
Assess the Effectiveness of Structured Teaching Programme (STP) Regarding Knowledge of Breast Feeding Among Primi Mother

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ABSTRACT

Background: Breastfeeding is the optimal method of infant feeding and plays a vital role in promoting neonatal survival, growth, and development. Exclusive breastfeeding for the first six months of life significantly reduces infant morbidity and mortality by protecting against infections, malnutrition, and other childhood illnesses. Despite its well-established benefits, many primiparous mothers possess inadequate knowledge regarding breastfeeding practices, resulting in delayed initiation, improper techniques, and early discontinuation. Structured educational interventions are essential to improve maternal knowledge and promote appropriate breastfeeding practices.

Objectives: The study aimed to assess the pre-test knowledge of primiparous mothers regarding breastfeeding, evaluate the effectiveness of a Structured Teaching Programme (STP), compare pre-test and post-test knowledge scores, and determine the effectiveness of the STP in improving breastfeeding knowledge.

Methods: A pre-experimental one-group pre-test and post-test research design was adopted. The study was conducted among 30 primiparous mothers residing in a rural area of Gwalior, Madhya Pradesh, selected through convenience sampling. Data were collected using a structured knowledge questionnaire. Following the pre-test, participants received a Structured Teaching Programme on breastfeeding supported by educational materials. A post-test was conducted after the intervention. Data were analyzed using descriptive statistics (frequency, percentage, mean, and standard deviation) and inferential statistics (paired *t*-test).

Results: Before the intervention, 93.33% of mothers had poor knowledge, while only 6.67% demonstrated average knowledge regarding breastfeeding. Following the Structured Teaching Programme, 80.00% of mothers achieved good knowledge and 20.00% demonstrated average knowledge, with no participant remaining in the poor knowledge category. The mean post-test knowledge score (22.4) was substantially higher than the mean pre-test score (6.4). The calculated paired *t*-value of 29.09 was statistically highly significant ($p < 0.001$), confirming the effectiveness of the Structured Teaching Programme in improving breastfeeding knowledge among primiparous mothers.

Conclusion: The Structured Teaching Programme was highly effective in enhancing the knowledge of primiparous mothers regarding breastfeeding. Educational interventions can significantly improve mothers' understanding of exclusive breastfeeding, correct breastfeeding techniques, and its benefits for both mother and infant. Incorporating

structured breastfeeding education into routine antenatal and postnatal care services can promote optimal infant feeding practices and contribute to improved maternal and child health outcomes.

KEYWORDS: *Breastfeeding, Exclusive Breastfeeding, Structured Teaching Programme, Primiparous Mothers, Knowledge, Health Education, Rural Community, Maternal Health, Neonatal Health.*

INTRODUCTION

1.1 Breastfeeding is the ideal form of feeding in the neonate. Artificial feeding exposes the infant to infection and results in over a million deaths annually worldwide due to its ill effects. World breast feeding week is August first week (1-7days)

The Care for a child needs to begin is the first few hours of life with Exclusive breast feeding and appropriate interventions at 4-6 months in the form of timely complementary feeding. Exclusive breast feeding for 6 months means that the infant receives only breast milk from her mother on expressed breast milk who other foods or drinks with the exception of drops or medications, during this time and after 6 months breast feeding should continue for 24 hrs or more along with appropriate complementary feedings.

Good nutrition is one of the basic components of health and as particulars of optimal child development survival and maintenance of health through our life.

The nutritional and health status of infants depends mainly on the feeding practices of the community. Early life is a period of rapid growth with the weight of infant doubling by 6 months and tripling by one year of age.

Infants constitute 3% of India's population and through their chances of survival have improved by nearly 50% in the last 20 years the infant mortality rate (IMR) of India is 74/1000 live births, much higher than the IMR of the development world which stands at 8/1000 live births. Many low cost measures like immunization exclusive breast feeding growth monitoring.

All New born who cry soon after birth and do not show any signs of illness must be kept close to their mother and put to the breast soon after birth. This will ensure warmth initiation of breast feeding and emotional bonding-Breast feeding should be initiated within the first hour after birth. Exclusive breast feeding will save lives of many babies by preventing malnutrition infection like diarrhea.

Sushma.S.Shete, S.H.Tata (2012) "Study to assess the effectiveness of teaching programme on knowledge regarding exclusive breast feeding among the primi mothers in antenatal clinic of selected Hospital of Karad" the objective is to assess the knowledge regarding exclusive breastfeeding among the primi mothers before plan teaching programme and to assess the knowledge regarding breast feeding among the primi mother after plan teaching programme. Study is done to determine the associated pre-test knowledge score regarding breastfeeding with selected demographic variables.

The study was conducted on 100 primi mothers attending antenatal OPD in Krishna hospital Karad. The instrument used for data collection was a structured knowledge questionnaire.

