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## **A study to assess the effectiveness of planned teaching program on knowledge regarding breast feeding among the *Primigravida* mothers who have under gone LSCS in B.L.D.E.A's hospital, Vijayapur**

**Jayashree Pujari, Suchitra Rati, Geeta and Shreekant Savakar**

### **Abstract**

The first year of life is crucial in laying the foundation of good health. At these specific biological and psychological needs must be met to ensure the survival and healthy development of the child into a future adult. Breast feeding is ideal method suited for the physiological and psychological needs of the infants. During antenatal period the mother and fetus are physically linked and mother feeds her baby completely through her placenta. After birth, breast feeding creates a unique bond between the mother and her baby.

A pre experimental one group pre and post test research design was used for the study. The knowledge level of subject was determined by using a self structured interview schedule following which a planned teaching was administered on the same day. The conceptional frame work is based on Genera system theory. A post test was conducted to determine the knowledge level of the subjects on the seventh day by using the self structured interview schedule was conducted on B.L.D.E.A's Hospital Vijayapur. Samples of 30 primigravid mothers were selected by using purposive sampling technique. The mean pre test knowledge score of samples is 12.83 and over all post test knowledge score of the respondents is 17.46. This shows that knowledge of respondents regarding breast feeding has increased after administration of planned teaching program.

**Conclusions:** The finding of the study supports the effectiveness of planned teaching programme is increasing the knowledge regarding breast feeding among primigravida mothers who have under gone LSCS.

**Keywords:** planned teaching, knowledge, breast feeding, primigravida mothers. LSCS

### **Introduction**

“Breast Milk Is Best Milk”

Breast feeding is the best natural feeding the basic food of the infant is mothers milk. It meets the nutritional as well as emotional and psychological needs of the infants.

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

Breast feeding is safest cheapest and best productive food for infants. It prevents the malnutrition and allows the child to develop fully; breast milk contains all the nutrients in the right proportion. Which are needed for optimum growth and development of baby up to 6 months It is essential for brain growth in infants, it facilitates absorption of calcium, it contains taurine and cysteine which is important for neurotransmitter it has vitamins minerals electrolytes and water in right proportion.

The current infant mortality rate in India as per the sample registration system 2013 is 40 per 1000 live births while under five children mortality rate as per sample registration system is 52 per 1000 live births. In 2015 approximately 45% of under five deaths occurred during their first months of life. According to World Bank measured at 27.70 in 2015.

The breast feeding is needed for the baby up to six months to two year of life, because it affects the lifelong health for both mother and the baby. It provides crucial immunological and anti inflammatory properties to protect the child against infection.

## Materials and Methods

### Problem Statement

“A Study to Assess the Effectiveness of Planned Teaching Program on Knowledge regarding breast feeding among the Primigravida mothers who have under gone LSCS in B.L.D.E.A’s Hospital, Vijayapur.”

### Objectives of the study

1. To assess the knowledge regarding breast feeding among primigravida mothers who have under gone LSCS in B.L.D.E.A’s Hospital, Vijayapur.
2. To plan and implement the planned teaching program regarding breast feeding among primigravida mothers who have undergone LSCS.
3. To evaluate the effectiveness of planned teaching program.
4. To find out the association between pretest score with selected demographic variables.

### Hypotheses

The following hypotheses will be tested at 0.05 levels of significances

H1: the mean post test knowledge score of primigravida mothers who have under gone LSCS on knowledge regarding breast feeding will be significantly higher than the mean pre-test knowledge score

H2: there will be a significant association between post knowledge score of primigravida mothers undergone LSCS with their selected demographic variables.

