



A Study to Assess the Effectiveness of Planned Health Education Programme on Knowledge Regarding Breastfeeding and Weaning Among Antenatal Mothers at Selected Villages of Wagodiya Taluka

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ABSTRACT

Introduction: Breastfeeding has been accepted as the most vital intervention for reducing infant mortality and ensuring optimal growth and development of children. Breastfeeding is the ideal form of feeding in the neonate. artificial feeding exposes the infant to infection and results in over a million death annually worldwide due to its ill effects. Weaning can be initiated by child, mother or it may be shared decision of both in age between 4 month to 4 years. It is unknown for an infant younger than 12 months to self wean. The duration of weaning varies from child to child.

Objectives: To assess the existing knowledge of antenatal mothers regarding breast feeding & weaning at selected villages of Waghodiya. To determine the effectiveness of health education on knowledge regarding breast feeding & weaning among antenatal mothers. To find out association between pre-test knowledge score regarding breast feeding & weaning among antenatal mothers with selected demographic variables.

Materials & Methods: The investigator used to pre-experimental research designed used (one group pre test post test design group) Non-probability convenient sampling technique were used, sample size were 60 antenatal mothers at selected villages of waghodiya taluka. The investigator used planned health education programme to assess the knowledge of antenatal mothers at selected villages of waghodiya taluka.

Result: In the group of the antenatal mothers pre test knowledge mean score was 8.28 & post test mean score was 21.18 & t-test value was 29.10 at the significance level 0.05.

KEYWORDS

Assess, Effectiveness, Knowledge, Planned health education programme, Breast feeding & Weaning, Antenatal mothers

INTRODUCTION

Breastfeeding has been accepted as the most vital intervention for reducing infant mortality and ensuring optimal growth and development of children. Breastfeeding is the ideal form of feeding in the neonate. artificial feeding exposes the infant to infection and results in over a million death annually worldwide due to its ill effects.¹

Weaning can be initiated by child, mother or it may be shared decision of both in age between 4 month to 4 years. It is unknown for an infant younger than 12 months to

self wean. The duration of weaning varies from child to child.²

Do I have to wean? There are many possible reasons for wanting to wean' although it is rarely necessary to wean. There is no particular age which weaning should be complete and continuing breast feeding which is not harmful to child's development. The WHO advises women to continue partial breast feeding for up to 2 year or beyond.²

Weaning can be a very emotional time for the woman and child. It is not just a transition to another feeding method, but



conclusion of special relationship between mother and child. During this process child may need more attention and cuddle time to take the place of nursing.³

STATEMENT OF THE STUDY

“A study to assess the effectiveness of planned health education programme on knowledge regarding breast feeding and weaning among antenatal mothers at selected villages of Waghodiya.”

OBJECTIVES OF THE STUDY

1. To assess the existing knowledge of antenatal mothers regarding breast feeding & weaning at selected villages of Waghodiya.

RESEARCH HYPOTHESIS

H1: There will be significant difference in level of knowledge regarding Breastfeeding & weaning before & after planned health education programme among Antenatal mothers at selected villages of Waghodiya.

H2: There will be significant association between selected demographic variables and pre-test knowledge of antenatal mother regarding breast feeding & weaning.

RESEARCH METHODOLOGY

The Methodology of research indicates general pattern of organizing the procedure

2. To determine the effectiveness of health education on knowledge regarding breastfeeding & weaning among antenatal mothers.

3. To find out association between pre-test knowledge score regarding Breastfeeding & weaning among antenatal mothers with selected demographic variables.

ASSUMPTIONS

1. Antenatal mother will have limited knowledge regarding breastfeeding & weaning.

2. Health Education may enhance the knowledge of antenatal mother regarding breastfeeding & weaning.

for gathering valid and reliable data for the problem and investigation.

RESEARCH DESIGN

The design used in the study is pre-experimental – one group pre-test and post-test design

RESEARCH APPROACH

The evaluative approach is adapted to determine effectiveness of planned health education on breastfeeding & weaning.

SETTING

The study will be conducted in selected villages of Waghodiya.

POPULATION



Among antenatal mothers at selected villages of Waghodiya.