An evaluation approach, research was considered. **Results:** The pretest and post test data analysis revealed that the mean post score (22.79 + 4.28) was higher than the mean pre test score (10.84 + 4.25)

Breastfeeding milk contains all the nutrients in the right proportion which are needed for optimum growth and development of the baby up to 6 month. It is essential for brain growth because it has high percentage of lactose and galactose which are important components of galactocerebro side.

This helps in bone growth. Breast milk fats are poly saturated fatty acids which are necessary for the myelination of the nervous system. Vitamins, Minerals, Electrolytes and Water in the right proportion for the infant which are necessary for the maturation of the Intestinal Tract; It provides specific nutrition for preterm baby in preterm delivery.

Breast milk easily digestible The protein of breast milk are mostly Lacto globulin which from a soft curds that is easy to digest .The Enzyme Lipes in the Breast milk help sin the digestion of fats and provides free fatty acid. Breast milk contains IgA, IgM, macrophages, lymphocytes, Bifid us factors, unsaturated lactoferrine, lysozyme, complement and interferon. Thus Breastfed body less likely to develop infections especially gastrointestinal and respiratory tract infections EG; Diarrhea and ARI.Provide the protection against malaria and various viral and bacterial infections like skin infections septicemia etc.

Breast feeding promotes close physics and emotional bondage with the mother by frequent skin to skin contact, attention and interaction. It stimulation psycho motor and social development, It leads to better parent child adjustment, fewer behavioral disorders and less risk of child abuse and neglect .breastfeeding promotes development of higher intelligence andfeeling of security in infant.

Reduces the chance of postpartum hemorrhage, Helps in better uterine involution lactation amenorrhea promotes in recovery of iron stores. So Breastfeeding deserve encouragement from all concerned in welfare of children.

1.2 NEED OF THE STUDY:

“The Care for a child needs to begin is the first few hours of life with Exclusive breast feeding” A target to increase exclusive breast feeding rate to 80% during first 6 months from the current level of around 40.5% and increased rate initiation of breast feeding within one hour to 50% from the current level of about 15% and increased rate of complementary feeding from 33.5%to75% to reduce infant and childhood mortality and improve health and development of infants and young children.

Here going to study for Increase Knowledge, assessment and attitude toward the breastfeeding. Need for decrease the risk of breast cancer.

1.3 PROBLEM STATEMENT:

“A STUDY TO ASSESS THE EFFECTIVNESS OF STRUCTURED TEACHING PROGRAMME (STP) REGARDING KNOWLEDGE OF BREAST FEEDING AMONG PRIMI MOTHER IN RURAL AREA GWALIOR MADHYA PRADESH.

1.4 OBJECTIVES:

- To assess the pre-test knowledge score regarding breastfeeding among primi mother.
- To assess the post-test knowledge score regarding breast feeding among primi mother.
- To assess the effectiveness of the STP regarding breastfeeding among primi mother

1.5 OPERATIONAL DEFINITIONS:

(A) ASSESS:

It means the process of collecting, organizing, validating and recording data. In the study, the knowledge of primi mothers regarding breast feeding is assessed.

(B) KNOWLEDGE:

Information gained through experience on education. It refers to correct response of the primi mothers regarding breast feeding which is measured by structured questionnaire.

(C) BREASTFEEDING:

Breastfeeding is the feeding of an infant or young child with breast milk directly from human breasts.

(D) PRIMI MOTHERS:

A primi mother is the one who has given birth for the first time.

(F) STRUCTURED TEACHING PROGRAM:

It is the use of straight, explicit teaching techniques to teach a specific skill or topic to improve knowledge of primi mothers regarding breastfeeding.

1.6 HYPOTHESIS:

H₁ - There will be significant difference between pre-test and post-test knowledge scores among primi mothers regarding breastfeeding and its positions after the administration of STP at the level of $p \leq 0.05$.

1.7 VARIABLES:

Independent Variable: Computer assisted teaching program regarding breastfeeding and associated problems.

Dependent Variable: Knowledge of primi mother regarding breastfeeding and associated problem.

Extraneous Variable: Age, education of mother, environment, infection in the breast, weakness or anemic mother, premature baby, etc.

1.8 ASSUMPTIONS:

- Primi mothers have inadequate knowledge regarding breast feeding.
- Primi mothers are not aware of proper techniques of breast feeding.
- Primi mothers will vary in breast feeding practice according to socio cultural factors.

1.9 Delimitation:

The study is delimited to primi mother who have 0-6 month baby in Rural area Gwalior Madhya Pradesh

1.10 Conceptual Framework:

[Imogene M. King's](#) **Theory of Goal Attainment** focuses on this process to guide and direct nurses in the nurse-patient relationship, going hand-in-hand with their patients to meet the goals towards good health. King's Theory of Goal Attainment was first introduced in the 1960s. From the title itself, the model focuses on the attainment of certain life goals. It explains that the nurse and patient go hand-in-hand in communicating information, set goals together, and then take actions to achieve those goals.

