



## Effect of Antenatal Education on Knowledge Regarding Breastfeeding among Mothers

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### ABSTRACT

*In the current healthcare system where patients are more demanding, it becomes important to recognize the factors affecting the comfort level of patients. Comfort makes patients feel strengthened in an untouchable, personalized sort of way. The entire nursing care and the healthcare industry revolves around the concept of maximizing the patients' level of comfort. Assess the knowledge of mothers before and after the administration of antenatal education regarding breastfeeding, and find out Association between pre-test Knowledge score and their socio-demographic variables regarding breastfeeding. This study employed a quasi-experimental research design and a quantitative research methodology to examine how antenatal education was affected. The samples were chosen using a convenience sampling method with non-probability. 80 patients were chosen as the sample size for the research investigation. For this investigation, samples were taken from patients hospitalized in the antenatal ward of the Parul Sevashram Hospital in Limda, Vadodara. The socio-demographic and clinical data were evaluated using a self-structured questionnaire. To examine the data, descriptive and inferential statistics were used. The data demonstrated there was a significant increase in knowledge after the administration of antenatal education regarding breastfeeding. Hence it is concluded that antenatal education was effective in improving knowledge among mothers. The out of 80 respondents under study, the major finding was 30(3 was 7.5%) belonging to the age group of <20 years, 35(43.75%) respondents had no formal education, and 46 (57.5%) belonged to housewives. 49(61.25%) were Hindu religion. 59(73.75%) belongs to urban residence. 61(76.25%) were with primiparous group. 44(55%) food pattern were belonging to vegetarian, 30(37.5%) belongs to income with 3000-4000, 62(77.5%) were joint family. Gestational Week 33(41.25%) belongs to 3weeksek. The mean pre-test knowledge score was 5.62 while the mean post-test knowledge score was 15.205.20 Hence the difference in mean between the pre-test knowledge score was 9.58 The Standard Deviation (SD) of the pre-test was 2.0 and the post-test was 4.80 respectively. Calculated is 19.16 at 79 degrees of freedom with a 0.05 level of significance. This rejected the null hypotheses and accepted research Hypotheses and also found a significant association of respondents with the test knowledge scores. In the association between knowledge and selected demographic variables, the findings revealed that there were significant association between knowledge and occupation, residence, parity, and type of family regarding breastfeeding at 0.05 level of significance. There was proven that antenatal education was effective in improving the knowledge among antenatal mother.*

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### INTRODUCTION

For the first six months, nursing should be the only source of nutrition, according to the World Health Organization. Both mother and child gain from breastfeeding in terms of nutrition, protection, psychology, socialization, economics, and the environment. Additionally, it strengthens the link between mother and child. Even without these advantages of nursing, the world's breastfeeding rates are still comparatively low. To achieve the best physical outcomes for women and their new-borns, it is necessary to maintain the optimum form of nursing for infants [1].

Breastfeeding (BF) is an art form, and human milk can be used to nourish infants in the same ways. Having a baby who is breastfed helps to build an enduring bond between mother and child. With the backing of the World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF), health systems have recently expanded the promotion of breastfeeding (BF), and there have been several initiatives to encourage, support, and maintain BF. Despite these attempts to promote breastfeeding (BF), only 40% of infants under the age of six months are exclusively breastfed worldwide,

with just 44% beginning BF within the first hour of life. At the age of two, just 45% of infants are still being breastfed [2].

According to WHO, the practice of giving newborn breast milk (including expressed breast milk) while allowing the baby to receive vitamins, minerals, and medications is known as exclusive breastfeeding. Solid foods, beverages other than water, and replacements for breast milk are not allowed. The World Health Assembly decided in 2001 that nursing a newborn exclusively for the first six months of life is the best infant feeding method [3].

**MATERIAL AND METHODS**

A quantitative research approach was adopted to conduct this study and the design was a Quasi-experimental research design to assess the knowledge regarding breastfeeding among antenatal mothers. Antenatal mothers are the sample for the study and the sample size was 80. A Non-Probability convinces sampling technique was used for sample selection. Criteria for the sample, inclusion criteria include Participants who are admitted to the o antenatal ward, Participants who are willing to participate during the data collection, and exclusion criteria include Participants who are not available at the time of data collection. The tool used in this study was a self-structured knowledge questionnaire.

