

# **A Study To Assess The Effect Of Planned Teaching Regarding Latching Technique In Breast Feeding Among Antenatal Mothers In Selected Hospitals Of Pune City.**

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## **I. Introduction**

### **Background of The Study**

“Mother’s milk time tested for millions of years is the best Nutrient for babies because it is “Natures perfect food”.<sup>1</sup>

Woman is first and foremost a potent person when she bears a child. Many societies define her through her fertility and her body is adapted for this by its shape and functions. All changes in the mother’s body during pregnancy are due to the effect of some specific Hormones. These changes enable her to nurture the fetus, prepare her body for labor, develop breast and lay down stores of Fat to provide Calories for production of breast milk during the Puerperium.<sup>2</sup>

Positioning of the baby's body is important for good attachment and successful breastfeeding. Most difficulties can be avoided altogether if good attachment and positioning are achieved at the first and early feeds. An effective sucking technique is considered important to establish breastfeeding, to ensure milk transfer, and to prevent breastfeeding problems. Breastfeeding confers short-term and long-term benefits on both child and mother, including helping to protect children against a variety of acute and chronic disorders.<sup>3</sup>

There are enormous benefits of breastfeeding to both mothers and infants, yet the levels of breastfeeding practices particularly in the developing countries continue to be suboptimal. Therefore, understanding the breastfeeding practices and the factors that predict them is important in designing and carrying out successful interventions. This study aimed at determining the breastfeeding practices in order to help women breastfeed successfully. There is a need to understand both the physiology of lactation and the social and cultural context within which breastfeeding occurs. The journal addresses all of these aspects, including identifying women who are at increased risk of not breastfeeding; the impediments to breastfeeding and the health effects of not breastfeeding for infants and their mothers; interventions to increase breastfeeding initiation and duration; and the management of breastfeeding problems. Optimal breastfeeding practice decreases child death. It offers many benefits. It helps babies get the proper nutrition and can help mothers recover from pregnancy and delivery. Importantly breastfeeding can promote a bond between mother and baby. It is estimated that approximately 62% of mothers breastfeed their children. The baby's positioning and attachment to the breast during breastfeeding are fundamental toward the occurrence of different sorts of nipple trauma.<sup>4</sup>

A study conducted in Brazil showed that a greater proportion of primigests (first time pregnant) displayed nipple lesion (57.4%) followed by 54.9% of primipara (with one live birth) and 45.1% of multipara. Many studies indicate a statistically significant association between position and holding variables for causing nipple lesions, where newborns whose necks were bent, whose chins were held away from the breast and where lips were turned inward.<sup>5</sup>

### **Need For the Study**

The first year of life of a newborn is crucial in laying the foundation of good health. At this time, certain specific biological and psychological needs must be met to ensure the survival and healthy development of child in future adult.<sup>11</sup>

A child is an individual who always needs special care to survive and thrive. They are the major consumers of health care. In India, about 35% of population is children. They are not only large in number but also vulnerable to many problems and considered as special risk group. Language development during early childhood is the increasing level of comprehension knowledge and practices.<sup>12</sup>

A randomized controlled trial conducted in a tertiary hospital in Singapore has revealed that antenatal breastfeeding education and postnatal lactation support, as single intervention based in hospital both significantly improved rates of exclusive breastfeeding up to six months after delivery. According to the study conducted in Maharashtra, India, nearly half the pregnant women did not receive information regarding breastfeeding. This deficiency is likely to affect promotion and support of breastfeeding.<sup>13</sup> The study assessed the feasibility, effectiveness and safety of an educational intervention to promote exclusive breastfeeding up to six months. Study was conducted in Haryana, it suggests that breastfeeding reduces risk of diarrhea and not lead to growth faltering.<sup>14</sup>

The study was conducted to assess the effect of initiation of breast feeding immediately after the delivery on maternal infant bonding. The total samples were 218 mothers and infant babies in obstetrics unit, Nehru hospital PGIMER, Chandigarh. The samples were divided into control and experimental group. After the analysis, the results revealed that initiation of breast feeding within an hour of delivery improves maternal infant bonding.<sup>15</sup>

The study was conducted to assess the effectiveness of correct position, attachment and effective suckling among mother and infant. This study design was observational, descriptive and cross sectional study and total number of samples were 192 mothers and infant in neonate unit. The Researcher observed the mother and baby's position, attachment for effective suckling by using WHO BREAST feed observation form and the grading of positioning, attachment was done to the score of various characteristics. The data analysis revealed that poorer positioning was found among 24% primipara mothers than multipara others (86%). It was found that young mothers need more support and guidance for correct breastfeeding technique and position. Hence it is concluded correct breast feeding technique improves suckling among neonates.<sup>16</sup>

The above studies show that there is an intense need for knowledge regarding correct latching technique in breastfeeding among antenatal mothers. If it is practiced properly, many complications like poor attachment of nipple, sore nipple can be prevented. Hence the Researcher felt the need to do this study.