### Operational definitions

- a) **Knowledge:** In this study it refers to the correct response of the primigravida mothers to the question related to the breast feeding.
- b) **Assess:-**In this study it refers to decided the amount or the of, estimate the worth or likely hood of.
- c) **Effectiveness:** In this study it refers to significant gain in knowledge as determined by pre and post test knowledge score.
- d) **Planned teaching program:** In this study it refers to the systemic organized learning program on breast feeding.
- e) **Breast feeding:** In this study it refers to method of feeding a baby with milk directly from the mothers breast
- f) **LSCS:** In this study it refers to an operational procedure were by the fetus after end of 28<sup>th</sup> weeks of gestation are delivered through on incision on abdominal and uterine wall.
- g) **Primi gravid:** In this study it refers to the mothers who conceive first time.
- h) **Mother:** In this study it refers to the mother in relation to a child or children to whom she have given birth.

### Assumptions

The study assumes that

- Primigravida mothers will have some knowledge regarding breast feeding
- Planned teaching program is an effective method in improving the knowledge of primigravida mothers regarding breast feeding.

### Delimitation

The study is delimited to

- The primi gravida mothers.
- Mother who underwent LSCS delivery.
- study is limited to 30 primi gravida mothers.

### Inclusive criteria

1. Primigravida mothers who have undergone LSCS.
2. The primigravida mother undergone LSCS willing to participate in the study
3. Primigravida mothers undergone LSCS who are able to read the kannada
4. Primigravida mothers undergone LSCS who are present at the time of study

### Exclusive criteria

1. Multigravida mothers
2. Mothers who not undergone LSCS
3. The primi mothers will not participate in this study

### Description of the tool

The tool was constructed in two parts.

**Part 1:** consisted of demographic variables. It includes 9 items of the demographic variables mainly age, education, duration of marriage, economic status, occupation, type of family, religion, place of residence and information regarding breast feeding.

**Part 2:** consisted of 25 items related to knowledge of breast feeding Each items had only one correct response. There is 1 score for each correct response and 0 for incorrect response. The score range from minimum of 0 to the maximum score of 25. The same questionnaire were used for the assessment of knowledge in pre and post test.

The levels of knowledge have been classified as follows based on the score obtained

- Poor - 20%
- Average - 40%
- Good - 60%
- Very good - 80%
- Excellent - 100%

### Plan for data analysis

The analysis of data involves the translation of information collected during the course of research project into an interpretable and manageable form. It involves the use of statistical procedures to give an organizational meaning to the data. Descript and inferential statistics will be used for data analysis.

The various categories for analyzing the numerical data based on the objectives of the study are given below.

- Demographic performa will be analyzed using frequency and percentage.
- Mean pre test and post test knowledge scores will be analyzed by using mean median, standard deviation and rang.
- Paired ‘t’ test use to determine the effectiveness of the plan teaching program.
- The association of post test knowledge score and demographical variables will be tested by using Chi-square test.
- Average – 40%
- Good – 60%
- Very good – 80%
- Excellent – 100%

**Results**

In order to find a meaningful outcome to the research questions, the collected data must be processed, analyzed in some orderly coherent fashion, so that patterns and relationship can be discussed.

Analysis is the categorizing, ordering, manipulating and summarizing of data collected to obtain answers to research's question. The interpretation of tabulated data can bring light to the real meaning and effectiveness of the findings.

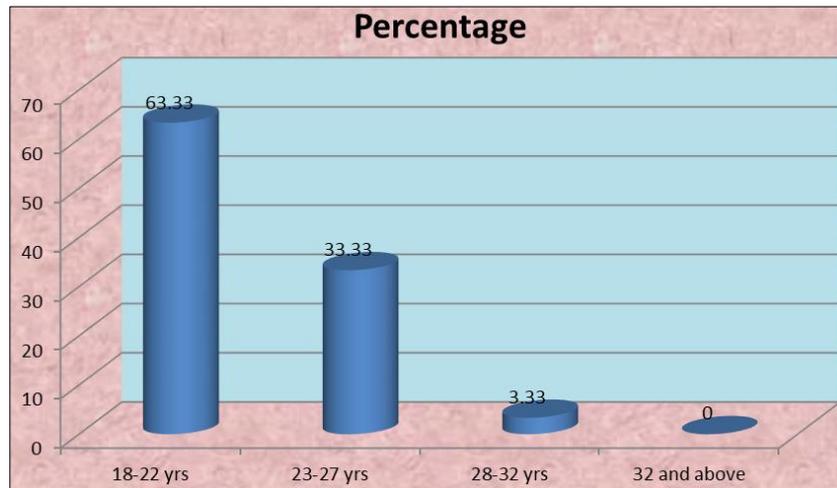
In this study evaluative research approach was adopted to assess the knowledge regarding Breast feeding among Primigravida mothers who have undergone LSCS. Data

