



## Research Abstract

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### ABSTRACT- STATEMENT OF THE PROBLEM

“A study to evaluate the effectiveness of teaching methods of breastfeeding manual among working mothers in selected areas of Lucknow.”

### OBJECTIVES OF STUDY

1. Assess the current knowledge level of working mothers regarding breastfeeding.
2. Determine the effectiveness of the education program on milk literacy.
3. To find the relationship between job knowledge test scores and choices among different people.

### METHODOLOGY

The tool's development process was split into two parts:

**Part 1:** Demographic data - population Socio-demographic data is prepared to collect personal data from courses.

**Part 2:** Structured Information Questionnaire, the structured information questionnaire has 15 questions divided into three areas.

**Part A:** Questions on the importance of breast milk for mothers after birth.

**Part B:** Breastfeeding Knowledge Questions for Working Mothers.

**Part C:** Questions on the knowledge of working mothers about breastfeeding techniques.

### RESULT

The post-test mean (13.23) exceeds the pre-test mean (4.97). The average difference in results between the pre- and post-tests is (8.26). The test score has decreased to 23.65, indicating a value at the  $p < 0.0001$  level. As a result, the study hypothesis H1 is approved. This shows that SIM effectively improves mothers' knowledge of breastfeeding guidelines. No information. The pre-mean is 4.97, standard deviation is 8.26, the standard deviation is 1.09, the degrees of freedom is 29, the paired t-value is 23.65, and the p-value is  $< 0.0001$ . When the posttest is 13.23, the mean difference is 8.26, the standard deviation is 1.57, degrees of freedom is 29, the paired t-value is 23.65, and the p-value is  $< 0.0001$ . The mean of the post-test (13.23) is greater than the mean of the pre-test (4.97). The test score reduction is 23.65, which is significant at  $p < 0.0001$ , and the mean difference between the pre-test and post-test scores is 8.26. Hence, the study hypothesis H1 is approved. This shows that SIM effectively improves mothers' knowledge about breastfeeding.

### Conclusion and Recommendation

The findings indicate that more interventions are needed to increase breastfeeding awareness. Learning the milk supply guide will increase the knowledge of working mothers.

### INTRODUCTION: - “The child reveals the man, the morning reveals the day” - [John Milton]

The role of mother is the best job in the world and it requires wisdom.

This program's implementation is critical, particularly in terms of the upbringing and safeguarding of young children.

The stage of motherhood is well-known in a woman's life, but it's not only a prestigious one—motherhood is a period where women take on extensive childcare obligations.

The growth of a country's first generation is in the hands of mothers.

Children are God's gift to us. Newborn babies need more attention and love from their mothers and family members. Our love, care, and affection for our newborns never end as parents. Our love, care, and affection for our newborns never end as parents. Infants are priceless, and it is our duty as parents to take care of them.

A mother becomes a child because she loves her children. A mother's heart beats in harmony with her child's heart from the day the child grows inside her to the day it becomes an adult. This bond is formed while the child is still inside the mother; to the mother, the child is not an independent person but rather a part of her, and as such, she will protect, guard, and guide her children as she perceives fit.

Lactation training is an important skill that breastfeeding mothers should learn, especially in emergency situations. The training guides can be useful in emergency situations where the mother cannot reach the pump, the pump is powered, or the mother is away from the baby.

For some parents who have pain when using the breast, hands seem to be the best. It does not require any equipment, water, or electricity. It helps to release milk, reduce swelling, soften the breast, and help the baby latch on easily. Your

fingers and thumb will form a C shape. Press your fingers and thumbs back into your breast, then gently press your fingers and thumbs together. Release and accelerate again, pressing, squeezing, releasing. Continue until the breast stops, then move on to the other breast.

Apply warm compresses or warm the breasts before releasing them. Change the position of your fingers regularly. Stress or anxiety can prevent milk flow. Practice relaxation techniques by taking deep breaths, stretching, or asking a family member or partner for a shoulder massage.

Breastfeeding usually lasts 20 to 30 minutes. It is effective in removing colostrum, stimulating production, and improving breast health.

A mother is someone who understands her child's needs immediately through her education. He or she is the only one who can understand the language and small words the child says when he or she starts talking.

**OBJECTIVES: -**

1. Assess the current knowledge level of working mothers regarding breastfeeding.
2. Determine the effectiveness of the education program on milk literacy.
3. To find the relationship between job knowledge test scores and choices among different people.

**HYPOTHESIS: -**

**H1.** There was a significant difference between the pretest and posttest in the knowledge of working mothers about breastfeeding.

**H2.** There was a significant correlation between the pretest knowledge of working mothers about breastfeeding guidelines and their choices in different populations.

**ASSUMPTION: -**

1. Working mothers have sufficient knowledge about the literature and stories of breastfeeding mothers.
2. The planned teaching method will raise awareness among working mothers about how they can express more milk.
3. The mother's knowledge and practice regarding formula milk will improve.

**METHODOLOGY: - RESEARCH APPROACH: -**

Research methods are the methods the researcher chooses to collect, analyze, and interpret data. There are three types of quantitative research and mixed methods.