### **Statement of The Problem**

A study to assess the effect of planned teaching regarding latching technique in breast feeding among antenatal mothers in selected hospitals of Pune city.

### **Objectives of The Study**

1. To assess the knowledge regarding latching technique in breast feeding.
2. To evaluate the effect of planned teaching on latching technique in breast feeding.
3. To find association between knowledge regarding latching technique in breast feeding and demographic variables.

### **Operational Definitions**

Assess- Assess means to evaluate the value or quality.<sup>20</sup>

In this study, the Researcher determines the knowledge regarding latching technique in breast feeding among antenatal mothers.

Effect- Effect means checking for desired or intended results or outcome.<sup>20</sup>

In this study, the Researcher sees the effect of planned teaching regarding latching technique in breast feeding among antenatal mothers.

Planned teaching- Planned teaching means a process by which individual and group of people learn to behave in a manner conducive to the promotion, maintenance or restoration of health.<sup>21</sup>

In this study, planned teaching is given to antenatal mothers regarding latching techniques in breastfeeding.

Latching technique- Latch describes the way baby takes the breast into his/her mouth.<sup>22</sup>

In this study, proper latching techniques are taught to the antenatal mothers.

Breastfeeding- It is the Natural act of feeding a baby from mother's breast.<sup>22</sup>

In this study, breastfeeding technique is taught to antenatal mothers.

Antenatal mothers- It refers to woman who is pregnant, relating from the period of conception and ends at the birth of a child.<sup>23</sup>

In this study, the women who are pregnant of all trimesters will be given planned teaching regarding latching techniques.

### **Variable**

#### **Independent variable**

Independent variable is Planned Health Teaching regarding latching technique in breast feeding among antenatal mothers.

### **Dependent variable**

Dependent variable is knowledge score.

### **Hypothesis**

Hypothesis as a statement of researcher's expectations about relationship between the variables under investigation.<sup>24</sup>

On the basis of objectives the following

Hypothesis has been formulated.

H<sub>0</sub>. There is no significant difference between the pre and post test knowledge scores of antenatal mothers regarding latching technique in breastfeeding and the intervention at 0.05 level of signification.

H<sub>1</sub>- There is significant difference between the pre test and post test knowledge scores of antenatal mothers regarding latching technique in breastfeeding and the intervention is 0.05 level of signification

### **Assumptions**

An assumption is a realistic expectation which is something that we believe to be true.<sup>24</sup>

Antenatal mothers may have some knowledge regarding latching technique in breast feeding.

## **II. Conceptual Framework**

Conceptual framework is a written or visual presentation that explains the main things to be studied in either graphically or narrative form- the key factors, concepts or variables and the presumed relationship among them.

It presents logically constructed concepts to provide general explanation of the relationship among the concepts of the research study, without using a single existing theory. Conceptual framework is usually constructed by using Researcher's own experiences, previous research findings, or concepts of several theories or models. A framework is a brief explanation of theory or those portions of a theory that are to be tested in a quantitative study.<sup>24,25,26</sup>

The conceptual framework creates the thinking process so that people may lead and know the frame of reference and solve the research problems.

The conceptual framework for the present study is based on General System Model designed by Ludwig Von Bertalanffy for the development of learning material program.

The present study aims to develop the effectiveness of Planned Health Teaching regarding latching technique in breastfeeding among antenatal mothers.

The conceptual framework is divided into Input, Throughput and Output.

### **Input**

It is been defined as any form of information and material that enters into system through a boundary.<sup>24</sup>

In this study, target group is antenatal mothers of Dr.D.Y Patil hospital Pimpri, Pune and the input will be assessing the knowledge regarding latching techniques by Structured Questionnaire before providing health teaching to the group.

#### **Section One**

- Demographic variable (6 items).

#### **Section Two**

- Structured Questionnaire to assess the knowledge regarding latching techniques in breastfeeding.

### **Throughput**

It is a process that occurs at the same point between the input and output process and enables the input to be transferred in such a way that it can be used readily by system.<sup>24</sup>

In this study, the operational procedures included are,

- Validation of Experts
- Preparation of final tool
- Pre test given
- Health teaching given
- Post test given

### **Output**

Output refers to the performance of target group trained in the health teaching. Evaluation of their performance after the health teaching is aimed at determining evidence of desired behavior changes in relation to the health teaching.<sup>24</sup>

In this study, output refers to effect of health teaching regarding latching technique in breastfeeding.