The Theory of Goal Attainment states that “*Nursing is a process of action, reaction and interaction by which nurse and client share information about their perception in a nursing situation*” and “*a process of human interactions between nurse and client whereby each perceives the other and the situation, and through communication, they set goals, explore means, and agree on means to achieve goals.*”

In this definition, action is a sequence of behaviors involving mental and physical action, and reaction is included in the sequence of behaviors described in action. King states that the goal of a nurse is to help individuals to maintain their health so they can function in their roles. The domain of the nurse “includes promoting, maintaining, and restoring health, and caring for the sick, injured and dying.” The function of a professional nurse is “to interpret information in the nursing process to plan, implement, and evaluate nursing care.”

1.11 REVIEW OF LITERATURE

This Chapter includes review of literature for this study which is organized under the following headings.

PART – I

STUDIES RELATED TO BREAST FEEDING

Prasanta Rajak,¹ Anusree Krishna mandal et al, (2023), conducted study on Knowledge of Breastfeeding Practices Among Mothers Attending a Tertiary Care Setting in East India result showed that Ninety-three percent of the mothers were from the countryside, and 78% of them were under 25 years of age. Eighty-seven percent of mothers worked at home, while 83% of mothers were part of nuclear households. Ninety-nine percent of mothers delivered their neonates at a medical facility, and 77% of mothers did so for the first time. Only 53% of mothers resorted to exclusive breastfeeding (EBF), even though 68% of mothers were aware of its significance. Thirty-six percent of mothers adopted EBF, while only 23% of

women were aware that breastfeeding should be started within the first hour of childbirth. Working women ($p=0.000$), mothers with several children ($p=0.000$), mothers older than 25 years of age ($p=0.002$), and mothers with higher education levels than the 10th grade ($p=0.000$) showed good understanding and practice of breastfeeding, which was statistically significant ($p<0.5$). Conclusion of study the levels of breastfeeding awareness and practice among mothers fell short of both national statistics and WHO recommendations. All helpful information about breastfeeding should be shared with the community at large to improve the data currently available.

Patel Dipen, Bansal Satvik C (2015), Study on Breastfeeding Practices, Demographic Variables, and Their Association with Morbidities in Children Appropriate feeding practices are the key contributor to reducing morbidities and mortalities in under-five children. A cross-sectional questionnaire based survey of mothers of children aged less than 5 years was conducted in 781 mothers. More than half of mothers (57.5%) started feeding within an hour of birth, 55.9% gave exclusive breastfeeding for six months, 89.1% of the mothers stopped breastfeeding before two years of age, 18.2% of the mothers bottle-fed the babies, and 15.6% had problems during breastfeeding in first 6 months. Early initiation of breastfeeding within one hour of birth promoted exclusive breastfeeding and breastfeeding for longer duration. Exclusive breastfeeding increased frequency of feeds.

PART –II

STUDIES RELATED TO STRUCTURED TEACHING PROGRAM (STP)

Nebhinani Mamta Rajput (2015), Effectiveness of Structured Teaching Programme on Prevention of Worm Infestation among School Children, This pre-experimental research study was conducted on students of 6th and 7th class of Government High School, Kubheri, Mohali, Punjab, India. Total of 35 students were recruited for the study via convenient sampling technique. One group pre-test posttest research design is used to achieve the stated objectives. Data was collected using self-structured knowledge questionnaire on worm infestation which consisted of 2 sections. Results indicate the increase in the knowledge scores of school children after implementation of STP as evidenced.

METHODOLOGY

1.12 Research Approach:

Research approach on observation studies and interviews taken from real world model projects argued for in order to meet the research objectives.

The present study aimed at developing and testing the effectiveness of structured teaching programme on a study to assess the effectiveness of structured teaching programmed regarding knowledge to assess the breast feeding among primi mother Rural area Gwalior Madhya Pradesh community. The evaluation approach is considered to be appropriate for the present study.

“According to pilot and hunger (1989) the traditional strategy for conduct of evaluation”

1.13 Material and methods:

Source of data: - In this study the data will be collected from the selected primi mother in Rural area Gwalior Madhya Pradesh.

1.14 Research Design :

The term research design refers to the plan or organization of a scientific investigation. Designing a research study involves the development of a plan of strategy that will guide the collection and analysis of data.

(Polit, Denis 2005)

Research Design: One group pre and post-test pre experimental Design.

