e. Pediatric and Maternity ward at V.P.I.M.S., Lucknow. By using Purposive sampling technique total 65 mothers of under two-year children were selected for data collection. The written consent was obtained from all samples. In this study, the independent variable was “an information booklet regarding breastfeeding” and dependent variable was “knowledge regarding breastfeeding” among mothers of under two-year children. The data collection was done by conducting pre-test with Self-structured Knowledge Questionnaire regarding breastfeeding than on same day an information booklet was distributed to the samples. After, 3 days interval post-test was conducted with same Self-structured Knowledge Questionnaire. The mean post-test knowledge scores of mothers were 25.72 and mean pre-test knowledge score was 15.80. The ‘z’ value was computed i.e. -7.007 and p-value<0.001. This shows that the difference between pre-test and post-test scores of mothers was a true difference and not by chance. Hence, null hypothesis H_{01} rejected, thus research hypothesis H_1 was accepted. Chi square was used to calculate the association between the pretest knowledge scores with their selected socio-demographic variables. There is association between the knowledge scores with socio demographic variables like: - **Age in Year** ($\chi^2=0.021$), **Education** ($\chi^2=0.040$), **Occupation** ($\chi^2=0.002$), **Family income per month (0.018)** regarding breastfeeding. Here the p-value is in each case is greater than 0.05 (level of significance). **CONCLUSION:** - Based on the study findings; the investigator has drawn the conclusion. In this chapter investigator deal with the nursing implication of the study and the limitation which the investigator experienced during the study. The experience of the investigator during the study and the findings helped the investigator to give suggestions and recommendations for further study.

Keywords: - Assess, Knowledge, effectiveness, information booklet.

INTRODUCTION: -

Breastfeeding is the best natural feeding and breast milk is best milk.

The basic food of infant is mother’s milk. Breastfeeding is the most effective way to provide a baby with a caring environment and complete food. It meets the nutritional as well as emotional and psychological needs of the infant. But there is tendency to replace the natural means of infant feeding and introduction of breast milk substitutes. So breastfeeding deserves encouragement from all concerned in the welfare of children.

UNICEF stated that every year one million infants die and millions of others are impaired, because they are not adequately breastfed. Every day between 3000 to 4000 infants die from diarrhea and acute respiratory infections because the ability to feed them adequately has been taken away from their mothers.

Any damage caused by nutritional deficiencies in first 2 years of life are detrimental to child’s growth and development and could lead to impaired cognitive development, compromised educational achievement and low

economic productivity. Breastfeeding confers both short-term and long-term benefits both to the child and the mother including child protection against a variety of acute and chronic disorders. WHO/UNICEF global strategy on infant and young child feeding practices aims to promote optimal breastfeeding and complementary feeding practices through baby friendly hospital initiative and international breastfeeding codes.

STATEMENT OF PROBLEM

“A STUDY TO ASSESS THE EFFECTIVENESS OF AN INFORMATION BOOKLET ON KNOWLEDGE REGARDING BREASTFEEDING AMONG MOTHERS OF UNDER TWO-YEAR CHILDREN ADMITTED IN SELECTED WARDS AT RSDS., LUCKNOW”.

OBJECTIVES: -

1. To assess the knowledge regarding breastfeeding among the mothers of under two-year children.
2. To assess the effectiveness of an information booklet on knowledge regarding breastfeeding among the mothers of under two-year children.
3. To associate the pre-test knowledge scores with their selected socio demographic variables.

RESEARCH HYPOTHESIS: -

The entire hypothesis will be tested at the 0.05 level of significance

H₁: The mean post-test knowledge score is significantly higher than the mean pre-test knowledge score.

H₂: There is significant association between pre-test knowledge scores with their selected socio-demographic variables.

RESEARCH METHODOLOGY: -

In view of the nature of the problem and to accomplish objectives of the present study, a Quantitative evaluative research approach was considered to be most effective. The research design selected for this study was Quasi experimental one group pre-test post-test design to assess the effectiveness of an information booklet on knowledge regarding breastfeeding among mothers of under two-year children admitted in selected wards i.e. Pediatric and Maternity ward at V.P.I.M.S., Lucknow. By using Purposive sampling technique total 65 mothers of under two-year children were selected for data collection. The written consent was obtained from all samples. In this study, the independent variable was “an information booklet regarding breastfeeding” and dependent variable was “knowledge regarding breastfeeding” among mothers of under two-year children.

OPERATIONAL DEFINITION

Assess: -

It refers to estimating the level of knowledge gained regarding breastfeeding through an information booklet among mothers of under two-year children.

Effectiveness: -

It refers to determine the extent to which an information booklet has achieved the desired outcome in terms of increasing the level of knowledge regarding breastfeeding among mothers of under two-year children.

Information booklet: -

It is a designed as a small book with a paper cover containing information regarding breastfeeding to help the mothers of under two-year children to improve the level of knowledge.