**RESULTS**

**SECTION – I Distribution of Antenatal Mothers According to their Socio-Demographic Data.**

The result shows that out of 80 respondents under study, 30 (37.5%) belong to the age of mothers group of <20 years, 21(26.5%) belong to the up of 21-25 years, 20(25%) belong of 26-30 years, 9 (11.25) belongs to age group Of 31+.

Education belongs to 35(43.75%) were no formal education, 25(31.25%) were secondary, 20 (25%) were higher secondary and no respondents were from degree.

Occupation 23(28.75%) were with home business, 46(57.5%) were with housewife, 11(13.75%) were with Private Job, 00(00%) no any respondents having Government job.

Religion 49(61.25%) were with Hindu, 18(22.5%) were with Muslim, 13(16.25%) were with Christian.

Residence 59(73.75%) were with urban and 21 (26.25%) were with rural groups.

Parity 61(76.25%) were with primiparous and 19(23.75%) were with multiparous group.

Food pattern 44(55%) were with vegetarian and 29(36.25%) were with Non vegetarian, 7(8.75) were with Eggitarian.

House income 30(37.5%) were with 3000-4000 income, 20(25%) were with 5000-8000 income, 25(31.25%) were with 10000-20000 income, 5 (6.25%) were with 50000 or more income.

Type of family 62(77.5%) were with joint family and 18(22.5%) were with nuclear family.

Gestational week 33(41.25%) were with 28 weeks, 22(27.5%) were with 30 weeks, 17(21.25%) were with 32 weeks, 08(10%) were with 34 weeks.

**Table 1: Distribution of Samples according to the grading of pre-test and post-test Knowledge scores:[n=80]**

Score	Grade	Pre -Test		Post -Test	
		Frequency	Percentage	Frequency	Percentage
1-7	POOR	67	83.75	08	10
8-14	AVERAGE	13	16.25	18	22.5
15-25	GOOD	00	00	54	67.5
TOTAL		80	100	80	100

Above table shows that 80 respondents reveals that 67(83.75%) had poor knowledge 13(16.25%) had average knowledge and none of respondents had good knowledge in pre-test. Whereas in the post-test 80 respondents reveals that 08(10%) had poor knowledge, 18(22.5%) respondents had average and 54(67.5%) respondents had good knowledge.

**Table 2: Mean Score, Mean Difference, SD & 't' Value of pre & Post-test Knowledge Score of samples [n = 80]**

Knowledge	Mean	Mean Difference	SD	Calculated t-test	Tabulated t' Value	df	P=Value
Pre-test	5.62	9.58	2.0	19.16	1.98	79	< 0.05
Post-test	15.20		4.80				

Above table shows that mean pre-test knowledge score was 5.62 while mean post-test knowledge score was 15.20 Hence the difference of mean between pre & post-test knowledge score was 9.58 The Standard Deviation (SD) of pre-test was 2.0 and post-test was 4.80 respectively. The calculated 't' value was 19.16 at 79 degree of freedom with 0.05 level of significance. It was confirmed using paired t-test

Hence the research hypothesis stated that there was a significant difference between the pre-test and post-test knowledge score regarding breastfeeding among mothers at p<0.05 level of significance. Hypothesis (H<sub>1</sub>) was accepted.

**ANALYSIS AND INTERPRETATION OF DATA RELATED TO THE ASSOCIATION OF PRE-TEST KNOWLEDGE SCORE WITH THEIR SOCIODEMOGRAPHIC VARIABLE REGARDING ANTENATAL EDUCATION REGARDING BREASTFEEDING.**