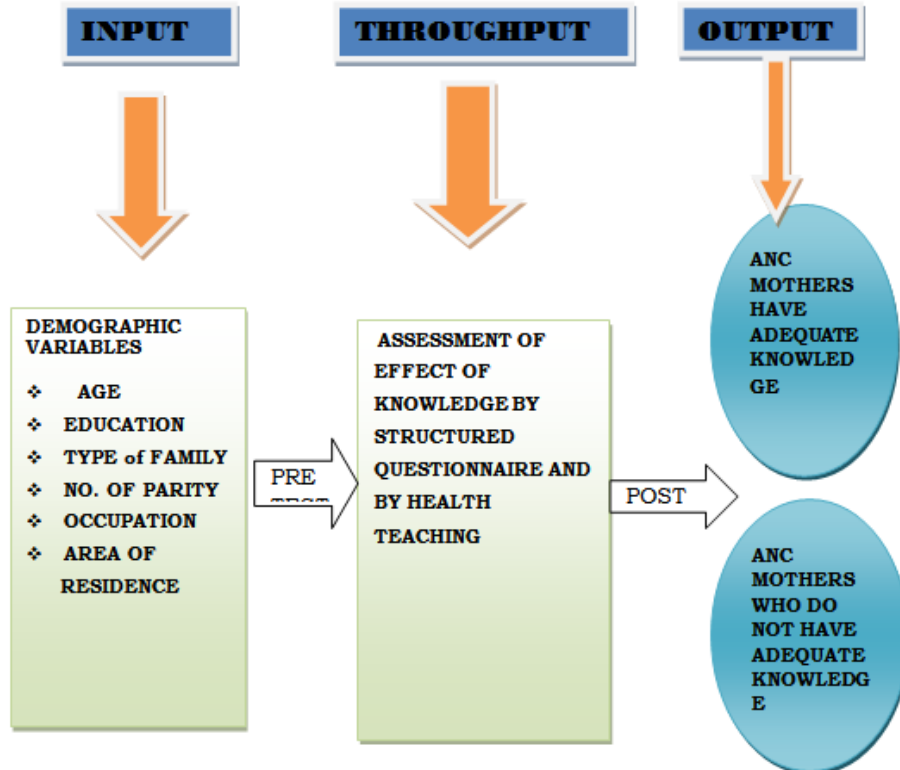
**Feedback**

Feedback is evaluation done after intervention. It is the environment response of the system. It evaluates whether there is improvement in knowledge among antenatal mothers or there is no improvement in knowledge.<sup>24,25,26</sup>

In the present study, Structured Questionnaire were give as pre test to the women.

The input was the health teaching and the output was the effectiveness of health teaching on the antenatal mothers which was measured by post test after health teaching

**Fig.no1 conceptual framework based on general system model by ludwig von Bertlanffy**



**III. Review Of Literature**

A literature is a critical analysis of a segment of a published body of knowledge through summary, classification and comparison prior studies, reviews of literature and theoretical articles.<sup>25</sup>

The literature review was based on an extensive survey of books, journals, and international nursing indices and Medline search. This helped the researcher to develop deeper insight into the problem and gain information.

**he Literature reviewed related to the present study is organized and presented under the following headings**

PART 1- Literature related to knowledge regarding latching technique in breastfeeding.

PART 2- Literature related to effect of health teaching

**Literature related to knowledge regarding latching technique in breastfeeding.**

A study was conducted to determine breast-feeding knowledge and practices among mothers before and after an educational intervention on breast feeding. Cross-sectional, descriptive study using a face-to-face questionnaire.158 women in the early postpartum period were taken as sample.10.8% of women was not aware that they should offer colostrum to their babies. Only 43.7% of women commenced breast feeding within the first 30 minutes of giving birth. Prior to receiving the educational intervention,55.7% of mothers knew how often they should feed their baby,48.7%knew that they should breast feed their baby for two years together with additional food, although 55.1% of women did not know how to hold their breast during a feed. The mean pre-test score was 9.9, and the mean post-test score was 12.6. The difference between the mean pre- and post-test scores was statistically significant.<sup>26</sup>

A study was conducted to test the mother’s knowledge regarding breast feeding. A simple education curriculum designed for use in promoting breast feeding, among low income postnatal women was developed

along with reliable instruments, suitable for use as pre test and post test in such a group. Those who chose breast feeding scored higher in post test than those who bottle feed their infants. The results of the study show that the subjects of the experimental group exhibited a more positive breastfeeding attitude(88%),a higher 24 hours rooming-in rate - 87% and a higher exclusive breast-feeding rate-79.6%during hospital stays and a higher exclusive breastfeeding rate-75.9% for the one month postpartum period. Wide spread use of such information has the potential to improve the incidence of breast feeding among low income groups in the society.<sup>27</sup>

A study was conducted to assess the effectiveness of video assisted nursing intervention on lumbo-sacral pain and activities of daily living among antenatal primi mothers at SRH. The study was conducted on 60 primi mothers and the post test knowledge of the mothers regarding pain and daily living activities are higher than the pre test scores before video assisted teaching programme. The findings indicate that 65.45% has good knowledge, while 15.45% had average knowledge and 19.09% had poor knowledge after the video assisted program. The study concluded that video assisted teaching programme will improve the knowledge of the mother and it helps in regaining their activity level than those who were not participated in the study.<sup>28</sup>

