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RESEARCH ARTICLE

A STUDY TO ASSESS THE EFFECTIVENESS OF ANTENATAL LACTATION EDUCATION ON KNOWLEDGE AND BREASTFEEDING PRACTICES AMONG ANTENATAL MOTHERS

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ABSTRACT

Objectives

- To assess the knowledge of antenatal mothers regarding breast feeding.
- To assess the practices of antenatal mothers regarding breast feeding techniques

Research Method: In this study one group pre-test and post-test design was used. Non-probability convenient sampling technique was used for the study. A structured questionnaire was used to collect the data. To assess the practices a LATCH scale was used. **Result:** Breastfeeding is a very integral part of building a child's immunity. The pre-test knowledge of the mother's was found to be 45.1 whereas post test knowledge was 50. The practice of the mothers before the teaching was 35.3 and post teaching the practice improved to 48.4. P value was found to be zero. There was significant increase in the knowledge and practice too of the antenatal mothers. The mothers who breastfed their infants had a low risk of developing breast cancer, ovarian cancer, Type 2 Diabetes and High blood pressure. **Conclusion:** Breast milk is composed of many essential substances for optimal growth and development, including carbohydrates, fats, proteins in breast milk are especially important during critical development of brain, gut and immune development (<http://www.who.int/health-topics>). Despite these overwhelming benefits for both mother and baby, the rates of breastfeeding are still not optimal. We should effectively counsel and educate the mothers regarding the properties and the way it nourishes and protects the infants from endangering diseases.

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INTRODUCTION

Breast feeding is one of the most effective ways to ensure child health and survival. However nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months – a rate that has not improved in 2 decades (<http://www.cdc.gov/faq>). Breast milk is considered as the ideal food for infants. It is the safest, cleanest and contains antibodies which help protect against many common childhood illness (<http://www.healthychildren.org>). It also provides the energy, nutrients that the infant needs for the first months of life.. Breastfed children were found to perform better on intelligence tests and are less likely to be overweight, less prone to diabetes in later life. In women who have breast fed were found to have reduced risk of breast and ovarian risk (<http://www.webmd.com/baby>). Breast feeding burns extra calories, so it also helps the mothers to lose pregnancy weight faster. it releases hormone oxytocin, which helps the uterus to pre-return after pregnancy (<https://www.womenhealth.gov/breastfeeding>). Colostrums is the first phase of breast milk. It is thick, yellowish and helps the new borns digestive tract develop and prepare itself to digest breast milk. The second phase is called Transitional milk and the third phase is called mature milk (<http://www.nhs.uk/baby/breastfeeding>). The best position for breast feeding is when the mother and infant are both comfortable and relaxed. Various types of positions are cradle position, football position, and side lying position and cross cradle position (<https://my.clevelandclinic.org/health>).

The golden hours refer to the immediate hours after a mother gives birth. It is important that mothers are given the opportunity to be skin to skin with their babies during these 3 hours to breast feed their baby and form that immediate bond (<https://kidshealth.org/parents/breastfeeding>).

HYPOTHESIS

1. There will be no significant difference in the pre and post test knowledge and practices of antenatal mothers regarding breastfeeding. (H0)
2. There will be significant difference in the pre and post test knowledge and practices of antenatal mothers regarding breastfeeding. (H1)

METHODS

SAMPLE: A total of 50 antenatal mothers selected. Of which 25 were in the experimental group and 25 were in the control group.

TOOL: A structured Questionnaire and a Checklist was used to assess practice that is LATCH scale was used.

DATA COLLECTION: Researcher informed the participants about the objectives of the study at the start of the research and that the research would be kept anonymous. Pre-test was given and a post test was given after the planned teaching

DATA ANALYSIS:- Data analysis was done using Descriptive statistics.

RESULTS

Table 1. Frequency and percentage distribution of demographic variables

N =50		
AGE	FREQUENCY	PERCENTAGE
20-25	0	0
25-30	6	12
30-35	29	58
35-40	15	30
PARITY		
PRIMIGRAVIDA	34	68
MULTIGRAVIDA	16	32

Table no 1 describes the frequency and percentage of demographic variables. A total of 50 samples were selected of which 34 were primi mothers and 16 were multigravida mothers. Among the samples 6 were in the age group of 25-30, 29 samples fell in the category of 30-35 years whereas 15 were in the category of 35-40. There were no mothers in the age group of 20-25.

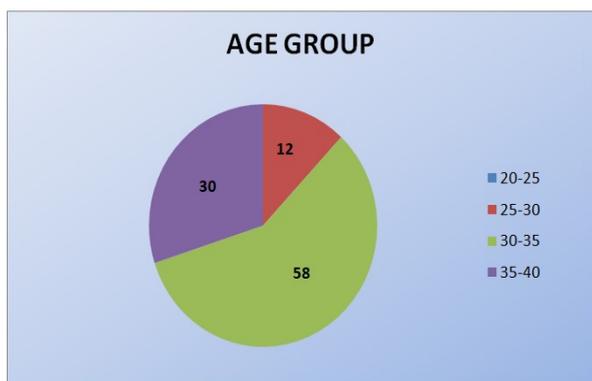


Chart 1. Shows the age distribution of the selected samples

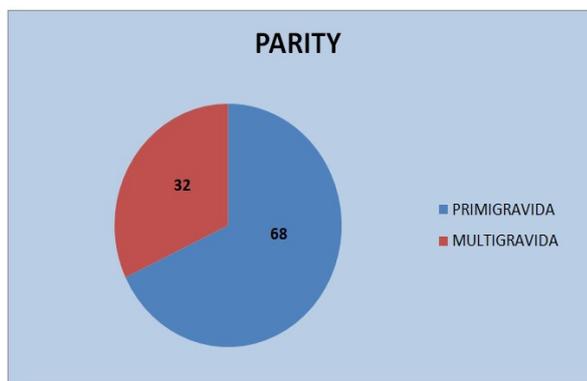


Chart 2. Shows the parity distribution of the selected samples

Table no 2. Frequency and percentage distribution of pre-test knowledge among antenatal mothers regarding breastfeeding

