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STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING BREAST FEEDING TECHNIQUES AMONG PRIMI GRAVIDA MOTHERS IN ANTENATAL WARD AT GOVT. HOSPITAL, CHITTOOR (DT) INDIA

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Abstract

Objectives: 1. To assess the level of pre -test knowledge regarding Breastfeeding Techniques among primi gravid mothers. 2. To assess the level of post- test knowledge regarding Breastfeeding Techniques among primi gravid mothers. 3. To evaluate the effectiveness of structured teaching program on breastfeeding techniques among primi gravida mothers. 4. To find the association between pretest and posttest knowledge scores regarding breastfeeding techniques with their selected demographic variables. **Methodology:** Quasi-experimental research design was used. Independent variables are age in years, religion, occupation, income of family, source of information. Dependent variable: knowledge regarding breastfeeding techniques. **Setting:** Government Hospital, Chittoor. **Sample:** A total of 100 primi gravida mothers who falls inclusion criteria by using Sampling Technique: Simple randomised sampling technique was used. **Results:** The study findings revealed that pre-test result shows that 5% of primi gravida mothers have adequate knowledge, 18% of primi gravida mothers have moderate knowledge and 77% of primi gravida mothers have inadequate knowledge. Post-test it shows that 67% of primi gravida mothers have adequate knowledge, 30%

of primi gravida mothers have moderate knowledge and 3% of primi gravida mothers have inadequate knowledge. Were significant P value is < 0.01 level. Correlation of Pre-test and posttest knowledge of “N” value (100), results show that “P” value were significant at < 0.01. **Conclusion:** The knowledge programme regarding breastfeeding techniques should be carried out to cover all primi gravida mothers at antenatal ward by utilization of mass media to educate and provide skill to perform breastfeeding techniques.

Keywords: Pre-test knowledge, Post-test knowledge, Breastfeeding techniques, Primi gravida mothers, Structured teaching program.

INTRODUCTION

“Breastfeeding is the most effective way to provide baby with a caring environment and complete nutrition. Breastfeeding techniques are essential for both mother and the baby to ensure a successful and comfortable nursing experience. Correct latching and positioning help ensure the baby gets enough milk, supporting healthy growth and development.” Breastfeeding is the best natural milk is the best milk. The breast milk is secreted during



first three days after delivery it is called as colostrums, it contains more antibodies and cells with higher number of proteins and fat soluble vit (A, D, E, K) it is sufficient and protective for the body and should not be discarded. Exclusive breastfeeding means infant receives only breast

“Globally, a study conducted in Ethiopia in 2024 found that only 25.9% of lactating women practiced effective breastfeeding techniques, indicating a significant gap in knowledge and application. Similarly, a meta-analysis of studies from Ethiopia reported a pooled prevalence of 41.99% for effective breastfeeding techniques among lactating mothers. These findings suggest that a substantial number of mothers may lack comprehensive knowledge of optimal breastfeeding practices. Factors influencing the adoption of effective breastfeeding techniques include maternal education, antenatal care attendance, breastfeeding counselling, breastfeeding experience, and immediate skin-to-skin contact after birth. For instance, mothers who received breastfeeding counselling were **2.02 times** more likely to practice effective breastfeeding compared to those who did not.

Problem Statement: -

Objectives

- 1 To assess the level of pre -test knowledge regarding Breastfeeding Techniques among primi gravid mothers.
- 2 To assess the level of post- test knowledge regarding Breastfeeding Techniques among primi gravid mothers.
- 3 To evaluate the effectiveness of structured teaching program on breastfeeding techniques among primi gravida mothers.
- 4 To find the association between pre-test and post-test knowledge scores regarding breastfeeding techniques with their selected demographic variables.

Hypothesis

H1: The structured teaching program will significantly improve the knowledge of primi gravida mothers regarding breastfeeding techniques in the antenatal ward at a government hospital.

H2: There is a significant association between the level of knowledge regarding breastfeeding techniques among primi gravida mothers in the antenatal ward at a government hospital.

Assumption:

Primi-gravida mothers may have some knowledge regarding exclusive breast feeding techniques.

Limitations: -

- The study is limited to the primi-gravida mothers who are delivered in government hospital,Chittoor.
- The study is limited to the primi gravida mother who knows English and telugu.
- The study was limited to a period of 4 week.
- Sample size limited to 100.
- The study is limited to government hospital Chittoor.

Project Outcomes: -

The study finding will help to improve the knowledge regarding breastfeeding techniques among primi gravida mothers.

- It helps to gain knowledge regarding breastfeeding techniques.
- It helps primi gravida mothers to perform breastfeeding techniques.

Research Methodology and Approach

The present study has been aimed to assess the effectiveness of structured teaching programme on knowledge regarding Breastfeeding Techniques among primi gravid mothers.

At antenatal ward in govt hospital, Chittoor. An appropriate design has been selected to conduct the study.