Knowledge: -

Knowledge is information gained through an information booklet regarding breastfeeding among mothers of under two-year children.

Breastfeeding: -

Breastfeeding is an unequaled way of providing ideal food to the child for healthy growth and development; it is also an integral part of the reproductive process with important implications for the health of mothers.

Mothers of under two-year children: -

Mothers having under two-year children who are admitted in Pediatric and Maternity ward at R.S.D.S., Lucknow. And who met the inclusion criteria of the study.

MAJOR FINDINGS OF THE STUDY:

Section I: Description of mothers according to their Socio-demographic variables.

1. Majority of the mothers 63.1% were in the age group of 25-29 Years, 18.5% mothers were in age group 30-35 Years, 16.9% were in the age group 20-24 Years and 1.5% were in the age group of 35 and above.
2. Majority of the mothers were 60.00% completed Graduation or Diploma, 15.40% mothers were completed Secondary education, 13.80% mothers were completed Master degree and 10.80% mothers were completed Primary education.
3. Majority of the mothers 84.60% were home maker, 10.80% mothers were doing Private job and 4.60% were doing Government job.
4. Majority of the mothers 83.10% were from Hindu religion and 16.90% mothers were from Muslim religion.
5. Majority of the mothers 64.7% were from Joint family, 29.2% mothers were from nuclear family and 3.1% were from Extended family
6. Majority of the mothers 60.00% were from Urban area and 40.00% mothers were from Rural area.

7. Majority of the mothers 78.50% were having Single child and 21.50% mothers were having Two children or more.
8. Majority of the mothers 84.60% had previous knowledge and 15.40% mothers had no knowledge regarding breastfeeding.
9. Majority of the mothers 45.50% had previous knowledge from Health care provider, 21.80% had from Family, 12.70% had from Friends, 14.50% had from Mass media and 5.50% had previous knowledge from Personal experience.
10. Majority of the mothers 41.50% delivered their children through normal vaginal delivery, 35.40% of mothers undergone LSCS and 23.10% of mothers delivered through assisted vaginal delivery.
11. Majority of the mothers 41.50% belongs to Rs 10,000-15,000, 38.50% were belongs to Rs 15001-20,000 and 20% were belongs to Rs 20001 and more. This indicates that majority of mothers of under two-year children were belongs to the income of Rs 10,000-15,000.

Section II: Analysis of Pre-test and Post-test knowledge scores regarding breastfeeding among mothers of under two-year children.

Pre-test knowledge scores of mothers of under two-year children despises that majority of mothers 50.80% had moderate knowledge, 40.00% of mothers had inadequate knowledge whereas 9.20% of mothers had adequate knowledge. Post-test knowledge scores of mothers of under two-year children after the administration of an information booklet on knowledge regarding breastfeeding. As revealed majority 92.30% mothers had adequate knowledge, 7.70% mothers had moderate knowledge whereas none of the mothers had inadequate knowledge. This indicates that information booklet on knowledge regarding breastfeeding was effective in enhancing the knowledge level of mothers of under two-year children.

Section III: Effectiveness of an Information Booklet on knowledge regarding breastfeeding among mothers of under two-year children.

The mean post-test knowledge scores of mothers were 25.72 and mean pre-test knowledge score was 15.80. The 'z' value was computed i.e. -7.007 and p-value <0.001. This shows that the difference between pre-test and post-test scores of mothers was a true difference and not by chance. Hence, null hypothesis H_0 rejected, thus research hypothesis H_1 was accepted.

Section IV: Association between the pre-test knowledge scores with their selected socio- demographic variables.

Chi square was used to calculate the association between the pretest knowledge scores with their selected socio-demographic variables. There is association between the knowledge scores with socio demographic variables like:

- Age in Year ($\chi^2=0.021$), Education ($\chi^2=0.040$), Occupation ($\chi^2=0.002$), Family income per month (0.018) regarding breastfeeding. Here the p-value in each case is greater than 0.05 (level of significance).

Table 1

Pre-test	N	Mean	Standard Deviation	Mean difference	z value	p-value
	65	15.80	3.90	9.92	-7.007	<0.001
Post-test	65	25.72	2.47			

Z= -7.007 and p<0.05

The presented data in table 4.3.3 shows that the mean post-test knowledge scores of mothers was 25.72 and mean pre-test knowledge score was 15.80. The 'z' value was computed i.e. -7.007 and p-value was <0.001. This shows that the difference between pre- test and post-test scores of mothers was a true difference and not by chance. Hence, null hypothesis H_{01} rejected, thus research hypothesis H_1 was accepted.

SECTION 2

ASSOCIATION BETWEEN THE PRE-TEST KNOWLEDGE SCORES WITH THEIR SELECTED SOCIO- DEMOGRAPHIC VARIABLES

In order to determine the association between the levels of pre-test knowledge scores with their selected socio-demographic variables, the following null hypothesis (H_{02}) was formulated.