collected from 30 Diabetic clients were tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the formulated objectives of the study.

**Analysis of the demographic variables of the respondents**

Frequency and percentage distribution of respondents according to their demographic variables  
N:30

**1. Percentage wise distribution of primigravida mothers who have under gone LSCS according to their age**

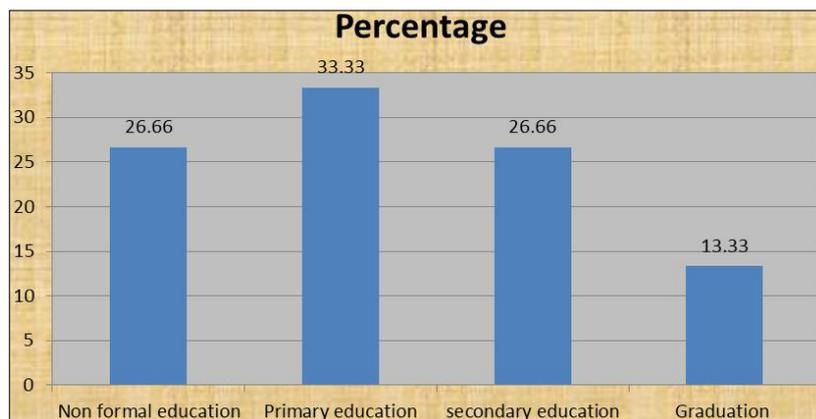


**Fig 1:** Bar diagram showing the distribution of respondents according to their age.

Distribution of primi gravida mothers who have under gone LSCS according to their age group shows that highest 63.33% of respondents were in the age group of 18-22 yrs and 33.33% were in the age group of 23-27 yrs and 3.33% were in the age group of 28-32 yrs and no one belongs to the age group of more than 32 yrs respectively. It was observed

that most of the primi gravida mothers who have undergone LSCS under the study were in the 18-22 yrs age group.

**2. Percentage wise distribution of primi gravida mothers who have under gone LSCS according to their education**

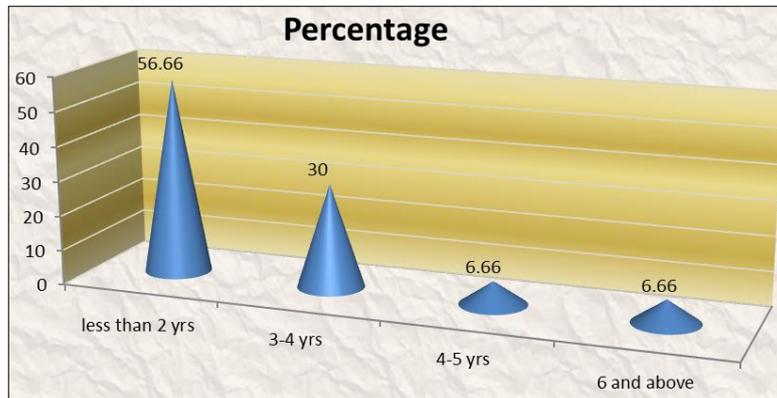


**Fig 2:** Bar diagram showing the distribution of respondents according to their education.

Allotment of primigravida mothers who have under gone LSCS according their education depicts majority 33.33% of respondent had the primary education and 26.66% were both the primary and non formal education and 13.33% had graduation respectively. It was observed that most of

primigravida mothers under gone LSCS under the study were in the primary level education group.