**RESEARCH DESIGN: -**

This investigation used the pre-test and post-test design methodology, determined the knowledge through the knowledge survey, and distributed the teaching plan to the subjects according to the intervention effects as shown in 'X' On the 7th day, the knowledge survey was used as the post-test to determine the knowledge.

**METHODS OF DATA COLLECTION: -** Structured Questionnaire with Structured Teaching Program.

**SAMPLE AND SAMPLE SIZE: -**

This sample consists of a number of the population chosen to participate in this research.

The sample of this study consists of working mothers of Mahdhar, Malhoor, and Lucknow.

Sampling is a complex and technical form, but its basic features are known to all of us.

The sampling method used by the researcher in this study is convenience sampling.

**SAMPLING TECHNIQUE: -**

Sampling is a complex and technical form, but its basic features are known to all of us. In this study:

- A simple, non-probabilistic purposive method was used to select 30 breastfeeding mothers.

**SETTING FOR THE STUDY: -**

The research was carried out in the selected rural area of Mankheda, Malhaur, Lucknow, Uttar Pradesh.

**POPULATION: -**

The study's target population consisted of working mothers from Mankheda, Malhaur, and Lucknow, whereas the access population was also composed of working mothers.

**RESULTS: -**

**Study objectives are covered in the following sections: First objective.**

Determine how much working women currently know about breastfeeding. From the estimated scores, it is seen that the majority of mothers have poor knowledge; 63.33% have no knowledge, 36.67% have moderate knowledge and 0.00% have good knowledge. After the test, it was seen that the majority of mothers have good knowledge about breastfeeding, 13.33% have moderate knowledge and 0.00% have insufficient knowledge.

**Second objective;****To determine the effectiveness of the education program on milk literacy.**

The objectives are related to the evaluation of the level of knowledge after the use of teaching methods. The same questionnaire that was used for the pre-test was used for the posttest. The results were analyzed with the paired 't' test and positive results were found. All 30 participants (100%) received sufficient information about the education process on milk consumption. The use of teaching methods was found to be a good model for improving parents' knowledge about breastfeeding.

The prior mean was 4.97, the standard deviation was 8.26, the standard deviation was 1.09, the degrees of freedom were 29, the paired t-value was 23.65, and the p-value was <.00001.

When the post-test was 13.23, the mean difference was 8.26, the standard deviation was 1.57, the degrees of freedom was 29, the paired t-value was 23.65, and the p-value was <.00001.

**Third objective;****To find the relationship between pre-knowledge test scores and social relationships of their selected population.**

The analysis showed the correlation between pre-knowledge test scores and different demographic variables and the results showed that there was no significant correlation between their selected population.

**CONCLUSION: -**

The purpose of this study is to assess the efficacy of breastfeeding education programs for working mothers.

A pilot study design was adopted in this study and 30 samples were collected from selected locations in Lucknow using a convenience sampling technique. Data were collected using self-administered questionnaires and developed and interpreted using descriptive and inferential data.

The study's findings led to the following deductions.

1. Mothers' understanding of breast milk expression was lacking prior to the exam, but it greatly improved following the test.
2. A very informative breast milk guide for working mothers. The post-test employed the same questionnaire that was used in the pre-test.

The results were analyzed with a paired 't' test and positive results were found. All 30 participants (100%) received sufficient information about the education process regarding milk consumption. It was determined that the use of teaching methods was a good model in improving the knowledge of parents regarding breastfeeding.

When the previous mean was 4.97, the mean difference was 8.26, the standard deviation was 1.09, the degree of freedom was 29, the paired t-value was 23.65 and the p-value was <.00001. When the post-test was 13.23, the mean difference was 8.26, the standard deviation was 1.57, the degree of freedom was 29, the paired t-value was 23.65 and the p-value was <.00001. This shows that the knowledge level in the post-test increased significantly, and the teaching methods were effective. Therefore, the research hypothesis H1 is accepted.

3. The results showed that the information about milk consumption in the preliminary knowledge test was not related to other variables and the H2 hypothesis was rejected.

**IMPLICATIONS**

The results of this study have important implications for nursing education, nursing practice, geriatric management, community practice, and nursing home research. **Nursing Practice**

Nurses play an important role in reducing child mortality and morbidity by educating post partum mothers on breastfeeding skills.

**Nurse Management**

Nurse managers can train their subordinates and postpartum mothers on manual expression of breast milk in the delivery room and neonatal intensive care unit.

**Nursing Education**

Nursing education materials should address the provision of educational demonstrations. Encouraging mothers to work after birth to learn more about artificial reproduction may reduce infant and child mortality.

**Nursing Administration**

1. Nurses should begin to organize continuing education for nurses on breastfeeding.
2. Appropriate teaching/learning materials should be prepared and made available to nursing staff.
3. Ensure early detection of mothers in other areas by providing appropriate equipment and assistance.

**Nursing research**

Researchers found that there is insufficient data to assess the basis of complementary feeding. Research should be conducted to assess parents' knowledge and attitudes towards infant feeding and its benefits and complications. This will allow us to create healthcare packages. More research is needed to find the reasons and factors for introducing complementary foods to infants. It can also help mothers find better alternatives.

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