

**“A STUDY TO ASSESS THE EFFECT OF BREASTFEEDING
TECHNIQUE DEMONSTRATION AMONG PRIMI PARA MOTHERS
OF TERTIARY CARE HOSPITAL.”**

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ABSTRACT

Background of the study: Breastfeeding is an ideal form of feeding to neonate. It is a most precious gift a mother can give and it is free of cost. It should be started as soon as possible after birth. It helps in stimulating the production of breast milk protect against infection and facilitate mother infant bonding and promote better brain growth.

OBJECTIVE of the study is to assess the level of knowledge regarding breastfeeding among primipara mothers, to assess the effectiveness between pre- test and post- test of breastfeeding technique demonstration among primipara mothers, to find out the association between pre-test knowledge regarding breastfeeding technique demonstration with their socio-demographic variables.

METHODS A survey was conducted among 60 primipara mothers. Data were collected from Parul Sevashram Hospital using Convenient Sampling Technique. Quantitative research Approach was taken and descriptive and inferential statistics was used for data analysis.

RESULTS: The study depicts that Factors contributing to knowledge of breastfeeding technique demonstration among primipara mothers reveals that 46(76.7%) participants had good knowledge of breastfeeding technique and followed by 8(13%) had average knowledge of breastfeeding technique. Association test between pre-test and post-test of breastfeeding technique shows that there are significance present breastfeeding positions, burping and frequency of breastfeeding. P value < 0.05.

CONCLUSION: The conclusion of the study offers insights into the demonstration of breastfeeding technique; the main aim was to assess the Factors contributing to knowledge of breastfeeding techniques and its impact on health of primipara mothers and infant.

KEYWORDS: primipara mothers, breastfeeding technique, neonate, burping technique.

INTRODUCTION

Pregnancy is a wonderful, exciting, and joyful experience in a woman's life, as the pregnancy highlights the woman's wonderful creative and nurturing powers while providing a bridge between present and future. Effective breastfeeding technique is a process of breastfeeding that occurs when the baby and mother show readiness for it, and the baby is appropriately positioned, has good attachment, and has good suckling. Effective breastfeeding techniques are essential for women to feed their babies without pain, in a simple, safe, and time-saving manner. Proper attachment, positioning, and suckling during breastfeeding offer a range of benefits for both the mother and the infant. Breastfeeding can help protect babies against short- and long-term illness and diseases. And some of the health benefits include a lower risk of breast and ovarian cancer, and a lower risk of cardiovascular disease. It is the normal way of providing infant with the nutrients they need for healthy growth and development. The breastfeeding technique is the composite of positioning attachment and suckling. Positioning refers to the technique which the infant is held in relation to the mother's body and attachment refers to whether the infant has enough areola and breast tissue in the mouth.

MATERIAL AND METHODOLOGY

In the present study a Quantitative research approach was adopted and Pre-Experimental Research Design (one group pretest and post-test) was used to assess the effect of breastfeeding technique demonstration among primi para mothers. A convenient sampling technique was used to select to sample for the research study.

DATA COLLECTION

Self-prepared structured questionnaire was prepared for data collection for the study. 60 postnatal primipara mothers were selected by using convenient sampling technique and pre-test was conducted by using self-prepared structured questionnaires. After than breastfeeding technique demonstration were given and again post-test was taken for the same postnatal primipara mothers.

RESULT

Section 1: Data on Socio-demographic variable.

Socio-demographic characteristics of the participants

The findings showed that majority of the 48.3% of the mothers were 23 to 27 years of age, 90% mothers belongs to Hindu religion, 70% mothers had primary education, 80% mothers were homemakers, 75% mothers belongs to rural area, 51.7% mothers bad joint Family, 7% mothers take mix dietary pattern, 95% knows how to breastfeed, 45% mothers get information of breastfeeding technique through health worker, 76.7% mothers have good knowledge about breast-feeding technique, 13% mothers have average knowledge about breast-feeding technique, 10% mothers have poor knowledge about breast-feeding technique.

Section 2: Knowledge Level on the Breast-feeding Technique

Level of knowledge	Pretest		Post test	
	Frequency f	Percentage %	Frequency f	Percentage %
Poor knowledge	13	21.7	6	10
Average Knowledge	43	71.7	8	13
Good Knowledge	4	6.7	46	76.7

DISSCUTION

In this study first section of the questionnaire was the Socio-demographic data, which had 9 parts: age, religion, education and occupation, family income, family type, type of dietary, know how to breastfeed and source of information. The findings showed that majority of the 48.3% of the mothers were 23 to 27 years of age. The majority of the 90% mothers belongs to Hindu religion. The majority of the 70% mothers had primary education. The majority of the 80% mothers were home makers. The majority of the 75% mothers belongs to rural area. The majority of the 51.7% mothers bad joint Family. The majority of the 56.7% mothers take mix dietary pattern. The majority of the 95% knows how to breastfeed. The majority of the 45% mothers get information of breastfeeding technique through health worker. The majority of the 76.7% mothers have good knowledge about breastfeeding technique. 13% mothers have average knowledge about breast-feeding technique. 10% mothers have poor knowledge about breast-feeding technique.

CONCLUSION

The present study was to assess the effect of breastfeeding technique demonstration among primipara mothers of Vadodara. The quantitative approach was adopted to assess the knowledge regarding the effect of breastfeeding technique demonstration among primipara mothers of Vadodara. The non probability convenience sampling technique was used to select the samples. The tools used for study was demographic tools & knowledge questionnaire. Data was collected by carrying out the pretest knowledge assessment then providing the health education & again assessing the knowledge by conducting the post-test. The data obtained was analysed using descriptive and inferential statistics. The findings of the study indicate that more emphasis should be placed in the curriculum on the breast-feeding techniques. The nursing curriculum should consist of knowledge and practices related to teaching strategies and various modalities. So that nursing students can use different teaching methods to impart the appropriate knowledge and practice on breast-feeding techniques of the focus group. The students learning experience should provide opportunity to conduct health education campaign and supervised nursing practices about specific topics.

ETHICAL PERMISSION: Permission taken from Parul University Institutional Ethics Committee for Human Research PU-IECHR.

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