**3. Percentage wise distribution of primi gravida mothers who have under gone LSCS according their duration of marriage.**

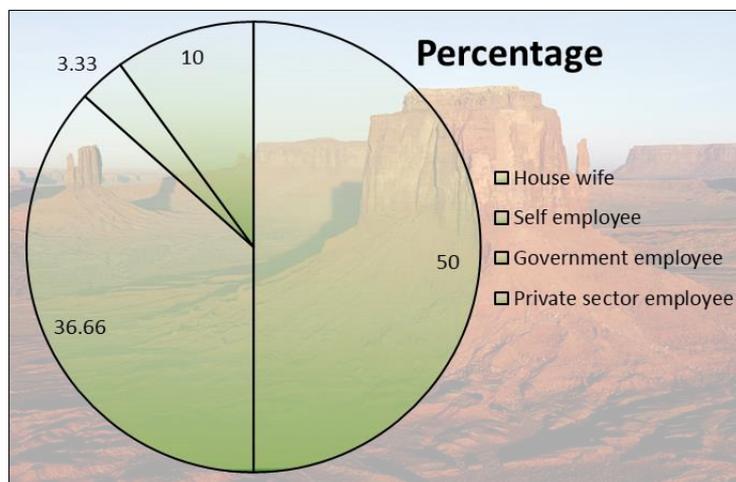


**Fig 3:** Cone diagram showing the distribution of respondents according to their duration of marriage.

Regarding distribution of primigravida mothers who have under gone LSCS according to their duration of marriage shows that highest 56.66% respondents lived to less than 2 yrs of married life, where as 30% were lived to 3-4 yrs of married life, whereas 6.66% were lived to both the 4-5 yrs and 6 and above respectively. It was observed that most of

primigravida mothers who have under gone LSCS under the study were lived to less than 2 yrs of married life.

**4. Percentage wise distribution of primigravida mothers who have under gone LSCS according to their occupation**

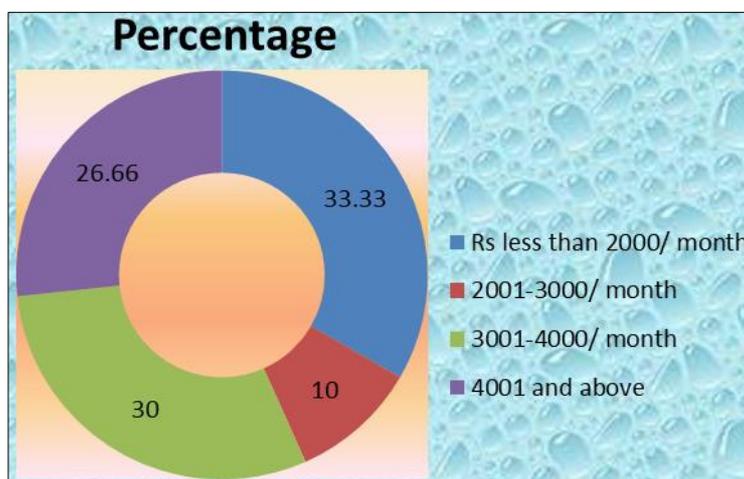


**Fig 4:** Pie diagram showing the distribution of respondents according to their occupation.

Distribution of primigravida mothers who have under gone LSCS according to their occupation shows that maximum 50% of respondents were house wives, 36.66% of were self employees, 10% were private sector employees and 3.33% were government employees respectively. It was observed

that most of the primigravida mothers who have under gone LSCS under the study were house wives.