H_{02} : There is no significant association between the pre-test knowledge scores with their selected socio-demographic variables.

H_2 : There is a significant association between the pre-test knowledge scores with their selected socio-demographic variables.

The data was analyzed by chi-square. The findings are presented in table 4.4.1

Table No.2

n=65

Demographic variables		Pre test						χ^2 value	Df	p-value
		Inadequate		Moderate		Adequate				
		F	%	F	%	F	%			
AGE IN YEARS	20-24 Year	3	11.5%	7	21.2%	1	16.7%	14.863	6	*0.021
	25-29 Year	15	57.7%	23	69.7%	3	50.0%			
	30-34 Year	8	30.8%	3	9.1%	1	16.7%			
	35 and above	0	.0%	0	.0%	1	16.7%			
EDUCATION	Primary	1	3.8%	6	18.2%	0	.0%	13.170	6	*0.040
	Secondary	5	19.2%	4	12.1%	1	16.7%			
	Graduation/Diploma	19	73.1%	18	54.5%	2	33.3%			

	Master degree	1	3.8%	5	15.2%	3	50.0%			
OCCUPATION	Government job	0	.0%	1	3.0%	2	33.3%	17.341	4	*0.002
	Private job	2	7.7%	3	9.1%	2	33.3%			
	Home maker	24	92.3%	29	87.9%	2	33.3%			
RELIGION	Hindu	23	88.5%	26	78.8%	5	83.3%	0.968	2	0.616
	Muslim	3	11.5%	7	21.2%	1	16.7%			
	Christian	0	.0%	0	.0%	0	.0%			
	Others	0	.0%	0	.0%	0	.0%	6.789	4	0.147
TYPE OF FAMILY	Nuclear	4	15.4%	13	39.4%	2	33.3%			
	Joint	22	84.6%	18	54.5%	4	66.7%			
	Extended	0	.0%	2	6.1%	0	.0%			
RESIDENTIAL AREA	Urban area	12	46.2%	22	66.7%	5	83.3%	4.049	2	0.132
	Rural area	14	53.8%	11	33.3%	1	16.7%			
NO OF UNDER TWO YEARS CHILD	Single child	18	69.2%	28	84.8%	5	83.3%	2.192	2	0.334
	Two children or more	8	30.8%	5	15.2%	1	16.7%			
PREVIOUS KNOWLEDGE	Yes	21	80.8%	28	84.8%	6	100.0%	1.388	2	0.500
	No	5	19.2%	5	15.2%	0	.0%			
IF YES,SOURCE OF KNOWLEDGE	Mass media	2	9.5%	5	17.9%	1	16.7%	5.581	8	0.694
	Friends	1	4.8%	5	17.9%	1	16.7%			
	Family	7	33.3%	4	14.3%	1	16.7%			
	Personal experience	2	9.5%	1	3.6%	0	.0%			
	Health care provider	9	42.9%	13	46.4%	3	50.0%			
MODE OF DELIVERY	Normal vaginal delivery	11	42.3%	15	45.5%	1	16.7%	6.886	4	0.142
	Assisted vaginal delivery	7	26.9%	8	24.2%	0	.0%			
	LSCS	8	30.8%	10	30.3%	5	83.3%			
FAMILY INCOME PER MONTH	Rs 10,000-15,000	11	42.3%	14	42.4%	2	33.3%	11.879	4	*0.018
	Rs 15001-20,000	13	50.0%	12	36.4%	0	.0%			
	Rs 20001 and more	2	7.7%	7	21.2%	4	66.7%			

*Indicates as a significant.

The data given in Table no. 4.4.1 shows that the Chi-square test was used to find out the association between pre-test knowledge scores with their selected socio demographic variables. The finding of the chi-square test shows that there was an association between the pre-test knowledge scores with their specific socio demographic variables like: - **Age in years, Education, Occupation, Family income per month** regarding breastfeeding. Here the p-value in each case was less than 0.05 (level of significance). It shows that the null hypothesis was rejected.

The findings of the chi-square test also shows that there was no association between the pre-test knowledge scores with their specific socio demographic variables like:- **Religion, Type of family, Residential area, Number of under two year children, Previous knowledge regarding breastfeeding, Source of previous knowledge and Mode of delivery.**

LIMITATIONS

The study is limited to

- All the questions of questionnaire might not be answered by the participants.
- Sample might be drop out.
- Long term follow up could not be carried out due to time constraints.

Based on the findings the following recommendations are proposed for the future research

- This study can be conducted on large sample for better generalization of research study on large population.
- A comparative study can be carried out to ascertain the knowledge and attitude between.
- Rural and urban area as a whole.

CONCLUSION: -Based on the study findings; the investigator has drawn the conclusion. In this chapter investigator deal with the nursing implication of the study and the limitation which the investigator experienced during the study. The experience of the investigator during the study and the findings helped the investigator to give suggestions and recommendations for further study.