#### **Literature related to effect of health teaching**

A study was conducted to assess the knowledge, attitude and practice of breast feeding among employed mothers who were attending in the pediatric OPD's in Salem. 60 mothers were selected by convenient sampling method and the findings revealed that majority of the mothers have average knowledge and 67% had positive attitude towards breast feeding but the practices were partially adoptive for 52% and completely adoptive for 43% of mothers. The study concluded that mothers had positive attitude towards exclusive breast feeding up to 6 months but practice is poor related to their ignorance.<sup>43</sup>

Postpartum Exercise among Nigerian Women: Issues Relating to Exercise Performance and Self-Efficacy Physical exercise during postpartum period is beneficial to mothers, and the health gains are abundantly reported. This study characterizes the postpartum exercise profile of a group of Nigerian women and reports how their exercise self-efficacies are influenced by socio demographic characteristics. Participants were women attending the two largest postnatal clinics in Ibadan, south-western Nigeria. A self-developed questionnaire assessed the socio-demographic and exercise profile of participants, while the Exercise Self Efficacy Scale assessed their exercise self-efficacy. About two-third (61.0%) of the participants were not aware that they could undertake physical exercise to enhance postpartum health, and 109 (47.8%) were not engaged in any exercise. Those who exercised did so for less than three days/week, and 89% of the women did not belong to any exercise support group. Exercise self efficacy was significantly associated with being in an exercise programme, age, employment, work hours/week, monthly income, and number of pregnancies. Most of the women were not aware they could engage in postpartum exercise, and about half were not undertaking it. More women with high compared to moderate exercise self-efficacy undertook the exercise. Efforts at increasing awareness, improving exercise self-efficacy and adoption of postpartum exercise are desirable among the Nigerian women.<sup>44</sup>

### **IV. Research Methodology**

A research methodology explains what the activity of research is, how to proceed, how is it measured, how to measure progress, and what constitutes success. The methodology of research indicates the general pattern for organizing the procedure for the empirical study together with the method of obtaining valid and reliable data for the investigation.<sup>24</sup>

This chapter deals with the methodology adopted for assessing the knowledge of antenatal mothers regarding latching technique in breast feeding.

It includes description of research approach, research design, the setting of study, samples and the sampling technique used, development of data collection tools and questionnaire, procedure for data collection and the plan for data analysis.

#### **Research Approach**

The present study aims to assess the effect of planned health teaching on knowledge regarding latching technique in breastfeeding among antenatal mothers of Dr. D.Y Patil hospital Pimpri Pune.

The Researcher has adopted the Evaluative Research approach.

#### **Research Design**

In the present study, the Researcher has selected one pre test post test research design. Keeping in view the objectives of the study, the Researcher observed the group before the intervention of health teaching. Health teaching was given with the help of visual aids like flash cards, posters and after seven days, the group was observed again.

## **SETTING OF THE STUDY**

Setting can be defined as location for conducting research. It can be natural, partially controlled, or highly controlled.<sup>25</sup>

The present study was conducted in ANC OPD of Dr. D.Y Patil hospital and research centre Pimpri Pune18.

## **POPULATION**

The population of this study comprises of antenatal mothers.

## **SAMPLE AND SAMPLING TECHNIQUE**

In this study, sample comprises of 100 antenatal mothers who fulfilled all inclusive criteria.

A Non-Probability Purposive Sampling technique was used for this study for selecting 100 samples who met the set criteria during the period of data collection. The sample size was 100 antenatal mothers from Dr. D.Y Patil hospital and research centre Pimpri, Pune18.

## **CRITERIA FOR SAMPLE SELECTION**

### **Inclusion criteria**

- 1 Antenatal mothers
- 2 Antenatal mothers who understand Marathi language and who were willing to participate in the study
- 3 Antenatal mothers who were present during the data collection

### **Exclusion criteria**

Mothers who were not willing to participate.

## **DATA COLLECTION TECHNIQUE**

The present study aimed to assess the effect of planned health teaching on latching technique in breastfeeding among antenatal mothers of Dr. D.Y Patil hospital and research centre Pimpri Pune18. The sample size was 100 antenatal mothers. The data collection was started on 20<sup>th</sup> March and ended on 27<sup>th</sup> March 2018 after the permission from Dean and Medical Superintendent. Per day around 50 samples were taken.

Data collection method included Structured Questionnaire and data was collected under following section

SECTION1– Demographic data

SECTION2– Assessment of knowledge questionnaire

## **DEVELOPMENT OF THE TOOL**

A Self Structured Questionnaire was developed for assessing the effect of Planned Health Teaching on knowledge regarding latching technique in breastfeeding among antenatal mothers.

For the selection of items and preparation of tool, following steps were taken

1. Review of literature: Published and non- published articles.
2. Opinion and suggestions were taken from experts who helped to determine important aspects to be included.