N=50		
PRE-TEST	FREQUENCY	PERCENTAGE (%)
EXCELLENT	0	0
GOOD	16	32
AVERAGE	29	58
POOR	5	10

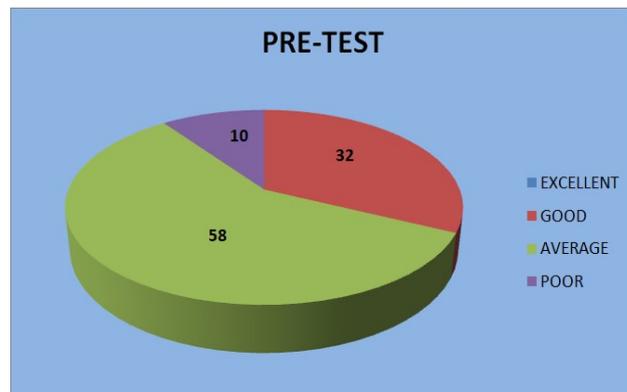


Chart 3. Shows the pre-test percentage distribution of knowledge among antenatal mothers regarding breastfeeding

Table 3. Frequency and percentage distribution of post –test knowledge among antenatal mothers regarding breast feeding

N=50		
POST-TEST	FREQUENCY	PERCENTAGE (%)
EXCELLENT	12	24
GOOD	32	64
AVERAGE	6	12
POOR	0	0

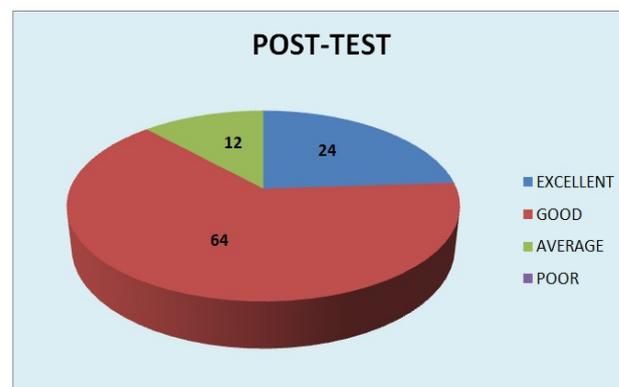
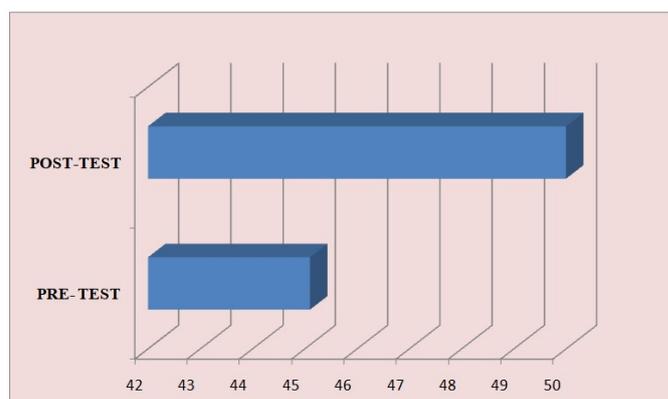


Chart 3. Shows the post-test percentage distribution of knowledge among antenatal mothers regarding breastfeeding

Table 4. Knowledge comparison of pre – test and post – test regarding breastfeeding among antenatal mothers.

KNOWLEDGE COMPARISON	MEAN	S.D	Z score	P VALUE
PRE- TEST	45.1	9.84	7.43	0
POST-TEST	50	11.25	7.43	0



Graph 1. Knowledge comparison of pre – test and post – test regarding breastfeeding among antenatal mothers

Table 6. Frequency and percentage distribution of breastfeeding techniques before teaching among antenatal mothers regarding breastfeeding

N=50

PRE -TEST	FREQUENCY	PERCENTAGE (%)
EXCELLENT	10	20
GOOD	25	50
AVERAGE	15	30
POOR	0	0

Table 7. Frequency and percentage distribution of breastfeeding techniques after teaching among antenatal mothers regarding breastfeeding

N=50

POST -TEST	FREQUENCY	PERCENTAGE (%)
EXCELLENT	27	54
GOOD	21	42
AVERAGE	2	4
POOR	0	0

Table 8. Pre and post practice comparison among antenatal mothers regarding breastfeeding techniques

PRACTICE COMPARISON	MEAN	S.D	Z score	P VALUE
PRE - TEST	35.3	7	14.1	0
POST-TEST	48.4	10.78	14.1	0

DISCUSSION

The American Academy of Pediatrics recommends breastfeeding as the sole source of nutrition for the babies for about 6 months and can be continued as long as both the mother and baby desires. Breast milk provides the ideal nutrition for the infants. (10) Hence it is very important to teach the antenatal mothers about breastfeeding and latching. A total of 50 antenatal mothers selected. Of which 25 were in the experimental group and 25 were in the control group.

A structured Questionnaire and a Checklist was used to assess practice that is LATCH scale was used. The participants were informed about the objectives of the study at the start of the research and that the research would be kept anonymous. Pre-test was given and a post test was given after the planned teaching. Practice was evaluated by using the Latch scale.

A significant increase was seen in the knowledge and practices among the antenatal women. Thus, breastfeeding is an integral part in the milestone of a child which in turns builds the immunity of the child. The awareness of the antenatal mothers regarding breastfeeding and lactation reduces the anxiety and stress also among the new mothers

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