CRITERIA FOR SELECTION OF SAMPLE

Inclusion Criteria

- Antenatal mothers age between 18-33 years.
- Antenatal mothers who are willing to participate.
- Antenatal mothers who are able to read Gujarati or English.

SAMPLE AND SAMPLING TECHNIQUES

The samples of the study will be selected by using non probability convenience sampling technique according to inclusive criteria as well as availability of samples from selected villages of Waghodiya.

SAMPLE SIZE

The sample size constitutes 30 women, from selected settings of villages of Waghodiya who fulfill the inclusive criteria.

VARIABLES UNDER THE STUDY

Independent variables

The variables that is believed to cause an influence on dependent variables. The independent variable in the study is planned health education programme on breastfeeding & weaning.

Dependent variables

Variables that may depend on or caused by another variables. In this study, it refer to

the knowledge of the antenatal mothers regarding breastfeeding & weaning.

DEVELOPMENT OF TOOLS

This consists of two parts:

Section 1:

Consist of demographic variable such as age, education, occupation, type of family, family income, previous knowledge breastfeeding & weaning.

Section 2:

Self structured questionnaire will be used to assess the effectiveness of planned health education programme on knowledge regarding breast feeding and weaning among antenatal mothers at selected villages of Waghodiya.

Scoring procedure:

For knowledge assessment –

If answer yes – 1

If answer no – 0

Scoring interpretation:

- Adequate knowledge - 67-100%
- Moderately adequate knowledge - 34-66%
- Inadequate knowledge - < 33%

PLAN FOR DATA COLLECTION

A formal permission will be obtained from the concerned authority. The data collection will be done within a given period of 4 weeks. After a brief introduction of the self and establishing the



rapport, the investigator will give a brief details about the nature of the study and an oral consent will be obtained from the sample and confidentiality of the responses to be assured.

RESULTS

The data is analyzed and presented under the following sections

SECTION: A Description of Sample Characteristic

Baseline data containing sample characteristics would be analyzed using frequency and percentage.

SECTION: B Assessment of Pre-Test Knowledge Score of Antenatal Mothers

SECTION A: description of the demographic variables of the antenatal mothers (N=60)

Analysis of existing knowledge of antenatal mothers among breast feeding & weaning.

SECTION: C Analysis of Effectiveness of Planned Health Education Programme among antenatal mothers regarding breast feeding & weaning

Comparison of pre-test and post-test knowledge scores of antenatal mothers regarding breast feeding & weaning.

SECTION: D Association of selected demographic variable with the level of pre-test knowledge score of antenatal mothers

Sr. No	Characteristics	Categories	Frequency	Percentage%
1	AGE	18-22	31	51.67%
		23-27	21	35.00%
		28-32	08	13.33%
		33 & above	00	00%
		TOTAL	60	100%
2	TYPES OF FAMILY	Nuclear	26	43.33%
		Joint	34	56.67%
		Extended	00	00%
		Single	00	00%
		TOTAL	60	100%
3	EDUCATION	Illiterate	09	15.00%
		Primary	21	35.00%
		Secondary	28	46.67%
		Graduate	02	3.33%
		TOTAL	60	100%
4	OCCUPATION	Agriculture	00	00%
		Housewife	45	75.00%
		Employed	00	00%



		Laborer	15	25.00%
		TOTAL	60	100%
5	RESIDENCE	Urban	00	00%
		Rural	60	100%
		TOTAL	60	100%
6	INCOME	<3000/-	00	00%
		3001-6000/-	35	58.33%
		6001-9000/-	20	33.33%
		9000/- above	05	08.33%
		TOTAL	60	100%
7	NUMBER OF CHILD	1	32	53.33%
		2	17	28.33%
		3	10	16.67%
		Above 3	01	01.67%
		TOTAL	60	100%
8	PERVIOUS KNOWLEDGE	Yes	29	48.33%
		No	31	51.67%
		TOTAL	60	100%

SECTION B: ASSESSMENT OF PRE TEST KNOWLEDGE SCORE OF ANTENATAL MOTHERS (N=60)

Percentage and Mean of the Pre-test

	N	Minimum	Maximum	Mean	Percentage %	S.D	S.D %
Total	60						
Valid N (listwise)	60	4	18	8.28	27.61%	2.60	8.67%

