



“EFFECTIVENESS OF MIDWIFE EDUCATION ON KNOWLEDGE, SELF EFFICACY AND PRACTICES OF BREAST FEEDING AMONG PRIMI MOTHERS IN SELECTED HOSPITAL AT KUPPAM CHITTOOR DISTRICT ANDHRA PRADESH.”

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ABSTRACT

Breast feeding is the most important thing for every mother. It is the unique experience to be cherished. Sometimes certain simple problems faced by the mothers results in stoppage of the breast feeding or started giving artificial milk or commercial infant formula feeds to the baby. Problems may be like the flat nipples, inverted nipples, breast engorgement, swelling, sore nipples or not enough milk. These problems are preventable if due care is taken from the pregnancy period to prepare for the breast feeding.

INTRODUCTION

1. To assess the pre- test and post- test level of knowledge, self efficacy and practice scores on breast feeding among primi mothers. 2. To compare the pre-test and post- test knowledge scores on breast feeding among primi mothers. 3. To compare the pre-test and post- test post self efficacy scores on breast feeding among primi mothers. 4. To compare the pre-test and post- test post practice scores on breast feeding among primi mothers. 5. To find out the association between pre - test knowledge scores on breast feeding among primi mothers with their selected socio- demographic, maternal and neonatal variables. 6. To find out the association between pre - test self efficacy scores on breast feeding among primi mothers with their selected socio demographic, maternal and neonatal variables. 7. To find out the association between pre - test practice scores on breast feeding among primi mothers with their selected socio -demographic, maternal and neonatal variables.

HYPOTHESES: **RH1:** There will be significant difference between the pre-test and post - test knowledge scores, on breast feeding among primi mothers. **RH2 :** There will be significant difference between the pre-test and post - test self-efficacy scores on breast feeding among primi mothers. **RH3:** There will be significant difference between the pre-test and post - test practice scores on breast feeding among primi mothers. **RH4: There** will be significant association between pre-test knowledge scores on breast feeding among primi mothers with their socio demographic, maternal and neonatal variables. **RH5:** There will be significant association between pre-test self efficacy scores on breast feeding among primi mothers with their socio demographic, maternal and neonatal variables. **RH6:** There will be significant association between pre-test practice scores on breast feeding among primi mothers with their socio demographic, maternal and neonatal variables.

MATERIAL AND METHODS

Research approach: Quantitative approach, Research design: Pre experimental one group pre and post- test design. Study setting: PES Hospital, Sampling technique: purposive sampling sample size: 50 primi mothers. Independent variables: midwife education dependent variables: Knowledge, self efficacy and practice on breast feeding. Tools: It consists of 6 part they are 1. Demographic variables, 2. Maternal variables, 3. Neonatal variables 4. knowledge Questionnaire related to breastfeeding, 5. Breastfeeding self efficacy short form (BSES-SF) five point likert scale and 6. Structured practice questionnaire of breastfeeding Method of data collection: The data collection done by interview method.

RESULTS AND DISCUSSION

The study finding reveals that the frequency and percentage distribution of pre-test and post- test knowledge, self efficacy and practice scores on breastfeeding among primi mothers. showed that pre -test knowledge score of the primi mothers about 20(40%) of them had inadequate knowledge, 30(60%) of them had moderate knowledge and none of them have adequate knowledge. In post- test knowledge score of the primi mothers 16(32%) of them had moderate knowledge 34(68%) of them had adequate knowledge and none of them had inadequate knowledge. showed that pre- test and post –test self-efficacy scores of the primi mothers , in pre-test about 13(26%) of them were had low self efficacy, 37(74%) of them were had moderate self –efficacy and none of them were had high self efficacy. In post –test self- efficacy scores of the primi mother 13(26%) of them had moderate self efficacy 37(74%) of them had moderate self efficacy and 0(0%) none of them had low self efficacy . showed that pre- test and post –test practice score on breast feeding among primi mothers , in pre-test about 25(50%) of them were had inadequate practice , 25(50%) of them were had moderate practice and none of them were have adequate practice. In post- test practice score of the primi mothers about 12(24%) of them were had moderate practice and 38(76%) of them were had adequate and none of them have inadequate practice scores of breastfeeding among primi mothers.

Comparison of pre-test and post- test mean, SD “t” and p-values of knowledge, self efficacy and practice scores of breast feeding among primi mothers:

It revealed the comparisons of calculated paired “t” test values of mean SD and p-values of pre -test and post- test on knowledge scores of breast feeding reveals that the post –test mean score were 36.52 with a SD of 4.47 and pre-test mean 19.94 with a SD of 3.58 the “t” value was 39.476 and p value were significant at the level of 0.000.. Hence the stated hypothesis “RH1: There will be significant difference between the pre and post - test knowledge scores, on breast feeding among primi mothers.” was accepted and revealed that the midwife education enhance the knowledge of breastfeeding among primi mothers

Revealed that calculated paired “t” test values of mean SD and p-values of pre -test and post- test self efficacy scores of breast feeding reveals that the post –test mean score were 116.30 with SD of 21.39 and pre-test mean 82.20 with a SD of 15.95 with the “t” value of 21.223 and p- value were significant at the level of 0.000. Hence the stated hypothesis RH2: There will be significant difference between the pre and post - test self-efficacy scores on breast feeding among primi mothers.” Was accepted and revealed that midwife education enhance the self efficacy of breastfeeding among primi mothers

Revealed that calculated paired “t” test values of mean SD and p-values of pre -test and post- test practice scores of breast feeding reveals that the post –test mean score were 14.82 with SD of 1.99 and pre-test mean 9.26 with SD 1.87 and the “t” value is 30.332 the p- value were significant at the level of 0.000 Hence the stated hypothesis “RH3: There will be significant difference between the pre and post - test practice scores on breast feeding among primi mothers.” was accepted and revealed that midwife education enhance the practice of breastfeeding among primi mothers.

CONCLUSION

The overall percentage and mean score of knowledge, self efficacy and practice of breast feeding among primi mothers in post test was higher than the pre-test. So it can be concluded that midwife education is effective in enhance the knowledge, self-efficacy and practice of breastfeeding among primi mothers.

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