**5. Percentage wise distribution of primigravida mothers who have under gone LSCS according to their economical status**

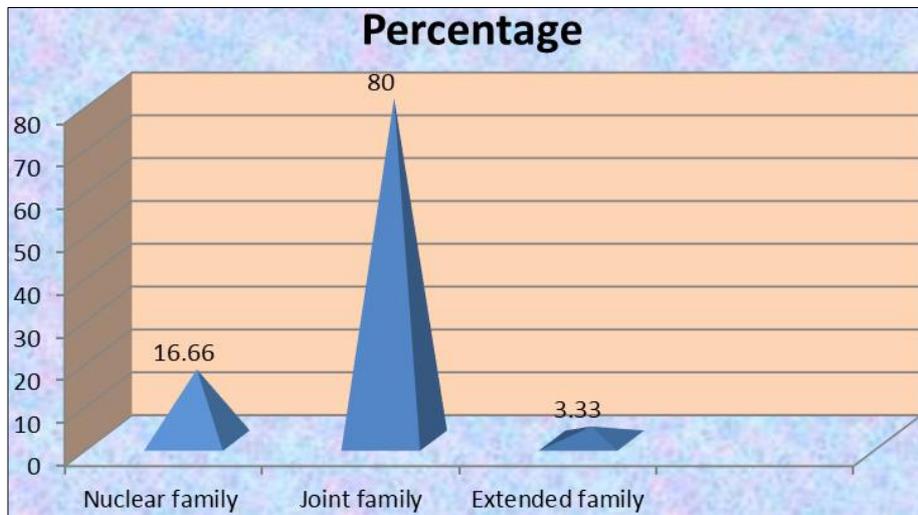


**Fig 5:** Doughnut diagram showing the distribution of respondents according to their economical status

Division of primigravida mothers who have under gone LSCS according to their monthly income shows that 33.33% of respondents income is less than 2000/ month, where as 10% respondents income between Rs 2001-3000/ month, where as 30% respondents income between Rs 3001-4000/ month and 26.66% respondents income is 4001 and above

respectively. In this majority of the respondents fall in the Rs less than 2000/ month.

**6. Percentage wise distribution of primigravida mothers who have under gone LSCS according to their type of family.**

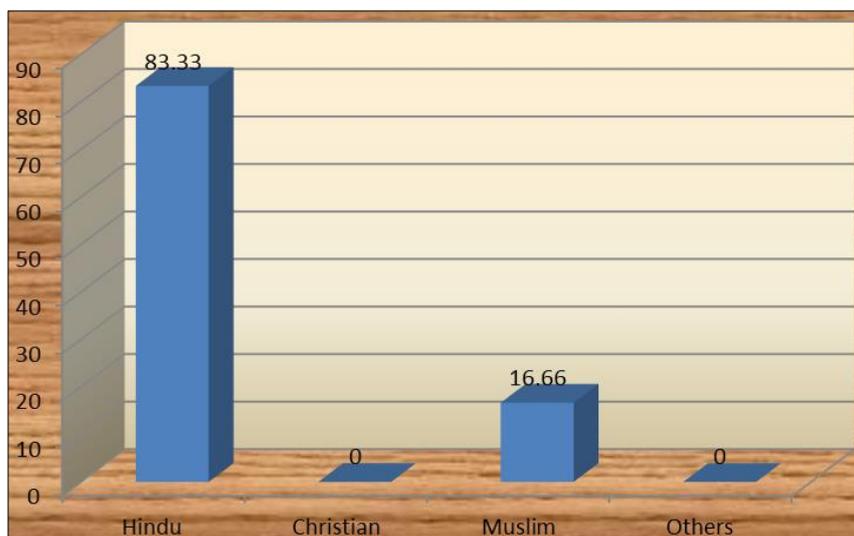


**Fig 6:** Clustered pyramid showing the distribution respondents according to their type of family.

Distribution of primigravid mothers who have under gone LSCS according to their type of family depicts that 80% of respondents belongs to joint family, 16.66% belongs to the nuclear family and 3.33% belongs to extended family. It was observed that most of the primigravida mothers who

have under gone LSCS under the study was belongs to joint family.