## **DESCRIPTION OF THE TOOL**

The Researcher prepared a Self Structured Questionnaire as a tool for study.

It included two sections –

SECTION 1: This section included items seeking information of the samples which included 6 items i.e. Age, Education, Type of family, No. of parity, Occupation, Area of residence.

SECTION 2: This section comprises of Questionnaire.

This section included 17 questionnaire items with a maximum score 17. One score was given for each correct response and zero for wrong response. The maximum score was 17 and minimum score was zero.

The health teaching was prepared and explained in Marathi language the local language of samples, and the health teaching was kept as simple as possible

## **DATA COLLECTION PROCESS**

The Investigator discussed the topic of study with the Medical Superintendent, HOD of Obstetrics and Gynecology and the Incharge sister, where the study was to be conducted.

The data collection process started with informed consent of each participant and then questionnaire were given. The data collection process ended after one week.

## **VALIDITY**

The validity for this study was established by 21 experts from different specialties. Obstetrics and Gynecology out of which 4 were Doctor and 6 were from Nursing department, Pediatrics 4 Doctors and 5 from

Nursing department, Community health Nursing 1, and 1 Statistician. The experts were selected based on their clinical expertise, interest and experience in the problem being studied. They all were requested to give their expert opinion and suggestions on the appropriateness and relevance of the items in the tool.

In conclusion, the suggestions and opinions of the experts included grammatical corrections of the sentences in both section 1 and 2.

The tool was found to be relevant. The necessary changes and corrections were done as per the experts' advice. After validation from the experts, the tool was translated from English to Marathi by an expert in Marathi translator.

### **RELIABILITY**

In this study, the reliability was determined by administering Structured Questionnaire to 10 selected antenatal mothers from Pooja Nursing home, Bhosari Pune. After the validation of the tool, the final tool was prepared and its reliability was checked.

The knowledge score was calculated by using Pearson's correlation coefficient formula by test-retest method and the value was 0.86

### **PILOT STUDY**

In the present study, total 10 patients were selected for the pilot study. Pilot study was conducted in Pooja Hospital Bhosari Pune. It was conducted from 10<sup>th</sup> February to 14<sup>th</sup> February to assess the effectiveness of Planned Health Teaching. Hence feasibility of the study was established with the help of structured questionnaire and it was done by Purposive Sampling Technique.

A pretest was given and health teaching was conducted on the same day. The duration of session was 45 minutes. The post test was conducted on 7<sup>th</sup> day by administering same Questionnaire.

The collected data was coded tabulated and analyzed by using descriptive statistics (Mean, Median percentage, standard deviation) and co-efficient correlation to find the association between demographic variables and knowledge and attitude scores.

### **PLAN FOR DATA ANALYSIS**

The data analysis was done by Descriptive and Inferential statistics.

The following plan of analysis was made with the help of opinion of experts.

Items related to demographic variables was analyzed in terms of frequency and percentages.

- Items related to background variables was analyzed in terms of frequency and percentages.
- Bar graph would be plotted to compare the distribution of pretest and post test knowledge score.
- Mean median, standard deviation and mean percentage of pre test post test knowledge scores was computed.
- Paired "t" test was applied to determine the significance of mean difference between mean pre test knowledge scores and mean post test knowledge score.
- Association between demographic variables and pre test knowledge score was assessed using Fishers exact test.
- Fisher's exact test was used to find the co- relation with every item and the findings will be documented in tables, graphs and diagrams.

### **V. Analysis And Interpretation Of Data**

The data was analyzed according to objectives of study which were,

- To assess the knowledge regarding latching technique in breast feeding.
- To evaluate the effect of planned teaching on latching technique in breast feeding.
- To find association between knowledge regarding latching technique in breast feeding and demographic variables.

### **ORGANISATION OF THE DATA**

The presentation of the data was organized in four parts.

**SECTION I:** It deals with the analysis of the demographic data of the samples.

**SECTION II:** To determine the level of the knowledge related to latching techniques among antenatal mothers.

**SECTION III:** Effectiveness of Health Teaching program on the knowledge regarding correct latching technique in breast feeding among antenatal mothers.

**SECTION IV:** An Analysis of data to find out relationship between knowledge and selected demographic variables.

**Section I**

**Description of samples (antenatal mothers) based on their personal characteristics**

**Table 1: Description of samples (antenatal mothers) based on their personal characteristics in terms of frequency and percentages**

n=100

SR NO	Demographic variable	Frequency(f)	Percentage (%)
1.	<b>Age</b>		
	18-23 years	61	61
	24-29 years	35	35
	30-35 years	4	4
2.	<b>Education</b>		
	Up to 10 <sup>th</sup> std	38	38
	Higher secondary	57	57
	Graduation	5	5
3.	<b>Type of family</b>		
	Nuclear	48	48
	Joint	42	42
	Extended	10	10
4.	<b>Parity</b>		
	One	71	71
	Two	29	29
5.	<b>Occupation</b>		
	Laborer	26	26
	Service	28	28
	Own business	11	11
	Housewife	35	35
6.	<b>Area of residence</b>		
	Rural area	39	39
	Rural slum	32	32
	Urban area	26	26
	Urban slum	3	3

Above table shows that 61% of the antenatal mothers had age 18-23 years, 35% of them had age 24-29 years and 4% of them had age 30-35 years.

