

A COMMUNITY BASED STUDY ON BREAST FEEDING AND WEANING AMONG ANTENATAL MOTHERS

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ABSTRACT

Background: Breastfeeding is the best way of providing ideal food for healthy growth and development of infants, and its advantages range from physiological to psychological for both mother and infants. It is well-known that breastfeeding influences child's health positively and improves nutritional status. Weaning is the term usually used to describe the process of cessation of breastfeeding after a period of successful breastfeeding. This usually involves addition of food to infant's diet and/or replacement of breast milk in infant's diet with another type of milk, maternal physiology, infant nutritional needs, and infant development.

Material & Methods: Quantitative research approach with pre- experimental one group pre-test-post-test design is used. Non probability purposive sampling Technique is used to collect the 60 samples of antenatal mothers at pipariya village of Waghodiya taluka. The investigator used planned health education programme to assess the knowledge of antenatal mothers at pipariya village of Waghodiya taluka. Data was analyzed by using standard deviation, chi- test, and paired'test. Statistical data was performed using

Results: The result reveals that in the group of antenatal mothers pretest knowledge mean score was 8.28 & posttest mean score was 21.18 & t-test value was 29.10 at the significance level 0.05.

Conclusion: The health teaching programme was effective among antenatal mothers in improving knowledge (t = 29.10) significant at 0.05 level regarding breast feeding and weaning.

Key Words: *Community, Breastfeeding, Weaning, Antenatal Mother*

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 deaths annually worldwide due to its illeffects.¹

Breast milk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses.²Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child’s nutritional needs during the second half of the first year, and up to one third during the second year of life.³

Feeding practices of infants and children have been the prime concern in all countries. Myths and fallacies have existed ever since societies began. Misconceptions about current breastfeeding, weaning and other health-related matters are commonly heard in the cultures of developing countries.⁴Weaning 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.³

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.⁵

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.⁶

MATERIAL & METHODS

The methodology of research implies general pattern of organizing the procedure to gather valid and reliable data for the problem & investigation.⁷ The Pre-experimental – one group pretest and post-test design is used And evaluative approach is adopted to determine effectiveness of planned health education on breastfeeding & weaning in the study. The participants include 60 women who fulfill the inclusive criteria. The study will be conducted in pipariya village of Waghodia among antenatal mothers. The sample will be selected using non probability convenience sampling technique. The investigator used self structured questionnaire to assess the effectiveness of planned teaching programme. In this tool consist of two parts, one consist of

demographic variable & in second part there are 30 questions. After obtaining formal administrative approval from the concerning authorities -and informed consent from the samples the investigator personally collects the demographic data.

The data analysis was done with the use of differential and inferential statistics. Chi square test was used to find out the association of selected demographic variables with knowledge level regarding breast feeding & weaning among antenatal mothers.

FINDINGS:

Distribution of knowledge score self-structured questionnaire:

	N	Minimum	Maximum	Mean	Percentage %	SD	SD %
Total	60	4	18	8.28	27.61%	2.60	8.67%
Valid N (list wise)	60						

Above figure shows level of knowledge score percentage of samples during pre test and post test.

Frequency and percentages distribution of samples, according to their demographic characteristic.

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.	PREVIOUS KNOWLEDGE	Yes	29	48.33%
		No	31	51.67%
		TOTAL	60	100%

Evaluate the effectiveness of health teaching

	Mean	Mean difference	percentage	SD	Std. Mean	Coefficient of correlation	T	Significance level
Pre-	8.28	12.9	27.61%	2.60	0.336	0.064	29.105	S

test score								
Post-test score	21.18		70.6%	2.41	0.311			

Association between pre- test score with socio-demographic variable.

From the entire socio-demographic variable six variables that is age ($\chi^2=1.488$) type of family($\chi^2=4.771$) education ($\chi^2=24.93$) income ($\chi^2=37.09$) no. of child ($\chi^2=2.02$) previous knowledge ($\chi^2=6.23$) were associated with pre test knowledge score and other were not significant with pre test knowledge.

DISCUSSION

The present study was conducted 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 the objective of the study.

Agrina et al (2019), was conducted a quasi-experimental using posttest only control design to evaluate the effect of health education by simulation for improving breastfeeding mother’s skill in rural area in Riau. Purposive sampling technique was used to recruit 26 mothers who have breastfeeding experience in which 13 respondent’s intervention group & 13 respondents as control group. To assess the mother skill after two weeks of education intervention group was observed through checklist. The result reveals that 53.8% of respondents were 20-35 years 80.8% mothers education level were low education in juniors and senior high school level and 96.2% of them did not have any formal job outside at the home. There was a significant of mean difference in the breastfeeding mothers skill between intervention and control group,7.0 and 4.5 respectively ($p<0.01$). The study concluded that health education technique was important thing to increase the breastfeeding mother’s skill ⁹.

Hence, the investigator found the community teaching provides an excellent opportunities for a nurse to intensively educate the mothers regarding breast feeding and weaning and to help them to adopt plans in the phase of changing circumstances. So, the study was under taken to evaluate the effectiveness of health teaching programme on breast feeding and weaning among antenatal mothers in pipariya village of Waghodiya taluka, in Vadodara district.

CONCLUSION

This study was undertaken to assess the effectiveness of health teaching programme regarding family planning method, the study involves one group pre- test post-test pre experimental design with non probability purposive sampling technique, 60 samples who were in age >18 years was selected on the basis of inclusion and exclusion criteria. A conceptual framework used for this study is modified “Ludwing Von Bertalanffy general system model”.¹¹ Literature review was kept to strengthen the need for research has been taken.¹² Analysis of obtained data was planned based on the objectives and hypothesis of the study, both descriptive and inferential statistics were used for the analysis of the data. The data is interpreted in the forms of tables and graphs.

Ethical approval

Informed consent was obtained from participants and assured for anonymity. Since the study involved human subjects, a formal ethical approval was received from institutional ethical committee.

Conflict of Interest

The author declares that they have no conflicts of interest.

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