SECTION: C ANALYSIS OF EFFECTIVENESS PLANNED HEALTH EDUCATION PROGRAMME

Paired Sample Statistics: Effectiveness of Planned health education programme

	Mean	Mean Difference	Percentage	SD	Std. Error Mean	Coefficient of correlation	T	P	Significance Level
Pre-test Score	8.28	12.9	27.61 %	2.60	0.336	0.064	29.105	.00	Significant
Post-test Score	21.18		70.6%	2.41	0.311				

N=60, t 0.05=1.684



The data from the above table shows that in pre-test, antenatal mothers were having on average 27.61% knowledge regarding breast feeding & weaning 8.28 ± 2.60 and in post-test, average 70.6% knowledge regarding breast feeding & weaning and mean score was 21.18 ± 2.41 . T calculated value is 29.105 which are more than the tabulated value of 1.684 at 0.05 level of significance. So we accept H_1 and conclude that there is significant difference between pre-test and post-test knowledge score of antenatal mothers. It shows the very highly significant and association

between pre-test & post-test knowledge score regarding breast feeding & weaning. Hence research hypothesis H_1 is accepted.

SECTION: D ASSOCIATION OF DEMOGRAPHIC VARIABLE WITH THE LEVEL OF PRE-TEST KNOWLEDGE SCORE OF ANTENATAL MOTHERS

This section deals with the findings of the association between Pre-test knowledge of the breast feeding & weaning with selected socio-demographic variables. H_2 – There will be significant association between pre-test levels of knowledge of antenatal mothers with their selected demographic variables.

Demographic Variable		Adequate	Moderate	Inadequate	X^2	D.F	Level of significance at 0.05 level
Age in year	18-22years	0	4	29	1.488	2	1.488 < 5.99 NS
	23-27years	0	1	21			
	28-32years	0	0	5			
	33&above	0	0	0			
Types of family	Nuclear	0	0	26	4.171	1	4.171 > 3.841 S
	Joint	0	5	29			
	Extended	0	0	0			
	Single	0	0	0			
Education	Illiterate	0	0	9	24.935	3	24.93 > 7.81 S
	Primary	0	0	21			
	Secondary	0	3	25			
	Graduate	0	2	0			
Occupation	Agriculture	0	0	0	0.009	1	0.009 < 3.841 NS
	Housewife	0	4	43			
	Employed	0	0	0			
	Laborer	0	1	12			
Residence	Urban	0	5	54	0.092	1	0.092 < 3.841 NS
	Rural	0	0	5			
Income	<3000/-	0	0	0	37.091	2	37.091 > 5.99 S
	3001-6000/-	0	0	35			
	6001-9000/-	0	1	19			
	9000/-above	0	4	1			
No. of Child	1	0	4	27	2.029	3	2.029 < 7.81 NS
	2	0	1	17			
	3	0	0	10			
	Above 3	0	0	1			
Previous	Yes	0	5	23	6.234	1	6.234 > 3.841 S



knowledge				
No	0	0	32	
Variables of age ($\chi^2=1.48$), types of family ($\chi^2=4.17$), education ($\chi^2=24.93$), occupation ($\chi^2=0.009$), residence ($\chi^2=0.092$), monthly income ($\chi^2=37.09$), number of child ($\chi^2=2.029$), previous knowledge ($\chi^2=6.234$), was found significant at 0.05 level of significant, Thus it can be interpreted that there is a significant association between knowledge				
of antenatal mothers with their age, types of family, education, occupation, residence, income, number of child, previous knowledge and there is no significant association between knowledge of antenatal mothers with selected socio demographic variables such age, types of family, education, occupation.				

DISCUSSION

The present study was undertaken to evaluate the effectiveness of planned health education programme on breast feeding & weaning among antenatal mothers. Pre experimental research design with single group pre-test post-test design approach was adopted in order to achieve

CONCLUSION

This chapter deals with the conclusion, implication, recommendation and limitation of the study “effectiveness of planned health education programme on knowledge regarding breast feeding & weaning among antenatal mothers in selected villages of Waghodiya Taluka”



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