38% of them had education upto 10th standard, 57% of them had higher secondary and 5% of them were graduates.

48% of them had nuclear family, 42% of them had joint family and 10% of them had extended family. 71% of them had one parity and 29% of them had two parity,

26% of them were laborers, 28% of them had service, 11% of them had own business and 35% of them were housewives.

39% of them were from rural area, 32% of them were from rural slum, 26% of them were from urban area and 3% of them were from urban slum.

**Section II**

**Analysis of data related to knowledge regarding latching technique in breast feeding.**

n=100

Sr. no	Knowledge	Pretest	
		Frequency(f)	Percentage(%)
1	Poor(Score 0-5)	9	9
2	Average(Score 6-11)	85	85
3	Good (Score 12-17)	6	6

Table no. 2 shows that, In pretest, majority of 85% of the antenatal mothers had average knowledge (score 6-11), 9% of them had poor knowledge (score 0-5) and 6% of them had good knowledge (score 12-17) regarding latching technique in breast feeding.



**Section III**

**Analysis of data related to the effect of planned teaching on latching technique in breast feeding.**  
**n=100**

Knowledge	Pretest		Posttest	
	Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
Poor (Score 0-5)	9	9	0	0
Average (Score 6-11)	85	85	16	16
Good (Score 12-17)	6	6	84	84

**Table no. 3 shows that** In pretest, majority of 85% of the antenatal mothers had average knowledge (score 6-11), 9% of them had poor knowledge (score 0-5) and 6% of them had good knowledge (score 12-17) regarding latching technique in breast feeding. In pretest, majority of 84% of the antenatal mothers had good knowledge (score 12-17) and 16% of them had average knowledge (score 6-11) regarding latching technique in breast feeding.

This indicates that there is remarkable improvement in the knowledge of the antenatal mothers regarding latching technique in breast feeding.

**Table 4: Paired t-test for the effect of planned teaching on latching technique in breast feeding before and after health teaching**

**n=100**

	Mean	SD	t	df	p-value
Pretest	7.9	2.2	18.7	99	0.000
Posttest	12.9	1.4			

The above table shows that, Researcher applied paired t-test for the effect of Planned Teaching on latching technique in breast feeding. Average knowledge score in pretest was 7.9 which increased to 12.9 in posttest. T-value for this test was 18.7 with 99 degrees of freedom. Corresponding p-value was of the order of 0.000, which is small (less than 0.050, the null hypothesis is rejected. This is evident that the planned teaching is significantly effective in improving the knowledge of antenatal mothers regarding latching technique in breast feeding.

**Section IV**

**Analysis of data related to the association between Knowledge regarding latching technique in breast feeding and demographic variables.**

**Table 5: Fisher’s exact test**  
**n=100**

Sr No	Demographic variable	Average	Good	Poor	p-value	
1	Age	18-23 yrs	50	5	6	0.457
		24-29 yrs	32	1	2	
		30-35 yrs	3	0	1	
2	Education	Upto 10 <sup>th</sup> std	32	4	2	0.504
		Higher secondary	48	2	7	
		Graduation	5	0	0	
3	Type of family	Nuclear	41	4	3	0.790
		Joint	35	2	5	
		Extended	9	0	1	
4	Parity	One	60	5	6	0.814
		Two	25	1	3	
5	Occupation	Laborer	23	0	3	0.245
		Service				
		Own business	24	1	3	

		Housewife	8	1	2	
			30	4	1	
6	Area of residence	Rural area	33	1	5	0.558
		Rural slum	25	4	3	
		Urban area	24	1	1	
		Urban slum	3	0	0	

Above Table shows that, since all the p-values are large (greater than 0.05), none of the demographic variable was found to have significant association with the knowledge of the antenatal mothers regarding latching technique in breast feeding.

## VI. Findings, Discussion, Summary, Limitations,

### Implications and Recommendation

This chapter presents the, Findings, discussion, summary, conclusion, limitations as well as its implications for nursing and healthcare services.

This chapter ends with recommendation for further research in this field.

### Objectives Of The Study Were

1. To assess the knowledge regarding latching technique in breast feeding.
2. To evaluate the effect of planned teaching on latching technique in breast feeding.
3. To find association between knowledge regarding latching technique in breast feeding and demographic variables.

### Major findings of the Study

#### Section I

Description of samples (antenatal mothers)based on their personal characteristics.

Table 1: Description of samples (antenatal mothers)based on their personal characteristics in terms of frequency and percentages.

