A STUDY TO ASSESS THE LEVEL OF KNOWLEDGE ABOUT BREAST FEEDING PRACTICES AMONG POSTNATAL MOTHER IN SELECTED HOSPITAL AT PERAMBALUR

Mrs.N.VIMALA¹ & Dr.K.MAHESWARI²
¹PhD scholar, https://orcid.org/0000-0002-5827-216X
²Vice principal, Vinayaka Mission’s Research Foundation (Deemed to be university), Annapoorana College Of Nursing

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ABSTRACT: Breast feeding is the single most important thing a mother can do for the health of her infant in the first year of life. A study was undertaken to assess the breast feeding practices among postnatal mothers by adopting convenient sampling technique. The result showed that majority 56(93%) had good level of knowledge about breast feeding practice among postnatal mothers and 4(7%) had average level of knowledge about breast feeding practices among postnatal mothers.

Key Words: Breast feeding practices, Knowledge, Postnatal mothers.

1. INTRODUCTION
Breast feeding one of the oldest practices recommended by all religions and it is the universally endorsed solution in the prevention of early malnutrition. Breast feeding saves lives and is one of the most cost effective investments a country can make. The benefits of Breast feeding touch every one, preventing childhood illness, increasing IQ, decreasing mothers risk for breast cancer and covering health care costs for families and societies.

STATEMENT OF THE PROBLEM:-
A study to assess the level of knowledge about breast feeding practices among postnatal mother in selected hospital at Perambalur.

OBJECTIVES:-
✔ To determine the knowledge of breast feeding practices among postnatal mothers.
✔ To associate the knowledge and selected demographic variables such as age, education, type of family, no of children.

2. RESEARCH METHODOLOGY
RESEARCH APPROACH
Descriptive research approach.

RESEARCH DESIGN:-
Quantitative research design

POPULATION:-
postnatal mothers at selected hospitals.

SAMPLE SIZE:-
60 postnatal mothers

SAMPLE TECHNIQUE:-
Convenient sampling technique

SETTING:-
Selected hospital at Perambalur.

CRITERIA FOR SAMPLE SELECTION:-
INCLUSION CRITERIA:-
- Postnatal mothers admitted in hospital
- Mothers who are available at the time of data collection.
- Mothers who is willing to participate.

EXCLUSION CRITERIA:-
- Mothers who are not willing to participate.
Mothers who are not available at the time of data collection.

DELIMITATION
Data collection period was limited to one week.

DATA COLLECTION TOOL:
- The tool consist of section A and section B
  - Demographic data
  - Breast feeding observational checklist

Section A:
Frequency and percentage distribution of postnatal mothers according to the demographic variables.

Section B:
Breast feeding observational checklist
Questionnaires is in the form of observation checklist which is classified into six parts. It includes the mothers position, baby position, how mother initiative breast feed, signs of attachment, baby's behaviour during feed and at the end of the feed.

Section C:
Association between knowledge and selected demographic variables.

PROTECTION OF HUMAN RIGHTS:
- Permission was obtained from the head of the child health nursing
- Informed consent was obtained from each study participants
- Assurance was given to maintain the anonymity of each individual.

3. ANALYSIS AND INTERPRETATION OF DATA
The chapter deals with the analysis and interpretation of findings to associate the level of knowledge about breast feeding practices among postnatal mother.

Obtained data was classified, grouped and analyzed statistically based on the onset of study

SECTION I
This section deals with frequency and percentage distribution of postnatal mothers according to the demographic variables.

<table>
<thead>
<tr>
<th>S.NO</th>
<th>DEMOGRAPHIC VARIABLES</th>
<th>FREQUENCY (f)</th>
<th>PERCENTAGE (%)</th>
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<tr>
<td>1</td>
<td>Age in years</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>18-22</td>
<td>20</td>
<td>33</td>
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<tr>
<td></td>
<td>23-27</td>
<td>31</td>
<td>52</td>
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<tr>
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<td>28-32</td>
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<td>12</td>
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<tr>
<td></td>
<td>33-36</td>
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<td>3</td>
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<tr>
<td>2</td>
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<td></td>
</tr>
<tr>
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<td>4</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Secondary</td>
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<td>Primi</td>
<td>36</td>
<td>60</td>
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<tr>
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<td>Second gravida</td>
<td>21</td>
<td>35</td>
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<tr>
<td></td>
<td>&gt;2 child</td>
<td>3</td>
<td>5</td>
</tr>
</tbody>
</table>
Fig: 1 Percentage distribution of mothers according to age

Fig: 2 Percentage distribution of mothers according to education

Fig 3: Percentage distribution of mothers according to types of family
Fig 4: percentage distribution of mother according to Number of children.

SECTION II
Tab 2: Frequency and percentage distribution of level of knowledge about breastfeeding practice among postnatal mothers.

<table>
<thead>
<tr>
<th>S.NO</th>
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<th>FREQUENCY</th>
<th>PERCENTAGE</th>
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<tr>
<td>1</td>
<td>POOR</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2</td>
<td>AVERAGE</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td>3</td>
<td>GOOD</td>
<td>56</td>
<td>93</td>
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</tbody>
</table>

SECTION III
Tab-3: Association between the knowledge of breast feeding practice among postnatal mothers and demographic variables.

<table>
<thead>
<tr>
<th>S.NO</th>
<th>DEMOGRAPHIC VARIABLES</th>
<th>LEVEL OF KNOWLEDGE</th>
<th>CHI SQUARE VALUE</th>
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<tr>
<td></td>
<td></td>
<td>AVERAGE</td>
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</tr>
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<td>AGE IN YEARS</td>
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<td>18 - 22</td>
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<tr>
<td>2</td>
<td>EDUCATION</td>
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</tr>
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</table>

[Diagram of Level of knowledge]
4. IMPLICATIONS

The findings of the study have implication various areas of nursing practice, nursing education, nursing administration and nursing research.

4.1 IMPLICATIONS FOR NURSING PRACTICE

➢ The nurses are playing a vital role among all the health team members about practices of breast feeding. It can create better awareness among the mothers

4.2 IMPLICATION FOR NURSING EDUCATION

➢ Nursing curriculum should be expanded with the evidence based practice about the benefits and practices of breast feeding.

➢ Nursing workshops and conferences to be conducted to update the knowledge and practices about breast feeding.

4.3 IMPLICATIONS FOR NURSING ADMINISTRATION

➢ Nursing administration should organise in-service education programmes for staffs to get update with strategies in breast feeding education.

4.5 IMPLICATION FOR NURSING RESEARCH

➢ This study will be a motivating factor for the beginning researcher to conduct the study on the same theme with different variables.

5. RECOMMENDATIONS

➢ A study can be under taken with a large sample to generalize the findings

➢ A study can be conducted using various teaching strategies on the awareness of breast feeding technique and practices

➢ A study can be conducted to identify the factors responsible for improper breastfeeding practices

6. CONCLUSION:

This study shows that the postnatal mothers had good knowledge about breast feeding practices.

REFERENCE


