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Effectiveness of Structured Teaching Programme Regarding Exclusive Breastfeeding among Lactating Mother at Selected Hospitals of Vadodara

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Abstract

Introduction

Exclusive breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants. The major causes for the mortality and morbidity among infants are malnutrition, diarrhea, infection, lack of awareness and misconception among mothers regarding exclusive breastfeeding. This study was conducted to assess the knowledge and awareness and misconception among mothers regarding Exclusive breastfeeding. This study was conducted to assess the effectiveness of structured teaching programme on knowledge regarding Exclusive Breastfeeding. ¹

Aims and Objectives

The study aimed at assessing the existing knowledge of lactating mothers regarding exclusive breastfeeding, determine the effectiveness of structured teaching programme, to associate the post test level of knowledge regarding exclusive breastfeeding with selected demographic variables.

Material and Method

An evaluative research approach with pre-experimental design was used. The sampling technique used was non - probability convenient sampling. Data was collected from 60 lactating mothers from selected hospital at Vadodara. Data

collection was done from 8-11-2013 to 18-11-2013. Permission taken from the medical superintendent and Medical director of selectd Hospitals was obtained prior to data collection process. The tool consist of section: 1 Demographic profile, section:2 - knowledge regarding exclusive breastfeeding consisting 24 items. The reliability of the tool was established by using spearman brown split half method. Hence the tool was found to be reliable. Data was analyzed using descriptive and inferential statistics Descriptive statistics used were frequency, mean, range and standard deviation. The data was also presented graphically.

Results

Result of study indicate that The comparision of the mean pre-test(10.73) and post-test (18.73) knowledge score was found to be significant ($t=59.05, t<0.05$) hence hypothesis was accepted this indicate that the structured teaching programme regarding exclusive breastfeeding was effective.

Interpretation and Conclusion

The study findings revealed that structured teaching programme was highly effective in improving knowledge of exclusive breastfeeding among lactating mothers.

[Top](#)

Keywords

Assess, Effectiveness, Knowledge, Structured Teaching Programme, Exclusive Breastfeeding.

[Top](#)

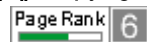
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