1.15 Setting:

The setting of the study was conducted in Rural community area Gwalior Madhya Pradesh

1.16 Population:

Population is the complete set of individual or objects that possess some common characteristic of interest to the researcher (Nieswamaony M Rose 2008)

1.16 SAMPLE:

- A Subset of a population selected to participate in a research study. Sample size comprise of 30 primi mothers who are living in Rural area Gwalior Madhya Pradesh

1.17 SAMPLING TECHNIQUE:

Convenience sampling is the selection of the most readily available person as patients in a study. Also called as accidents sampling (Pilot and back, 2005)

The sample was selected through a convenient sampling technique. Due to limited time and availability of the subjects as per sample inclusion criteria made the investigator to adopt the convenient sampling technique for present study.

Inclusion criteria for sampling:

The primi mothers selected in Rural area Gwalior Madhya Pradesh

1.17.1 Primi mothers those are willing to participate in the study.

EXCLUSION CRITERIA FOR SMAPLING :

1.17.1.1 The study excludes the mothers those are not present at the time of data collection.

1.18 PLANS FOR DATA ANALYSIS:

According to pilot and hungler (1999), analysis is the systemic organization and synthesis of research hypothesis using data.

The present study plan to analysis the data is based on the objectives. The data is obtained from 30 primi mothers was analysis by using descriptive and inferential statistics which are as follow.

Experimental Statics: Mean, mean scoring and Standard deviations were used to assess thelevel of knowledge.

1.19 DATA COLLECTION:

To conduct the research study in Rural area Gwalior Madhya Pradesh written permission was obtained from data collection period extended from 23/02/2025 to 04/03/2025

Sample of 30 primi mothers were selected using purposive sample technique. The investigator herself and purpose of the study was explained to the subjects and informed consent wasobtained.

Pre-test was given using a structured knowledge questionnaire .the time taken to compete questionnaire was 15-20 minutes. Following the pre-test structural teaching was given and visual aids like pamphlet wear used to facilitate understanding. The duration of session was 20-30 minutes. After the session the primi mother's asked about techniques and advantage and disadvantage of breast feeding.

1.20 DATA ANALYSIS AND INTERPRETATION

Organization and presentation of Data:

The collection data are organized and presented under the following sections:

- Section1-Frequency and percentage of socio demographic variables.
- Section 2-Pre-test knowledge score of primi mothers regarding breastfeeding.
- Section 3-Post-test knowledge score of primi mothers regarding breastfeeding.
- Section 4-Effectiveness of structured teaching programme on post-test knowledge score.

1.21 MAJOR FINDINGS:

Table- 1 A describes the frequency distribution of demographic variable of the study.

The data showed that majority of subject are belonging to age group 18-20 year age group 7(25%)and 21(70%) to age group 21-30 years and 31-40 years age 2(05%).

Majority of sample have educational of high school (70%) and higher secondary (28%) andgraduation (02%).

Majority of the age of children 0-1 month(28%) 2-3 month (25%) 4-5 month (20%) and 6 month or more than 6 month (27%)

Majority of occupation house wife (35%) labor (60%) private job (05%) and govt. job (0%)

The findings of the study showed that out of 30 sample in pre- test 28 (93.33%) had poor knowledge and 02 (6.66%) had average score.

Post – test Score knowledge the findings is 06 (14.43%) average and 24 (84.44%) is good results and no one fell in poor score.

The mean post-test knowledge score 22.4 was higher than mean pre-test 6.4. The computed 't' value ('t' = 29.09) was more at the level of $p \leq 0.001$, thus indicate highly significant difference and effectiveness of structured teaching programme in increasing the knowledge of primi mother regarding breastfeeding.

1.22 CONCLUSION

The main aim to assess the effectiveness of structured teaching program regarding breastfeeding knowledge assessment among nursing mother Rural area Gwalior Madhya Pradesh after detail analysis and experience of the investigator, the findings revealed that following results :

1. The nursing mother's having little knowledge about breastfeeding. They required education and close supervision to enhance their knowledge.
2. Mean pre-test knowledge score of students regarding breastfeeding was 2.05 and mean post-test knowledge score is 2.60.

Structured teaching program was an effective method for the gain in knowledge of nursing mother's which was evident in the post-test knowledge score. Hence on the basis of above cited findings it could be concluded that the written materials prepared by the investigator in the form of STP regarding breastfeeding was effective.

The overall experience of conducting the study was enjoyable and satisfactory. The response of the participants to the study and the quest to gain the knowledge was an encouraging hand for the investigator. The constant help and support to the guide providing a positive reinforcement of the successful completion of the study. The study was a new learning experience for the investigator.

1.23 RECOMMENDATIONS

From the findings of the following recommendation have been suggested for study

1. Similar study can replicate on the much larger for the border generalization.
2. Similar study also is conducted to assess the knowledge of nursing mothers & other feeding mothers, antenatal mother in community.

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