Research methodology indicates general pattern of organizing. The procedure for gathering valid and reliable data for problem under investigation. It includes research approach, research design, variable, setting, population, sample, sample size, sampling technique, inclusion and exclusion criteria development and description tool, content validity, reliability, pilot study, procedures for data collection and the plan for analysis.

Research approach

Quantitative descriptive approach was adapted to achieve the objective of the study, which is to be most appropriate in the field of education for the practicability in real life situation. It has advantage of practicability, feasibility and to certain extent for generalization.

Research design

Research Design selected for the present study was planned teaching program and one group pre-test and post-test design.

Pre-test(o ₁)	Intervention(x)	Post-test(o ₂)
Knowledge questionnaires	structured teaching program	Knowledge questionnaires

Variables

- Independent variable – breastfeeding techniques.
- Dependent variable - Knowledge level of primi gravida mother.



- Extraneous variable which could influence the study include age, religion, place of living, education family Education study and occupation.

Setting

This study was conducted at antenatal ward in govt hospital, Chittoor, Andhra Pradesh. This setting was chosen on the basis of investigator feasibility in terms of availability of required sample and cooperation extended by the primi gravida mothers and to improve knowledge regarding breastfeeding techniques among primi gravida mothers.

Population

A population is a complete set of persons or object that person has same common characteristics. The population selected for the present study was primi gravida mothers in antenatal ward in government hospital chittoor.

Sample

Sample is the subject of population to participate in a research study the sample for the present study consist of among primi gravida mothers in antenatal ward in government hospital at chittoor .

Sample size

100 primi gravida mothers in antenatal ward in government hospital at chittoor.

Sampling technique:

Sampling refers to the process of selecting a portion of the population to represent the entire population, for the present study "Non-probability convenient sampling technique" was used.

Criteria for sample selection

Inclusion criteria: -

1. Primi gravida mothers in antenatal ward in government hospital at chittoor.
2. Who are willing to participate in the study.
3. Who are able to speak, write and understand the Telugu and English
4. Who are available at the time of data collection

Exclusion criteria: -

1. Among primi gravida mothers in antenatal ward in government hospital at chittoor who are not willing to participate in the study.
2. Who are not available at the time of data collection.
3. Unable to speak and understand the Telugu and English.

Development and description of tool

The tool was developed with the help of related literatures from textbooks, journals, websites, discussions and guidance from experts in the field of first aid measure.

The tool consists of two sections.

Section I - Consists of demographic variable

Section II - Consists of knowledge questionnaires

Scoring key: -

Section I - By coding demographic variable

Section II - It consists of 30 questionnaires to assess the level of knowledge

Validity and Reliability of the tool

The questionnaire was validated by expert in the field of obstetrics and gynaecology in Nursing. The reliability of the tool was established by odd and even method. The correlation and coefficient was obtained by using Karl parsons method. The scores obtained indicating that the questionnaire was reliable.

Pilot study

Pilot study was scheduled and conducted on ten subject, at primary health centre , penumuru , chittoor.

Procedure for data collection

The investigator obtained prior permission from the medical officer and medical super indent of penumuru PHC and government hospital Chittoor to conduct the study. It was decided to take 100 samples. The sampling technique used was non-probability convenient sampling techniques. The investigator selected the samples, made them sit comfortably, introduce herself to participants. The participants who met the inclusion criteria were assessed for level of knowledge by using 30 questionnaires before giving planned teaching program. Then after structured teaching program post-test knowledge level was assessed by using same 30 questionnaires. The investigator thanks the participants for their willingness and cooperation.

Plan for data analysis

It was planned to analyze the data by using descriptive and inferential statistics.

Descriptive statistics

- Frequency and percentage distribution of demographic variables, to know level of knowledge regarding breastfeeding techniques measures among school children.
- Mean and standard deviation of selected demographic variables.



Inferential statistics

The chi-square was used to analyze the association between the selected demographic variable with knowledge score regarding breast feeding techniques.

Ethical considerations:

The study was conducted by the approval of scientific research ethics committee, faculty of nursing, Sri Venkateswara college of Nursing. Participants were given explanation about the purpose of the study and they were also informed that they could withdraw from the study at any time before the completion of the study. Participants who agreed to complete the study were asked to sign a consent form. Confidentiality of participants was assured

and the data were accessed only by the investigator involved in the study.

Data analysis and interpretation:

The findings of the study revealed that the knowledge among primi gravid mothers regarding breastfeeding techniques was about Pretest 77% of mothers have inadequate level of knowledge, 18% mothers have moderate level of knowledge and 5% mothers have adequate level of knowledge on breastfeeding. About Post test 3% of mothers have inadequate level of knowledge, 30% of mothers have moderate level of knowledge and 67% of mothers have adequate level of knowledge on breastfeeding techniques.