**7. Percentage wise distribution of primigravida mothers who have under gone LSCS according to their religion**

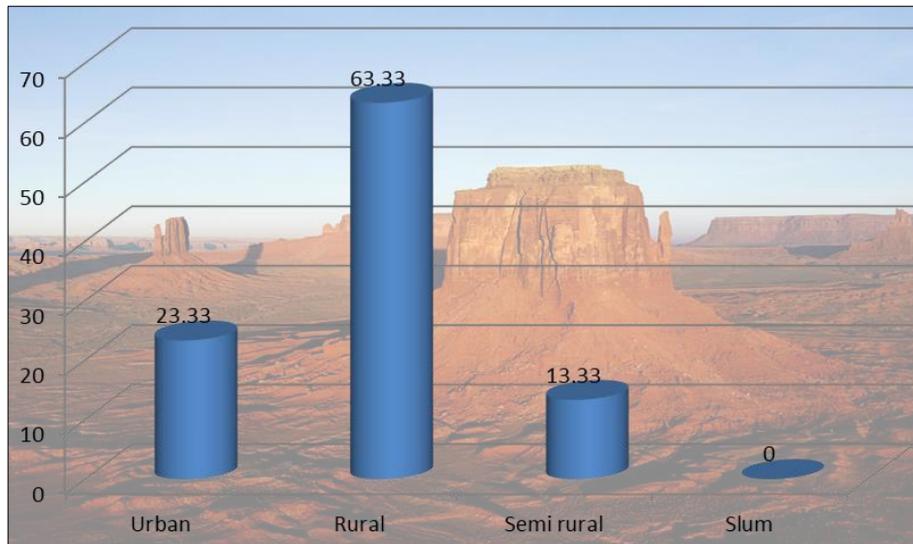


**Fig 7:** 3-D clustered column diagram showing the distribution of respondents according to their religion.

Distribution of primigravida mothers who have under gone LSCS according to their religion shows that highest 83.33% of respondents belongs to the Hindu religion and 16.66% belongs to Muslim religion and there is no one belongs to Christian and others religion. It was observed that most of

the primigravida mothers who have under gone LSCS under the study was belongs to the Hindu religion.

**8. Percentage wise distribution of primigravid mothers who have under gone LSCS according to their place of residence.**

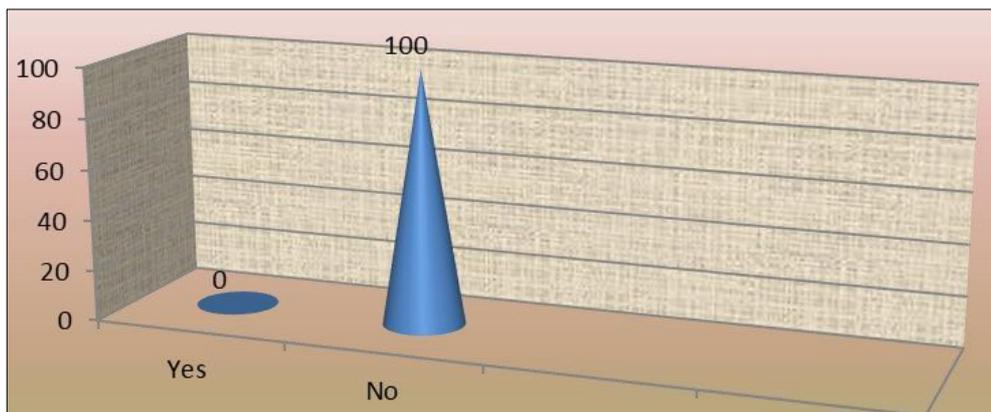


**Fig 8:** Bar diagram showing the distribution of respondents according to their place of residence.

Distribution of primigravida mothers who have under gone LSCS according to their place of residence shows that highest 63.33% of respondents were living in the rural area, 23.33% of respondents were living in the urban area and 13.33% of respondents were living in the semi rural area and no one living in the slum area. it was observed that most

of the primigravida mothers who have under gone LSCS are living in the rural area.

