

A Study to Assess The Effectiveness of Video Assisted Teaching Programme on Breast Milk Expression and Storage Among Postnatal Mothers in Selected Hospital at Kolar

MRS. YASHODAMMA .R

Professor, OBG Department,
SEA College of Nursing, Bangalore-49
Karnataka, India.

Email:yashu.kolar@gmail.com Contact No.: 8277690822

Abstract:

A study to assess the effectiveness of video assisted teaching programme on breast milk expression and storage among postnatal mothers in selected hospital at Kolar. Quantitative research approach and one group pretest posttest Quasi experimental study was conducted to determine the effectiveness of video assisted teaching programme on breast milk expression and storage among postnatal mothers in selected hospital at Kolar. Sixty postnatal mothers were selected by using non probability convenient sampling technique. The pretest mean + SD was 11.8 + 3.02 whereas in posttest it was 25.18 + 1.81 and the calculated paired t value was 12.4 and it was significant at less than 0.05 level. Hence it is concluded that there is a significant gain in knowledge of postnatal mothers through video assisted teaching program regarding breast milk expression and storage. Chi square test was used to determine the association between the pretest knowledge scores and selected demographic variables and measured at 5% level ($P < 0.05$). There was a significant association between Parity, Mothers education and Religion and pretest level of knowledge and non significant association was found between pretest knowledge score with variables such as Age, Type of family, Monthly family income, Source of health information and Place of residence.

KEYWORDS : Knowledge, Video assisted teaching program, breast milk expression and storage.

INTRODUCTION

Nursing does not diminish the beauty of a women's breast; it enhances their charm by making them look lived in and happy. Nutrition is one of the basic needs of human beings, even when they are in mother's womb. The fetus gets nutritional requirement from his or her mother's womb and from breast milk after birth.

Breastfeeding is the feeding of an infant or young child with breast milk directly from female human breast rather than from a baby

bottle or other container. Breast feeding is a fundamental to health and development of children and also important for the mother.

Just there is no substitute for mother's love, there is no substitute for mother's milk. Breast milk is not only the best but a must for the infants.

A community-based study was conducted in central Karnataka of India among 1050 mothers with infants younger than 24 months to examine breast feeding and infant feeding practices in rural areas.

The exclusive breast feeding rate was 94% at 1 month, 83.5% at 2 months, 72.5% at 3 months, 61.2% at 4 months, 97% of infants ever breast feed. Among infants younger than 1, 49.4% were bottle fed. Major reasons for introducing bottle feeding were not enough milk (58.1%), subsequent pregnancy (35.8%), and ill health of mother (30.7%), ill health of baby (20.7%) returning to work (20.7%). The result showed that rural mothers in Central Karnataka delay initiation of breast feeding reject the colostrums, and use bottle feeding, commercially available formula feedings and commercial weaning foods have an influence on infant feeding practices in rural areas.

Most of the studies say that mothers are not feeding the babies exclusively for six months of age and the major reasons for introducing bottle feeding, early weaning are as follows:

- Not enough milk production
- Subsequent pregnancy
- Ill health of mother
- Sick baby
- Baby admitted in NICU
- Mother early returning to work
- Breast engorgement
- When mother and baby separated
- Inverted nipple.

Expressed breast milk will be suitable feeding alternative for infants whose mothers are unable to breast feed their baby because of above mentioned reason. And in India most of the mothers are unaware of expression and storage of breast milk which leads to inadequate provision of mother's milk to the baby resulting in decreased health status of the child. So it is very important to give education to the mothers regarding storage and expression of breast milk.

Objectives of the study:

1. To assess the pre-test knowledge level on breast milk expression and storage among postnatal mothers.
2. To evaluate the effectiveness of video assisted teaching programme on breast milk expression and storage among postnatal mothers.

3. To identify the association between the pre test level of knowledge on breast milk expression and storage with the selected demographic variables.

Research Hypothesis:

H₁: Mean post test knowledge score on breast milk expression and storage will be higher than the mean pre test knowledge score of postnatal mother's at the 0.05 level of significance.

H₂: There will be a significant association between pre test knowledge level and selected variables of postnatal mother's.

Setting of the study: The study was conducted in selected Hospitals at Kolar.

Samples of the study: Postnatal mother's in selected Hospitals at Kolar.

Sampling technique and sample size: Sixty postnatal mother's was selected by non probability convenient sampling technique.

