Evaluate the effectiveness of video assisted teaching programme on knowledge and practice regarding breast feeding technique among primipara postnatal mother

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ABSTRACT

Breast feeding immediately after delivery encourages the "bonding" of the mother to her infant. Initiation of breastfeeding, it is the first contact and first breastfeed. Objectives- To assess the knowledge and practice of primipara postnatal mothers regarding breast feeding technique in terms of pre and post –test scores in experimental groups and control groups. To evaluate the effectiveness of the video assisted teaching programme by comparing pre –test and posttest knowledge and practice scores. To assess the correlation between knowledge and practice. Methodology: A quantitative approach and quasi-experimental research design (pre-test, post-test, control group) was used for the study. Sample size was 60 primi para postnatal mothers 30 in control group and 30 in experiment group and sampling technique used was non probability sampling (Purposive sampling) technique Independent variables video assisted teaching breast feeding technique. Self-Structured Knowledge Questionnaire was prepared with 40 questions and observation checklist for practice Questionnaire was prepared with 30 questions to collect the data and data was analyzed by descriptive and inferential statistics. Results-In pretest experimental group 17(56.7%), 13(43.3%) had average, good knowledge and none of them having below average and very good knowledge. In posttest experimental group 20(66.7%), 8(26.7%) and 2(6.7%) good, very good average knowledge and none of them having below average. In pre - test control group 19(63.3%), 11(36.7%) had average, good knowledge and none of them having below and very good knowledge. In post - test control group 15(50.0%), 15(50.0%) average, good knowledge and none of them having below average and very good knowledge in pretest experimental group 24 (80.0%), 6(20.0%) had adequate, inadequate practice. In pretest control group 17(56.7%), 13(43.3%) had inadequate moderate adequate practice regarding. In post -test experimental group 23 (76.7%),7(23.3%) had adequate moderate adequate practice and0(0%) had inadequate practice. In pretest control group 19(63.3%) 11(36.7%) had moderate inadequate practice and 0 (.0%) had adequate practice The comparing pre and posttest knowledge and practice in experimental group was found in the pretest 20.27 ± 3.45 and posttest 28.50 ± 3.79.the pre vs post paired t 'test value 36.877.In control group on knowledge was found in the pretest 19.97± 3.01 and posttest 0.767± 0.86 pre vs post paired t 'test value 4.892. In experimental group on practice score of mothers was found in the pretest 14.60 ± 3.69 and posttest 22.90 ± 3.60. the pre vs post paired t-test value 28.027. In control group on practice score of mothers was found in the pretest 11.43±3.29 and posttest 12,20±.49. The pre vs post paired t ' test value 6.185.There was no correlation coefficients were not significant in pre-post knowledge and practice in experiment and control group.

Keywords— *Effectiveness of video assisted technique, Knowledge and Practice regarding breast feeding technique*

1. INTRODUCTION

Breast milk is the exceptional meals for the infants as breast fed infants are healthier than formula fed infants. [1]. The initiation of breastfeeding accommodates of early by body touch and possibility to suck within the first hour or quickly after start are each important [2.] Human milk is a superb and renewable resource. It can't be duplicated and substitute. it's far a nature's equipment for feeding the child [3.] it reduces the danger elements for the child sickness and the death rate. WHO reported that 1.5 million of baby's existence may be stored by immediate initiation of breast feeding? It should be started first 1/2 of an hour after delivery. Breast milk is a species particular entire meal. It is effortlessly digested and properly absorbed by newborn. Protection towards contamination and facilitate mother and child bonding and promotes higher mind growth. [4]"Breast is exceptional" for a neonate

and is a universal accepted concept [5] Colostrums are the primary milk, yellow in shade secreted via way of means of breast, quickly after delivery. [6] It reduces the mom's danger of breast and ovarian most cancers and milk intolerance may be very uncommon and common breast feeding diminishes the danger of malnutrition[7]

2. MATERIAL AND METHOD

Research approach and design - The investigator obtained formal permission from the Principal of the Bake ke institute of Nursing Daudhar and medical officer hospital Moga(Punjab) to conduct the study .The quantitative research approach were adopted with regards quasi experimental design (pre-test, post-test, control group) had selected to obtain responses to the question and to evaluate its effectiveness of video assisted teaching programme on knowledge and practice regarding breast feeding technique .Purposive sampling technique (non- probability sampling method) was used for selection of two groups,30 experimental and 30 control groups on primipara postnatal mothers who met in inclusive criteria. The tool was constructed into three sections. The section 'A' includes socio demographic variables i.e. age, education, religion, occupation, family monthly income, type of family, domicile, source of information, dietary habit, earlier decision to feed. In section "B", it consist the 40 question about Self--structured knowledge questionnaires on breast feeding And section "C' consists of total 30 questions on observation checklist for practice. The video was prepared regarding breast feeding technique. The validity was found to be 0.7 for knowledge questionnaire. Questionnaire was prepared with Reliability of tool was assessed by using split help method (Cronbach's alpha). The reliability of tool was 0.001. Sample had done by using formula which was primarily depend on previous studies.