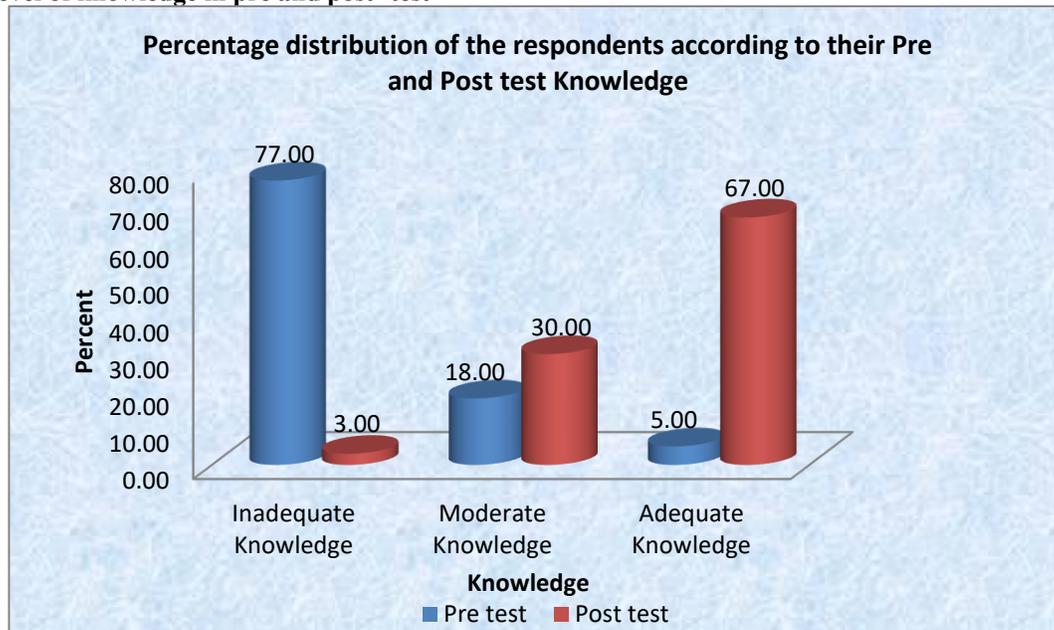
Table 1: Frequency and percentage distribution on level of knowledge of primi gravida mothers regarding breastfeeding techniques in pre-test and post-test

Level of knowledge	Frequency (pretest)	Percentage (%) (Pretest)	Frequency (Post test)	Percentage (%) (Post test)
Adequate knowledge 70-100%	5	5%	67	67%
Moderate knowledge 50-69%	18	18%	30	30%
Inadequate knowledge Less than 49%	77	77%	3	3%

Table 1: shows that 5(5%) of primi gravida mothers have adequate knowledge, 18(18%) of primi gravida mothers have moderate knowledge and 77(77%) of primi gravida mothers have inadequate and in post-test that

67(67%) of primi gravida mothers have adequate knowledge, 30(30%) of primi gravida mothers have moderate knowledge, 3(3%) of primi gravida mothers have inadequate knowledge.

Figure 1: Level of knowledge in pre and post- test



DISCUSSION

The first objective was to assess the level of pretest knowledge regarding breastfeeding techniques among prime gravid mothers.

The data was collected from mothers by administering the structured questionnaire pretest and posttest. About pretest 77% of mothers have inadequate level of knowledge, 18% mothers have moderate level of knowledge and 5% mothers have adequate level of knowledge on breastfeeding. About posttest 3% of mothers have inadequate level of knowledge, 30% of mothers have moderate level of knowledge and 67% of mothers have adequate level of knowledge on breastfeeding techniques.

The second objective evaluate the effectiveness of structured teaching programme on breastfeeding techniques among primi gravid mothers.

- a) Structured teaching programme was prepared by reviewing books, journals and internet.
- b) Structured teaching programme was prepared and given about introduction of breastfeeding, definition,

The third objective is determine the association between pretest and posttest knowledge scores with their selected demographical variables such as (age, residence, source of information about breastfeeding techniques). There is non-significant association between post-test knowledge with selected demographical variable such as (gender, religion, type of family, father education, mother education).

CONCLUSION

The findings of the study revealed that the knowledge among primi gravid mothers regarding breastfeeding techniques was about pretest 77% of mothers

have inadequate level of knowledge, 18% mothers have moderate level of knowledge and 5% mothers have adequate level of knowledge on breastfeeding. About post test 3% of mothers have inadequate level of knowledge, 30% of mothers have moderate level of knowledge and 67% of mothers have adequate level of knowledge on breastfeeding techniques.

Nursing implications

The findings of the study have implication in field of nursing education, administration, practice and nursing research.

Nursing Education

The nurse educator has to prepare the nursing students to obtain skill in performing and knowledge regarding first aid measures on all minor condition. And also to educate nursing student for educating school children about first aid measures.

Nursing Research

The finding of the study helps to expand the scientific body of knowledge, upon which further research can be conducted. Based on this study in-depth research studies can be done on breastfeeding techniques.

Recommendations:

- A comparative study can be conducted to assess knowledge and practice of breastfeeding techniques among primi gravida mothers.
- A same study can be replaced with large sample size.
A study can be conducted in different hospital setting.

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