RESULT:

Part I: Analysis of demographic variables of postnatal mothers:

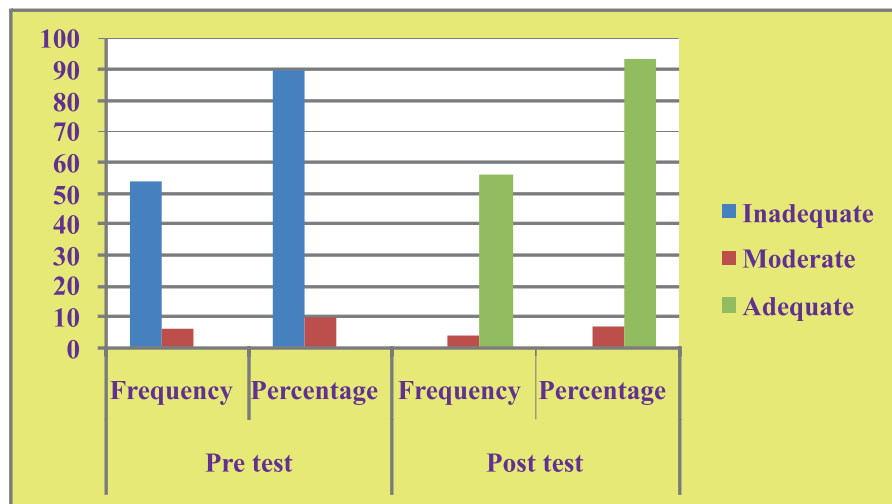
In the present study the frequency and percentage distribution of demographic variables of respondents revealed that most of the respondents were in the age groups of 26-33 years (53.33) and 18-25 years (38.33%); most of the mothers were primi parity 41 (68.33%), most of the respondents studied up to secondary school (28.33%) & 17(21%) mothers studied up to higher secondary school; 11% of the mother studied up to primary school, 11 % had no formal education; 40(66.67%) postnatal mothers belongs to Hindus, majority of mothers were nuclear family (51.67); half of the respondents were comes under the monthly family income 4,000 – 7,000 ; more than half of the respondents (56.7%) were leaving in rural area; most of the respondents 31 (51.08%) had not received any health information and 12 (26%) of respondents received information from health personals.

Part II: Analysis of level of knowledge of postnatal mothers:

Frequency and percentage distribution of pre and post test level of knowledge scores of postnatal mothers.

Knowledge Level	Score Interpretation	Pre test	Post test		
		Frequency	Percentage	Frequency	Percentage
Inadequate	1-15	54	90%	0	0%
Moderate	16-22	6	10%	4	6.66%
Adequate	23-30	0	0%	56	93.34%
Total	60	100	60	100	

Maximum score: 30(100%)



Knowledge level of postnatal mother's

Figure 1: Knowledge level of Postnatal Mothers.

Part II: Analysis of association between pretest knowledge levels with selected demographical variables of postnatal mothers:

SL No	Demographic Variables	Number	Inadequate knowledge	Moderate knowledge	2 Value	Df	P-value	Inference
1	Postnatal mothers age in years							
	18-25	23	21	2	0.612	3	p<0.05	NS NS
	26-33	32	29	3				
	34-41	05	4	1				
	42-49	0	0	0				
2	Parity							
	Primi para	41	37	04	18.41	2	P> 0.05	S
	Multi para	15	15	0				
	Grand multi para	04	02	02				
3	Educational status of the mother							
	No formal education	11	11	0	17.42	4	P> 0.05	S
	Primary education	11	10	01				
	Secondary education	17	17	0				
	Higher secondary education	13	12	01				
	Graduate and above	08	4	04				
4	Religion							
	Hindu	40	39	01	10.97	2	P> 0.05	S
	Muslim	16	11	05				
	Christian	4	4	0				
	Others	0	0	0				
5	Monthly family income							
	Less than 4,000	24	22	02	3.83	3	P< 0.05	NS
	4,000-7,000	26	02	24				
	7000-10,000	08	01	07				
	Above 10,000	02	01	01				
6	Place of residency							
	Urban	26	23	03	0.120	1	P<0.05	NS
	Rural	34	31	03				
7	Type of family							
	Nuclear family	31	28	3	0.064	2	P< 0.05	NS
	Joint family	21	19	2				
	Extended family	08	07	1				
8	Source of health information							
	No information received	31	28	03	0.108	3	P< 0.05	NS
	Family members/ friends	08	07	01				
	Health professionals	12	11	01				
	Mass media	09	08	01				

Chi square values calculated to determine the association between the pretest knowledge level and five of the selected demographic variables such as Age, Type of family, Monthly family income, Source of health information and Place of residence were less than the table value under respective degrees of freedom. Therefore the hypothesis (H2) was rejected in case of the above said demographic variables and concluded that there is no significant association between these variables and the pre test level of knowledge. But the X² values calculated to determine the association between the pre test knowledge level of Parity, Mothers education and Religion is more than the table value 5.99, 9.49, 5.99 respectively under df= 2,4,2 at 0.05 level of significance hence the hypothesis (H2) was accepted and concluded that there is a significant association between parity, education, religion and the pre test level of knowledge (P<0.05).

CONCLUSION:

The main objective of the study was to assess the effectiveness of video assisted teaching programme on breast milk expression and storage among postnatal mothers in selected hospital at Kolar. Teaching was given through the video which helps the postnatal mother's to gain the knowledge regarding the breast milk expression and storage. The overall findings of the study indicates there is a lack of knowledge among postnatal mothers regarding the breast milk expression and storage so the teaching programme was a important source to them to improve their knowledge levels about the breast milk expression and storage.

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