**Table 3: Association of variables of Antenatal mothers Respondents with Knowledge Score [n= 80]**

SR NO	Variable		Knowledge				The calculated value of χ <sup>2</sup>	df	Level of Significance P=Value
			Poor	Average	Good	Total			
1.	Age	<20	02	08	20	30	4.07	6	0.05 <sup>NS</sup>
		21-25	04	06	11	21			
		26-30	01	02	17	20			
		31+	01	02	06	09			
2.	Education status of the mother	No formal education	02	12	21	35	7.06	4	0.05 <sup>NS</sup>
		Secondary	04	01	20	25			
		High secondary	02	05	13	20			
		Degree	00	00	00	00			
3.	Occupation	Government	00	00	00	00	9.84	4	0.05 <sup>S</sup>
		Home Business	02	06	15	23			
		Housewife	05	10	31	46			
		Private job	01	02	08	11			
4.	Religion	Hindu	07	09	33	49	8.30	4	0.05 <sup>NS</sup>
		Muslim	01	03	14	18			
		Christian	00	06	07	13			
		Other	00	00	00	00			
5.	Residence	Urban	02	06	51	59	9.45	2	0.05 <sup>S</sup>
		Rural	06	12	03	21			
6.	Parity	Primi parous	03	06	52	61	9.60	4	0.05 <sup>S</sup>
		Multi parous	05	12	02	19			
7.	Food pattern	Vegetarian	00	00	44	44	8.34	4	0.05 <sup>NS</sup>
		Non Vegetarian	06	18	05	29			
		Eggtarian	02	00	05	07			
8.	House income	3000-4000	04	10	16	30	1.52	6	0.05 <sup>NS</sup>
		5000-8000	02	04	14	20			
		10000-20000	01	02	22	25			
		50000 or more	01	02	02	05			
9.	Type of Family	Joint family	03	11	48	62	8.55	2	0.05 <sup>S</sup>
		Nuclear family	05	07	06	18			
10.	Gestational week	28 weeks	02	06	25	33	4.32	6	0.05 <sup>NS</sup>
		30 weeks	04	02	16	22			
		32 weeks	01	05	11	17			
		34 weeks	01	05	02	08			

Table 3 depicts the association found between the pre-test level of Antenatal mothers Respondents with

Knowledge Score with socio-demographic variable occupation ( $\chi^2=8.32$ ,  $p=0.05$ ,  $df=4$ ), residence ( $\chi^2=9.45$ ,  $p=0.05$ ,  $df=2$ ), Parity ( $\chi^2=9.60$ ,  $p=0.05$ ,  $df=4$ ), and type of family ( $\chi^2=8.55$ ,  $p=0.05$ ,  $df=6$ ). There was no association between the pre-test level of Antenatal mothers' Respondents with Knowledge Score with socio-demographic variable age, education stats of mother, religion, food pattern, house income, and gestational week.

## DISCUSSION

A Similar study was conducted by Silvassa, DNH, India's Ripka Gamit, et al, conducted a study on a quantitative research methodology It employed a pre-experimental research design. In Shri Vinoba Bhaye Civil Hospital Silvassa, 40 postnatal moms who gave birth within three days of being admitted were chosen using a non-probability convenient sampling technique. The data was gathered using a standardized interview schedule. A pre-test was administered after structured breastfeeding instruction, and a post-test was conducted seven days later when they arrived for the follow-up. Paired tests were used to analyse the effectiveness of STP. at 0.05 level of significance, a t value was obtained that was greater than the table value ( $t(39, 0.05) = 20.6864 > 2.02$ ) [4].

A similar study was conducted by South India's Sudha Rudrappa et al (2020) the current study was a cross-sectional investigation carried out between October and November 2018 in postnatal wards of tertiary institutions in India. The study comprised 200 moms in all who were in the postnatal wards. Using the scoring system, the moms' attitudes and knowledge were evaluated. The majority of the remaining people (60%) are under the age of 15–25. In the current study, a total of 20% of the mothers were illiterate, 51.5% of mothers were stay-at-home moms, 68% of mothers belonged to the nuclear family, and 74% of mothers lived in metropolitan areas. Out of 200 postpartum women, 90% gave birth vaginally, 70% knew when to start nursing, and 35% knew how long to breastfeed exclusively [5].

## CONCLUSION

The following conclusion was drawn based on the findings of the study that there was a significant mean pre-test score as compared to the mean pre-test score of knowledge after administration of the antenatal education regarding Breastfeeding in Knowledge the calculated true was greater than the tabulated at 0.05 level of significance which was statistically significant. , Thus, the Null hypotheses were rejected and the Research hypotheses were accepted. So, the investigator concluded that the effect of antenatal education on knowledge regarding breastfeeding among mothers at Parul sevashram hospital, Limda, Vadodara is a significant increase in Knowledge showing that antenatal education was effective.

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