**9. Percentage wise distribution of primigravid mothers who have uner gone LSCS according to their information regarding breast feeding.**



**Fig 9:** Cone diagram showing the distribution of respondents according to their information regarding breast feeding.

Distribution of primigravida mothers who have under gone LSCS according to their information regarding breast feeding shows that 100% of primigravida mothers do not have the knowledge regarding breast feeding and no one mother have knowledge regarding breast feeding.

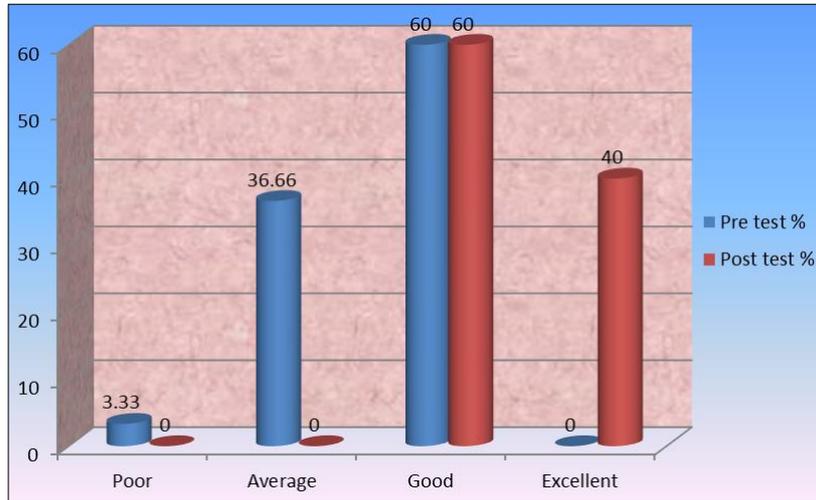
**Section 2: Effectiveness of planned teaching program on knowledge regarding breast feeding among primigravida mothers who have under gone LSCS.**

**Table 1:** Shows the level of knowledge score of the respondent in pre-test and post test.

S. No	Level of knowledge	Pre test		Post test	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
1	Poor (0-6)	1	3.33	0	0
2	Average (7-12)	11	36.66	0	0
3	Good (13-18)	18	60	18	60
4	Excellent (19-25)	0	0	12	40

The above table represents level of knowledge, there is a significant difference between the pre test and post test knowledge. in pre test 1(3.33%) of mothers having the poor knowledge, 11(36.66%) of mothers having the average

knowledge and 18(60%) of mothers having the good knowledge. In post test 18(60%) of mothers having the good knowledge and 12(40%) of mothers having the excellent knowledge respectively.



**Fig 10:** A bar diagram showing the percentage wise distribution of both pre test and post test knowledge score.

The above graph represents level of knowledge of primigravida mothers, in pre test 1(3.33%) of mothers having the poor knowledge, 11(36.66%) of mothers having the average knowledge and 18(60%) of mothers having the

good knowledge. In post test 18(60%) of mothers having the good knowledge and 12(40%) of mothers having the excellent knowledge respectively

**Table 2:** Showing the significant difference between the pre test and post test knowledge score

Over knowledge	Mean	SD	SE	Enhancement	df	t- value	Inference
Pre test	12.83	2.91	0.53	4.63	2.05	8.21	S
Post test	17.46	2.26					

The obtained paired t value with 29 degree of freedom is 8.21.

Table reveals that post test mean knowledge score 17.46 is significantly higher than the pre test mean score 12.83 with enhancement of 4.63. the statistical paired ‘t’ test for over all knowledge found to be 8.21 which implies that the

difference in pre test and post test knowledge score is found statistically significant at 0.05 level.

