

Effectiveness of Information Booklet about Breastfeeding Techniques on the Knowledge of Antenatal Mothers in Selected Hospitals

Ms. Radha Shinde

Obstetrics and Gynecological Nursing

INTRODUCTION

The birth of the baby is an important event in the family. It is therefore important for the mothers to have a healthy baby. Breast milk is the best food for the babies as breast fed babies are healthier than formula fed babies.

Human milk is a remarkable and renewable resource. It cannot be duplicated. Human milk has no substitute and the breast is nature's apparatus for feeding the baby. Breast feeding is an art. In recognition of the immense importance of breast feeding, the Baby Friendly Hospital Initiative (BFHI) was launched by UNICEF/WHO in 1991. Breast feeding results in decreased problems such as infections and other medical problems to the mother as well as the baby.

Need For the Study:

Breastfeeding is one of the first bonding experiences between the mother and the child. Breast milk is constantly available and it is the safest and the most secure source of nourishment for the babies. It protects the baby against illness and ensures

Warmth and comfort of the baby that is held close to the nursing mother.

Cultural attitudes and beliefs vary about breastfeeding the new born. Modesty and embarrassment may prevent the woman from breastfeeding in the hospital, and she may prefer to begin to breastfeed after she goes to home. Mothers from some culture believe that colostrums' is unclean and should not be give to newborn. The hot cold therapy of health and illness is common to many cultures. Because the postpartum period is considered a "cold" condition, only approved "hot" periods are eaten after delivery, where as salads, ice drinks all be refused even by hungry mother.

Objectives of the study:

1. To assess the knowledge of breastfeeding techniques among antenatal mothers before administration of information booklet in selected hospitals.
2. To compare the knowledge of breastfeeding techniques antenatal mothers after administration of information booklet in selected among hospitals.
3. To find out association between study findings and selected demographic variables among antenatal mothers on breastfeeding techniques in selected hospitals.

Hypothesis:

H₀: There will be no significant difference in the knowledge regarding breastfeeding

techniques among antenatal mothers after providing the information booklet.

H₁: There will be significant difference in the knowledge regarding breastfeeding techniques among antenatal mothers after providing the information booklet.

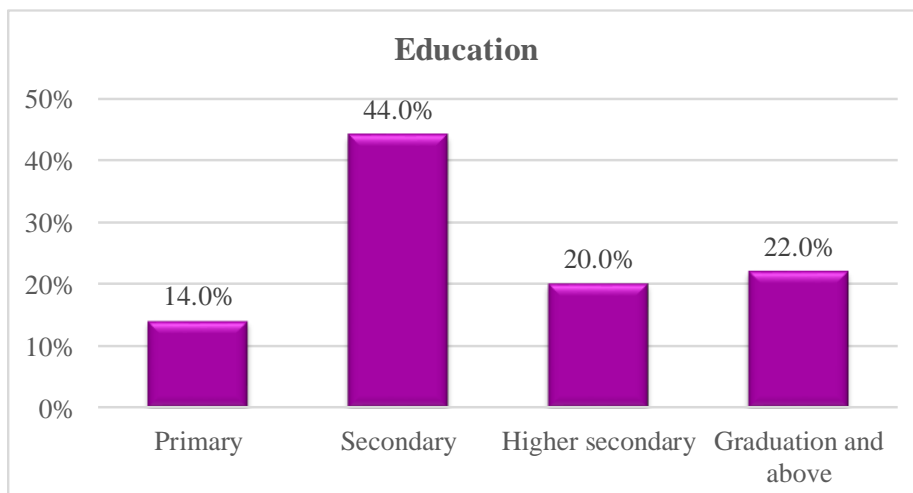
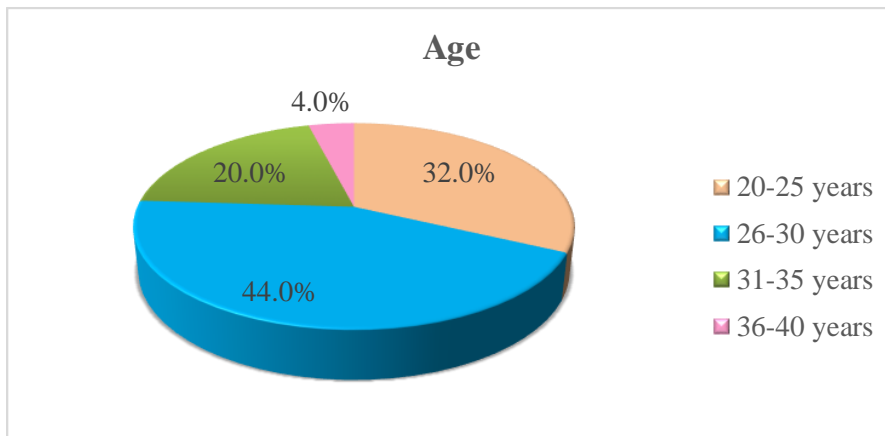
RESEARCH METHODOLOGY

The research methodology adopted for the study was an evaluative approach. A pre-experimental consisting of one group pre-test, post-test design was selected by the investigator. The study was divided into three phases.

Phase – I: Pre-test i.e. assessing existing knowledge of antenatal mothers.

Phase – II: Providing information booklet on breastfeeding techniques.

Phase – III: Post-test i.e. assessing knowledge of antenatal mothers regarding breastfeeding techniques on seventh day or 15th day after providing information booklet. The data was analyzed by using descriptive and inferential statistics. Chi square test was used to find association between knowledge score and demographic variables.



RESULTS:

14% of them had primary education, 44% of them had secondary education, 20% of them had higher secondary education and 22% of them had graduation and above.

36% of them had previous knowledge about breastfeeding techniques

4% of them had previous knowledge from mass media, 30% of them had knowledge from health worker, 2% of them had knowledge from friend.

8% of them had service, 82% of them were housewives, 8% of them had business and 2% of them had some other occupation.

Since all the p-values are large (greater than 0.05), none of the demographic variables was found to have significant association with the knowledge among the antenatal mothers regarding breastfeeding techniques. So the null hypothesis will be accepted for this study.

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