1.61% of the antenatal mothers had age 18-23 years,35% of them had age 24-29 years and 4% of them had age 30-35 years.

2.38% of them had education upto 10th standard,57% of them had higher secondary and 5% of them were graduates.

3.48% of them had nuclear family,42% of them had joint family and 10% of them had extended family.

4.71% of them had one parity and 29% of them had two parity.

5.26% of them were laborers,28% of them had service,11% of them had own business and 35% of them were housewives.

6.39% of them were from rural area,32% of them were from rural slum,26% of them were from urban area and 3% of them were from urban slum.

#### Section II

Analysis of data related to knowledge regarding latching technique in breast feeding.

Table2: Knowledge regarding latching technique in breast feeding.

In pretest, majority of 85%of the antenatal mothers had average knowledge(score 6-11),9% of them had poor knowledge (score0-5)and 6%of them had good knowledge(score12-17) regarding latching technique in breast feeding.

#### Section III

Analysis of data related to the effect of planned teaching on latching technique in breast feeding.

Table3: Effect of planned teaching on latching technique in breast feeding

In pretest, majority of 85% of the antenatal mothers had average knowledge(score 6-11),9% of them had poor knowledge (score0-5)and 6% of them had good knowledge(score12-17) regarding latching technique in breast feeding.

In pretest, majority of 84% of the antenatal mothers had good knowledge(score12-17)and 16% of them had average knowledge(score6-11)regarding latching technique in breast feeding.

This indicates that there is remarkable improvement in the knowledge of the antenatal mothers regarding latching technique in breast feeding.

Table4: Paired t-test for the effect of planned teaching on latching technique in breast feeding

The Researcher applied paired t-test for the effect of planned teaching on latching technique in breast feeding. Average knowledge score in pretest was 7.9 which increased to 12.9 in posttest.

T-value for this test was 18.7 with 99 degrees of freedom. Corresponding p-value was of the order of 0.000, which is small (less than 0.050, the null hypothesis is rejected).

This is evident that the planned teaching is significantly effective in improving the knowledge of antenatal mothers regarding latching technique in breast feeding.

#### **Section IV**

Analysis of data related to the association between knowledge regarding latching technique in breast feeding and demographic variables.

Table5: Fisher's exact test for association between knowledge regarding latching technique in breast feeding and demographic variables

Since all the p-values are large (greater than 0.05), none of the demographic variable was found to have significant association with the knowledge of the antenatal mothers regarding latching technique in breast feeding.

#### **Discussion**

The findings of the study have been discussed with reference to the objectives and hypothesis stated in chapter I and with the findings of the other studies.

This study involved one group pretest and posttest using pre-experimental design, non-probability purposive sampling technique to draw samples. The size of the sample was 100 antenatal mothers according to inclusion and exclusion criterion.

Pretest was conducted by providing Structured Questionnaire used to assess the existing knowledge and Planned Health Teaching was given on the same day.

Thereafter posttest was taken on seventh day to assess the effectiveness of planned teaching knowledge regarding latching technique in breast feeding among antenatal mothers in selected hospitals of Pune city. Previous study was conducted in Nigeria on bringing together viewpoints of to assess the effect of planned teaching among antenatal mothers in selected hospitals.

The study was carried out to explore the perceptions and assess the effect of planned teaching regarding latching technique in breast feeding among antenatal mothers in selected hospitals of Pune city. The sample consisted of 100 mothers.

The study findings show that the strategies encompassing lactating techniques are important and acquisition of social skills were elaborated to exchange communication between antenatal mothers.

In pretest, majority of 85% of the antenatal mothers had average knowledge (score 6-11), 9% of them had poor knowledge (score 0-5) and 6% of them had good knowledge (score 12-17) regarding latching technique in breast feeding.

In the present study, in the posttest the knowledge score showed a marked increase. In pretest, majority of 85% of the antenatal mothers had average knowledge 9% of them had poor knowledge and 6% of them had good knowledge regarding latching technique in breast feeding.

In pretest, majority of 84% of the antenatal mothers had good knowledge and 16% of them had average knowledge regarding latching technique in breast feeding. This indicates that there is remarkable improvement in the knowledge of the antenatal mothers regarding latching technique in breast feeding.

Researcher applied paired t-test for the effect of planned teaching on latching technique in breast feeding. Average knowledge score in pretest was 7.9 which increased to 12.9 in posttest. t-value for this test was 18.7 with 99 degrees of freedom. Corresponding p-value was of the order of 0.000, which is small (less than 0.050, the null hypothesis is rejected).

This is evident that the planned teaching is significantly effective in improving the knowledge of antenatal mothers regarding latching technique in breast feeding.

#### **Summary**

The main aim of the study to assess the effect of Planned Teaching regarding latching technique in breast feeding among antenatal mothers in selected hospitals of Pune city.

#### **The objectives of the study were**

1. To assess the knowledge regarding latching technique in breast feeding.
2. To evaluate the effect of planned teaching on latching technique in breast feeding.
3. To find association between knowledge regarding latching technique in breast feeding and demographic variables.