$$n= \frac{(\alpha1+\alpha2)2 \times (Z1- \alpha/2+Z1-\beta/2)2}{m^2}$$

The consent was obtained from participant after giving explanation about the purpose of this research, assuming their anonymity and confidentiality. Pre -test was taken from both experimental and control group on day first on knowledge and practices among primipara postnatal mother. 40 minutes were given to participants for completion of data sheet. Intervention (video assisted teaching) was given to experimental group on same day. The post test was performed using the experimental and control groups on day 3rd. The analysis of the data was carried out using SSP software window version 16 using descriptive statistics.

3. RESULTS

Table 1: Frequency and percentage distribution level of knowledge in pre and posttest regarding breast feeding technique in both groups

Level of knowledge	Experimental group in pre test	Control group pre test	Experimental group in post test	Control group Post test	x2 in pre test	x2 in post test	P Value In pre test	P Value In post test
	N(%)	N(%)	N(%)	N(%)	0.278	18.655	0.598 NS	0.001 HS
Below	-	-	-	-				
Average	17(56.7)	19(63.3)	2(6.7)	15(50.0)				
Good	13(43.3)	11(36.7)	20(66.7)	15(50.0)				
Very Good	-	-	8(26.7)	-				

Maximum score= 40 Minimum score=0

Table 2: Frequency and percentage distribution level of practice in pre and post test regarding breast feeding technique in both groups

Level of knowledge	Experimental group in pre test	Control group pre test	Experimental group in post test	Control group Post test	x2 in pre test	x2 in post test	P Value In pre test	P Value In post test
Inadequate	N(%)	N(%)	N(%)	N(%)	8.531	39.538	0.003 Significant	<0.001 HS
	6 (20)	17 (56.7)	-	**11(36.7)**				
Moderate Adequate	24(80)	13 (43.3)	**7(23.3)**	**19(63.3)**				
Adequate	-	-	**23(76.7)**	-				

Maximum score= 40, Minimum score=0

Table 3: To evaluate the effectiveness of the video assisted teaching programme by comparing mean and SD of pre and posttest knowledge and practice scores of primi para postnatal mothers regarding breast feeding technique in both groups

Group	Knowledge score Mean± SD		Practice score (Mean ±SD)		Pre vs Post Paired t'test of Knowledge score	Pre vs Post Paired t'test of practice score	P valve of practice score	P Value of knowledge score
	Pre-test	**Post-test**	**Pre –test**	**Post –test**				
Experimental group	20.27±3.45	28.503.±79	14.60± -3.69	22.90±3.60	36.877	28.027	<0.001hs	<0.001 HS
Control group	19.973±.01	0.767±0.86	11.43 ±3.29	12.20 ± 3.49	4.892	6.185	<0.001hs	<0.001 HS

Experimental vs. control Unparied t'test	0.359	8.626	3.509	11.685		
P value	0.721 NS	<0.001 HS	0.001hs	<0,001hs		

Table 4: To assess the correlation between knowledge and practice regarding breast feeding technique in both groups.

knowledge score	Pre-test Practice score		Post test Practice score	
	Experiment group	**Control group**	**Experiment group**	**Control group**
Pre-test knowledge score	r = -0.229 p= 0.223ns	r =0.089 p=0.642ns	–	–
Post test knowledge score	–	–	r = -0.037 p=0.848ns	r = 0.146 p=0.441ns

3.1 Knowledge

In pretest experimental group 17(56.7, 13(43.3%) had average, good knowledge and none of them having below average and very good knowledge. In pre - test control group 19(63.3%), 11(36.7%) had average, good knowledge and none of them having below and very good knowledge. In post-test experimental group 20(66.7%), 8(26.7%) had good, very good knowledge and 2(6.7) are having average knowledge and none of them having below average. In post - test control group 15(50.0%), 15(50.0%) had average good knowledge and none of them having below average and very good knowledge. Practice, In pretest experimental group 24 (80.0%),6(20.0%) had adequate, inadequate practice. In pretest control group 17(56.7%) 13(43.3%) had inadequate, moderate adequate practice**.** In post -test experimental group 23 (76.7%) and 7(23.3%) moderate, adequate practice and 0 (0%) had inadequate practice. In pretest control group 19(63.3%), 11(36.7) had moderate adequate, inadequate practice and 0 (.0%) had adequate practice regarding breast feeding technique.

