

**EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE
REGARDING BREASTFEEDING TECHNIQUE AMONG WORKING MOTHERS IN
SELECTED INSTITUTIONS OF TAMIL NADU**

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ABSTRACT:

Breastfeeding is a life-saving and one of the most cost-effective interventions to enhance child health with the utmost potential to reach families of all economic backgrounds. It is highly recommended for a reduced risk of gastrointestinal infection pneumonia, and otitis media which are some of the common causes of child morbidity and mortality in developing countries. According to the WHO (World Health organization and UNICEF (United Nations International Children's Emergency Fund) recommendations, optimal breastfeeding of a child for the first six months of life continuing to the age of two and beyond with appropriate and sufficient complementary food.

According to studies association of breastfeeding and child mortality, neonatal infant and under five childmortality are reported to be lower among breastfeed children than non breastfeed children it is indicated that women's empowerment isan important element for a better breastfeeding process. Also short duration of maternity leave lack of flexible work time and lack of lactation break are barriers to breastfeeding which employed. The present study aims to assess the effectiveness of STP on knowledge regarding breastfeeding technique. One group pre test and post test design was adopted with purposive sampling and the structured teaching programme on breastfeeding technique was imparted. After education, the post test knowledge was assessed. The result shows that mean post test knowledge score was higher than mean pre test score.

Key Words:

Knowledge, Breastfeeding technique, working mothers

INTRODUCTION:

Today child is tomorrow's citizen. Healthy child can be a wealthy nation. Successful Exclusive Breastfeeding of a baby for six months delivers many significant health benefits to both mother and child. According to the American academy of pediatrics exclusive breastfeeding gives the infant protection from several childhood infections including diarrhea and ear infections. Among infants who are exclusively formula-feed, there is a 100% increase in risk of ear infections compared to infants that are exclusively breastfed. There is also an 178% increase in the risk of diarrhea among infants who are never breastfed compared to infants who are breastfed where the risk in both developed and developing countries were 305 to 409 times higher in infants who did not receive breast milk to infants who exclusively breastfed for the first 6 months of life.

The health of the child should be preserved for making the nation wealthy. One of the basic needs of the healthy child is nutrition. By nature, the fetus gets its nutritional requirements from his mother in the womb and after delivery it is born with the natural ability to find the warm touches, self attach and feed from the breast. The first year of life is crucial in laying the foundation of good health. Feeding periods are important to the infant because in addition to food they drive significant emotional and psychological benefits. Babies should be started on the breastfeeding as soon as possible after birth. It helps in stimulating the production of breast milk which is baby's first immunization. The first milk or colostrum is most suitable for the baby because it contains high concentration of nutrients and protein that protect the baby from many infections.

Breastfeeding is not only beneficial for the child and the mother, but it is also important for general disease prevention and economic stability, a main concern for any healthcare system. Increased breastfeeding rates can help reduce the prevalence of multiple health conditions and illness which in turn lower healthcare costs overall.

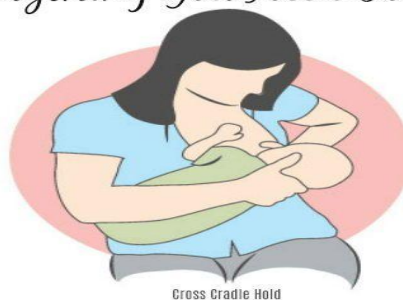
Returning to work after a child is born is one of the reasons that often deter mothers in India from exclusive breastfeeding in favor of using infant formula. According to many international studies, Cook outside the home is associated with several barriers to breastfeeding which include inflexibility in work hours and limited breaks at work, as well as inadequate or total lack of venues where the mother can express breast milk at most workplaces. In addition, short maternal leaves and women's fear of job insecurity are important factors that lead to early cessation of breast feeding.

In Tamil Nadu, less is known about whether working outside the home actually affects a mother's decision on whether to breastfeed, even though the educational messaging about benefits of breastfeeding reaches most mothers.

This proposed research could deliver important information about breastfeeding technique among mother who works outside their homes.

BREASTFEEDING Techniques

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OBJECTIVES:

1. To assess the level of pre test knowledge regarding breastfeeding techniques among working mothers.
2. To impart structured teaching programme on knowledge regarding breast feeding.
3. To assess the level of post test knowledge score regarding breastfeeding technique among working mothers.

METHODOLOGY:

One group pretest post test design was adapted, 30 samples were selected through purposive sampling technique. The planned structures programme was administered on breastfeeding technique. The tool was developed by the researcher with the guidance of experts. The questionnaire contained two sections.

I. Demographic variables

Refers to the age, religion, education, occupation, income, family type.

II. STP on breastfeeding technique

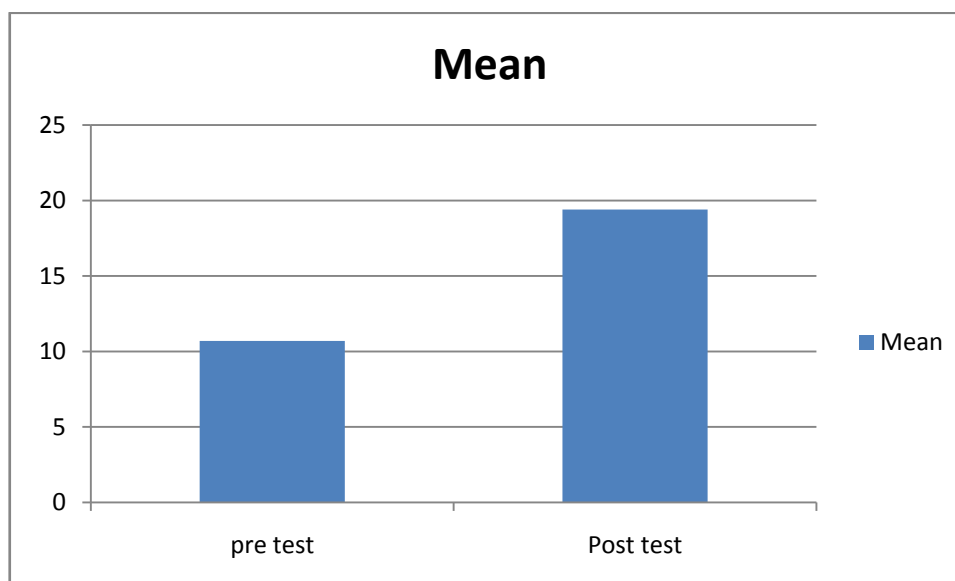
The pilot study was conducted before the main study and it elicited the study was feasible. The tool was found to be highly reliable and valid. During the data collection, the researcher introduced and they were informed about the purpose of the study and interviewed them with the structured questionnaire.

RESULTS:

Table No.1 Comparison of knowledge score of working mothers regarding the breastfeeding technique

	Mean	MD	SD	% Value
pre test	10.7	8.7	4.78	12.17
Post test	19.4		5.96	

Figure: No: 1: Comparison of knowledge score of working mothers regarding breastfeeding technique



DISCUSSION:

The pretest study revealed that mean post test knowledge score was higher than the mean pretest score of respondent in knowledge on breastfeeding technique. The mean pre test score of knowledge score was 10.7 and mean post test knowledge score as increased to 19.4, also shows there is a significant difference in knowledge after administering structured teaching programme.

CONCLUSION:

Creative solutions must be found to improve breastfeeding protection at work, so mothers will be able to breastfeed longer, which will improve health and development for both child and his or her mother. Maintaining breastfeeding after return to work is challenging for working mothers and majority of them need support to continue breastfeeding practice. Support from their spouses and families influences working mother's decisions to breastfeed.

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