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Effectiveness of breastfeeding training programme on knowledge and practice regarding latching and breastfeeding techniques among primipara mothers at selected hospital of Anand and Kheda district: A quasi experimental study

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Abstract

Background: Breastfeeding is most natural way for infants to get the nutrients they need for healthy growth and development. The study aimed to assess the effectiveness of breast feeding training programme on knowledge and practice among primipara mothers.

Method: A quasi-experimental design was employed. The 70 participants were selected using non-probability convenient sampling technique and equally divided in two groups experimental and control. Breastfeeding training programme was given in experimental group for 3 days. The data was collected by using self structured questionnaires and practice was assessed by using standardized latch assessment tool in both group. On day 3rd post-test was taken in both group. The data analyzed through inferential and descriptive statistics. **Result:** The obtained knowledge paired t-test score was 21.44 (df=68) and practice paired t- test score was 9.83 (df=68) was found to be significant at 0.05 level. Hence, there is a significant difference in knowledge and practice regarding breastfeeding among primipara mothers in experimental group.

Conclusion: The outcome of the paired t-test evident that there is significant effect of breastfeeding training programme among primipara mothers at the level of significance $p < 0.05$.

Key words: Effectiveness, Exclusive breastfeeding, Latching, Breastfeeding training programme

1. INTRODUCTION:

Breastfeeding is a gift that a mother gives to both herself and her child. Breastfeeding is most natural way for infants to get the nutrients they need for healthy growth and development. ^[1] A extraordinary and interesting holding of mother and child given through

breastfeeding. Exclusive breastfeeding is described as giving the infant exclusively breast milk, with no supplementary liquid or solids except liquid medicine or vitamin/mineral supplements. Exclusive Breastfeeding is ideal for first 6 month of baby's life. Exclusive breastfeeding is most important public health method for enhancing mother and child health also decrease health care cost and reduce child morbidity and mortality.

Breastfeeding provides various benefits not only newborn and mother also benefit for their families, society, economic and environmental areas. For mothers short term it helps in early involution of uterus, reduce risk of uterine hemorrhage, also decrease risk of postpartum depression. In long term it decrease risk of such type of cancer such as ovarian cancer, breast cancer, it helps in maintaining figure of mothers. Mother who has religious and cultural taboos for adopting birth control methods, through exclusive breastfeeding mother can maintain child spacing or family planning method, this method known as Lactational Amenorrhea Method.^[2] An excellent sucking technique is thought to be vital for establishing breastfeeding ensuring milk transferring, and preventing breastfeeding issues.

Objective:

1. To assess the pretest score of knowledge and practice about breastfeeding techniques and latching among primipara mother.
2. To assess the posttest score of knowledge and practice about breastfeeding techniques and latching among primipara mother.
3. To compare pretest - posttest knowledge score and practice score.
4. To identify association between the pretest and posttest level of knowledge and practice regarding breast feeding training programme with their selected demographic variables and obstetrical variables.

2. MATERIAL AND METHODS:

A quasi experimental study was conducted after institutional ethical committee approval. Knowledge assessment questionnaires and latch assessment scale was used to assess the latch practice among primipara mothers of selected hospitals of Kheda and Anand district. Non probability convenient sampling technique was used to select 70 participants. Participants were equally distribute in both experimental group and control group. Written and informed consent taken from all participants. For assessment of knowledge questionnaires of knowledge regarding exclusive breastfeeding, total score minimum score was 0 and total maximum score was 30. The score and category were 0-14 score inadequate knowledge, 15-23 was moderately adequate and 24-30 indicated adequate knowledge in both

experimental group and control group. For latch assessment (standardized tool which was developed by Jensen D, et.al (1994)) was used to assess latch, minimum score was 0 and maximum score was 10. which was indicated 0-3 poor, 4-7 average and 8-10 was good practice score. Primipara mothers were selected hospitals of Anand and Kheda district. Data of breastfeeding training programme were distributed in percentage according to socio demographic variables and obstetrical variable. Association between level of knowledge and practice regarding latch with their selected demographic variables and obstetrics variables.

Ethical Approval:

Ethical approval for present study was obtained from Institutional Ethical Committee (IEC-2), Bhaikaka University, Karamsad.

(**Approval No:** IEC/BU/147/Faculty/04/316/2023)

3. RESULT:

Table 1 shows comparison of knowledge score in pretest and posttest mean score among primipara mother in experimental group and control group. The obtained independent t-test score was significant at 0.05 levels. Hence, research hypothesis H_1 is accepted as there is significant difference between pretest and posttest of knowledge regarding breastfeeding in experimental group and control group.

Table: 1 Mean and Standard Deviation (SD) of knowledge score in experimental and control group.

Knowledge of breastfeeding	Experimental group		Control group		Independent t-test
	Mean	SD	Mean	SD	
Pre test Experimental and Control Group	12.8	1.98	13.31	2.41	T value 1.99 df 68 NS
Post test Experimental and Control Group	25.8	1.82	15.65	2.18	T value 21.14 df 68 S**
Mean difference score	13		2.34		

S - Highly significant NS-Not significant**

Table 2: Mean and Standard Deviation (SD) of practice score in experimental and control group.

Practice score	Experimental group		Control group		Independent t- test
	Mean	SD	Mean	SD	
Pre test Experimental and Control Group	4.17	1.09	4.57	1.35	T value 1.36 df 68 NS
Post test Experimental and Control Group	8.42	1.11	5.74	1.17	T value 9.83 df 68 S**
Mean difference score	4.25		1.17		

S - Highly significant NS-Not significant**

Table 2 shows comparison of latch practice score in pretest and posttest mean score among primipara mother in experimental group and control group. The obtained independent t-test score was significant at 0.05 levels. Hence, research hypothesis H_1 is accepted as there is significant.

Out of all demographic variable and obstetrical variables, information related breastfeeding in control group was found significant associated at P value <0.05 level. The calculated chi-square values higher than the table value at 0.05 level of significant which implies that there was significant association between the demographic variable and practice regarding breastfeeding in control group and experimental group.

Out of all demographic variable, information related breastfeeding was found significant associated at P value <0.05 level. The calculated chi-square values higher than the table value at 0.05 level of significant which implies that there was significant association between the demographic variable and knowledge regarding breastfeeding in control group. Hence, research hypothesis H_2 is accepted as there is significant.

5. DISCUSSION:

B. Amarendra, et.al. (2019), stated that out of 100 mothers, majority (71%) had moderate knowledge, many (27%) had inadequate knowledge and very few (2%) had adequate knowledge.^[3] S. Nancy, et.al. (2022), conducted hospital based mixed method on

breastfeeding position and attachment revealed that 28.9% and 27.3% mother demonstrated poor attachment and improper positioning. Hence, practice and demonstration can help to achieve effective attachment and proper positioning while breastfeeding.^[4] Kavita Rawat et.al., (2019) stated that, in experimental group, knowledge mean score 27, standard deviation was 2.18, t value was 18.11 was found significant 0.05 level and practice mean 14.5, standard deviation was 1.41 and t test value was 22.05 was to be significant 0.05 level.^[5] This consistency of finding increases the effectiveness of the present study by increases knowledge and demonstration of the practice of breastfeeding techniques and latching practice.

Conclusion:

According to findings of the study, present study shows the breastfeeding training programme has positive effect on primipara mothers. Based on the finding, it concluded that breastfeeding training programme was found highly significant.

Limitation: 1) This study limited to primipara mothers who are admitted to selected hospitals of anand and kheda district. 2) This study limited to first 3 days of postnatal period. 3) Study is limited to 70 samples.

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