3.2 Effectiveness

Knowledge in the pre test 20.27 ± 3.45 and post test 28.50 ± 3.79.The difference was 8.23 ± 1.22. The pre vs post paired t 'test value 36.877and P value was <0.001.In control the pre test 19.97 ± 3.01 and post test 0.767 ± 0.86 .The difference was 0.767 ± 0.86 pre vs post paired t 'test value 4.892 and P value was <0.01 associated highly at <0.05.Practice in the pre test 14.60 ± 3.69 and post test 22.90 ± 3.60The difference was 3.300 ± 1.62. The pre vs post paired t 'test value 28.027and P value was <0.001. .In control group on practice score in the pre test 11.43 ± 3.29 and post test $12,20\pm.49$ .The difference was 0767 ± 0.68 pre vs post paired t ' test value 6.185 and P value was <0.01.

3.3 Correlation

The pretest practice and pretest knowledge in experiment group the correlation was found (r=-0.229) (p=0.223) where as in control group, it was (r=0.89) (p=0.642), the posttest practice and posttest knowledge in experiment group the correlation was found (r=-0.037) (p=0.848) where as in control group, it was (r=0.146) (p=0.441).

3.4 Association

There is statistical change knowledge and practice score from pre to post was highly significant with age, type of family, family monthly income, sources of information in experimental group. There is statistical change knowledge and practice score from pre to post was highly significant with religion, occupation, dietary habit, earlier decision to feed, in experimental group and control group. There is statistical change knowledge and practice score from pre to post was non-significant with age, education, occupation, family monthly income, types of family and sources of information in control group. There is statistical change knowledge and practice score from pre to post was significant with religion at Muslim, in family monthly income at 6001-9000and in type of family at nuclear in control group**.**

4. DISCUSSION

The study results showed that intervention on effectiveness of video assisted programme was effective in improvement of knowledge level and practice skills in terms of post-operative nursing care. This result was proven by similar study's the finding of the Dr **Ramkrishan M.N (1998)** that 49.9% knowledge score regarding breast feeding technique of importance of breast milk. The mean score obtained by the mothers was 12.3 (58.9%) with standard deviation 2.25 on the knowledge score in the range of 9-15. [13] The practice score was also supported similar finding by **Vaeth M (2004)** area wise analysis revealed that maximum 55.3 in pretest mean percentage was in the area of initiation of practice about breast feeding technique minimum mean score 37.6% in position. The mean practice score obtained by the mothers was 5.16 (48.8%) with standard deviation 1.54, the practice score were in the range of 3-6**.**Similar finding were seen in a study conducted by **Patel Renuka R** the results showed that the mean posttest knowledge score of sample about breast feeding technique before administrating video assisted teaching was 9.23 whereas posttest knowledge after video assisted teaching was 22.38.Similar finding were seen in a study conducted by **Patel Renuka R** the results showed that the mean post test practice score of sample about breast feeding technique before administrating video assisted teaching was 13.55 whereas posttest practice after video assisted teaching was 36.36. The association finding were supported by finding were seen in a study conducted by **Kale Probhavate**.The results showed that highly statistically significant there is an association between the age , type of family and source of information and statistically there is no association between education and religion about breast feeding technique.

5. CONCLUSION

The present study undertaken to evaluate the effectiveness of video assisted teaching. The video assisted teaching programme given to postnatal mothers was very effective in improving the knowledge and practice regarding breast feeding technique. So the

researcher believed that the study would benefit the postnatal mothers regarding breast feeding technique. Based on the finding and through data analysis of the study the following conclusion were drawn. The actual gain score in experimental group was consistently high in all the area included in the study compared to control group .the paired t,' test computed between mean and SD for comparison of knowledge and practice score of pre and post-test in experimental and control group It indicated significant gain knowledge and increased practice skills in all area of experimental group as compared to control group. The unpaired t' test was used for pre and post knowledge and practice score experimental vs control group. It showed increase the knowledge and practice skills in experimental group compared to control group. Thus, it is concluded that video assisted teaching programme regarding breast feeding technique is effective.

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