**Section 3:** Finding out the association between the pre test knowledge score with the selected demographic variables.

**Table 3:** Showing the association between the pre test knowledge score and sample characteristics.

S. No	Sample characteristics	Pre test		df	Chi square at 0.05 level	Table (p) value at 0.05 level	Inference
		< Median (13)	> Median (13)				
1	Age in years			1	0.431	3.84	NS
	a) 18-22 yrs	11	8				
	b) 23-27 yrs	4	6				
	c) 28-32 yrs	1	0				
	d) 32 and above	0	0				
2	Educational status			1	0.089	3.84	NS
	a) Non formal education	4	4				
	b) Primary education	6	4				
	c) Secondary education	4	4				
	d) Graduation	2	2				
3	Duration of marriage			1	0.298	3.84	NS
	a) Less than 2 yrs	11	6				
	b) 3-4 yrs	3	6				
	c) 4-5 yrs	1	1				
	d) 6 and above	1	1				
4	Occupation			1	0.233	3.84	NS
	a) House wife	8	7				
	b) Self employee	6	5				
	c) Government employee	0	1				
	d) Private sector employee	2	1				
5	Economical status			1	0.619	3.84	NS
	a) Rs <2000/ month	6	4				
	b) Rs 2001-3000/ month	2	1				
	c) Rs 3001-4000/ month	5	4				
	d) Rs >4000/ month	3	5				
6	Type of family				0.359	3.84	NS

	a) Nuclear family	3	2	1			
	b) Joint family	12	12				
	c) Extended family	1	0				
7	Religion			1	0.009	3.84	NS
	a) Hindu	14	11				
	b) Christian	0	0				
	c) Muslim	2	3				
	d) Others	0	0				
8	Place of residence			1	2.393	3.84	S
	a) Urban	2	5				
	b) Rural	12	7				
	c) Semi rural	2	2				
	d) Slum	0	0				
9	Do you have any information regarding breast feeding			1	15.087	3.84	S
	a) Yes	0	0				
	b) No	16	14				
	If yes specify.....						

Data presented in the indicates that in the post test the calculated chi square values of the demographic variables like age, educational status, duration of marriage, occupation, economic status, type of family, religion and place of residence are not significant at the level of 0.05 significance and information regarding breast feeding significant at 0.05 level of significance.

### Discussion

- The cross sectional study was conducted on knowledge regarding Breast feeding among primigravida mothers who have undergone LSCS. The total 30 Primigravida mothers were selected as samples and they concluded that literacy has significant association with the knowledge
- In present study that there was no significant association between the pretest knowledge with selected demographical variables and the mean difference has shown that the planned teaching programme was effective regarding breast feeding among primigravida mothers.

### Conclusion

The present study was conducted to evaluate the effectiveness of planned teaching program on knowledge regarding breast feeding among primigravid mothers who have under gone LSCS. The following conclusion were made on the basis of the study. It also brought out the limitations of the study in picture.

- The knowledge of primigravid mothers regarding breast feeding was inadequate when assessed in pre test, where as knowledge level had improved during the post test.
- Effectiveness of planned teaching program was effective. The analysis of the mean of the knowledge scores in pre test and post test revealed that the mean pre test knowledge score was 12.83 where as post knowledge score was 17.46. the mean difference was 4.63 and showed that the planned teaching program was effective. These score were demonstrated by using paired 't' test.
- This study showed that there was significant association between pre test knowledge score with variable such as information regarding breast feeding and was no significant association between the pre test score with remaining selected variables such as age, religion,

education, occupation, family income, type of family, duration of marriage, place of residence on breast feeding.

### Recommendations

Based on the study findings, the following recommendations were made for the further study.

- A similar study can be under taken on a large samples so that result can be generalized.
- A similar study can be conducted by using other teaching strategies.
- A similar study can be conducted by using health education strategies.
- A study can be replicated among the GNM students, B.Sc. nursing students, PBBSC nursing students and also can be replicate for the care givers also.
- Comparative study may be conducted to assess the knowledge of nursing students and staff nurses.
- Experimental study with control group could be conducted to establish the effect planned teaching program on knowledge regarding breast feeding among primigravida mothers.

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