The conceptual framework of the present study was prepared the study made use of pre-experimental one-group pre-test, posttest design. The population of the present study comprises the antenatal mothers in selected hospitals of Pune city.

Samples comprise of 100 and a Non-Probability Purposive Sampling Technique was used. For generating necessary data, a Structured Questionnaire was prepared. Development of the structured questionnaire involved construction, item writing, content validation which was established by consulting twenty experts; whereas reliability of tool was done on ten antenatal mothers from Dr.D.Y.Patil Hospital Pune by using test-retest method. Pearson's correlation coefficient was 0.86, thus tool was found reliable for the study.

A pilot study was conducted on ten antenatal mothers from Pooja Hospital Bhosari Pune. Pretest was conducted by using a Structured Questionnaire. Planned Health Teaching was given regarding lactating technique on same day to the antenatal mothers on breast feeding. Posttest was conducted after seven days from 10<sup>th</sup> February to 14<sup>th</sup> to assess the effectiveness of Planned Health Teaching. Hence feasibility of the study was established.

The data for final study was collected from 20<sup>th</sup> March to 27<sup>th</sup> March, after the permission taken from the Dean of Dr.D.Y.Patil hospital Pune.

The data gathered was analyzed using descriptive and inferential statistics.

The Researcher applied paired t-test for the effect of Planned Teaching on latching technique in breast feeding. Average knowledge score in pretest was 7.9 which increased to 12.9 in post test. T-value for this test was 18.7 with 99 degrees of freedom. Corresponding p-value was of the order of 0.000, which is small (less than 0.050, the null hypothesis is rejected).

This is evident that the Planned Teaching is significantly effective in improving the knowledge of antenatal mothers regarding latching technique in breast feeding.

## **VII. Conclusion**

The overall experience of conducting this study was a satisfying one, as there was good co-operation from antenatal mothers. The study was a new learning experience for the Investigator. The result of the present study shows that there is a significant difference between pretest and posttest level of knowledge which indicates that the Planned Health Teaching was effective in improving the knowledge of the antenatal mother regarding latching technique in breast feeding among antenatal mothers in the selected hospitals of Pune city.

### **Limitations**

1. This study was limited only to 100 samples. Hence the findings cannot be generalized.
2. This study was limited to those who were willing to participate.
3. This study was limited to mothers residing in the selected areas.
4. Data collection period was limited.

### **Implications**

The present study findings have implications for nursing education, nursing practice, nursing administration and nursing research.

### **Nursing Education**

The study can be applied in nursing education by teaching the students about lactating technique schedule so that they will be able to provide health education to the antenatal mothers of during their community health nursing posting.

Active participation of student nurses in conducting educational programs to provide information lactating technique regarding of breast feeding. In service education can be planned for nurses and the other health care professionals at various levels to enable them to improve their knowledge and to gain the skills in the care of lactating technique. Nurses should educate the family members or mothers.

### **Nursing Practice**

The study can be applied in community setting among antenatal of toddlers. Planned Health Teaching can be utilized to create awareness among the staff nurse practicing in the community settings.

Nurses should take the responsibility to teach mothers in community areas regarding lactating technique

The study can be helpful to the nurses to provide Planned Health Teaching on knowledge regarding Lactating technique among antenatal mothers residing in selected hospital.

Planned Health Teaching will be helpful to the antenatal mothers and it will decrease the incidence of complications in the children.

### **Nursing Administration**

Administrator may use the study findings to improve the quality of care in the community. The concept of the extended role of nurse offers many opportunities for a nurse administrator to improve the quality of life of the public and health care professional.

The nurse administrator has a responsibility to educate the public regarding lactating technique schedule through planned health teaching. Administrator should organize in-service education programs, refresher courses and workshop for healthcare personnel and encourage them to participate in the activities to provide information on lactating technique.

### **Nursing Research**

Nurses being the major focus in the healthcare delivery system must take the initiative in conducting research on significant health care problem among antenatal mother in the community. This research will help to prevent complication of lactating technique by educating the antenatal mothers. The research design, findings and the tool can be used as avenues for the further researchers. The nurse researcher can conduct many studies related to lactating technique of antenatal mother.

The study will motivate new researchers to conduct the some studies with the different variables on a large scale.

### **Recommendations**

Keeping in view the findings of the study, the following recommendations are made:

- A similar study may be replicated on a large sample thereby findings can be generalized for the large population.
- A comparative study may be conducted using selected hospital knowledge regarding latching technique in breast feeding among antenatal mothers in selected hospitals of Pune city.
- An experimental study may be conducted to assess the knowledge regarding antenatal mother.
- A study may be conducted to evaluate the effectiveness of the Planned Health Teaching on knowledge regarding breast feeding among antenatal mother.
- A similar kind of study can be undertaken in different setting and different target population.

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