

A Study to Assess the Effectiveness of Breastfeeding Self-Efficacy Program on Breastfeeding Self-Efficacy, Breastfeeding Practice and Breast Engorgement Among Primi Mothers in a Selected Hospital, Kottayam

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Abstract:- The study was aimed to assess the effectiveness of Breast-feeding self-efficacy program on Breast feeding self-efficacy, breast feeding practice and breast engorgement among primi mothers. The objectives of the study were to assess the effect of breast-feeding self-efficacy program by comparing the breast-feeding self-efficacy, breast feeding practice and breast engorgement among primi mothers in control and experimental group, to find the correlation between breast feeding self-efficacy and breast-feeding practice among primi mothers, to determine the correlation between breast feeding self-efficacy and breast engorgement among primi mothers, to find the association between breast feeding self-efficacy, breast feeding practice and breast engorgement with selected demographic and clinical variables, The study was conducted among 60 primi mothers who have undergone delivery in Caritas Hospital Kottayam. Quasi experimental nonequivalent posttest only study design was used and the subjects were selected by convenient non random sampling technique. The socio demographic and obstetrical variables were assessed with a structured questionnaire, modified breastfeeding self-efficacy scale was used to assess the breastfeeding self-efficacy, Self-developed observation checklist was used to assess the breast feeding practice and 6 point self-rated engorgement scale was used to assess the breast engorgement. The study revealed that the mean post test score on breastfeeding self-efficacy among experimental group was 63.8 and in control group was 50.7($t=6.777$, $p=0.000$). The mean post test score on breastfeeding practice among experimental group and control group was 83.50 and 37.83($t=15.95$, $p=0.00$) respectively. The mean post test score of experimental group on breast engorgement was 1.56 and control group was 1.96($t=-1.241$, $p=.219$). So it is concluded that the breastfeeding self-efficacy intervention was effective in improving breastfeeding self-efficacy and breastfeeding practice after delivery. Even though the difference in breast engorgement score of experimental and control group was not statistically significant, the experimental group had a decreased engorgement score which again shows a positive change.

Keywords:- Breastfeeding Self -Efficacy, Breastfeeding Practice, Breast Engorgement Primi Mothers, Self-Efficacy Scale.

I. INTRODUCTION

Motherhood is the glorious life force in the world, it is an incredible feeling of pure love that exists only between a mother and a child¹. Mother-child bonding is a complex physiological process that involves not only the hearts, but our brains, hormones, nerves, and almost every part of the body. The natural power of breast feeding is one of the greatest wonders of the world. It is about caring and celebrating the wondrous joy of nurturing a new life. A new born baby demands only the warmth in the hands of its mother, food from her breast and security in the knowledge of her presence. Breastfeeding provides all three. It is a universal truth that the breast milk is the perfect method of feeding a new born, because it provides numerous health benefits to both the mother and infant².

A. Need for the Study

WHO recommends that the mothers should be supported to initiate breast feeding immediately after birth to establish breast feeding and to manage common breast-feeding difficulties³.

Lactation counselling can increase the knowledge of mother and thereby they can feed the baby effectively and it will reduce the incidence of breast engorgement and it will improve the new born feeding behaviour. The prime people to teach women about the benefits of breast feeding and provide anticipatory guidance for problems that may occur are nurses. They can provide information and support of breast feeding. One of the important psychological and motivational factors for the beginning, success, and duration of breastfeeding is Breastfeeding self-efficacy.

B. Statement of the Problem

A study to assess the effectiveness of Breast-feeding self-efficacy program on Breast feeding self-efficacy, breast feeding practice and breast engorgement among primi mothers in a selected hospital at Kottayam.

C. Objectives of the study

- Assess the effect of breast-feeding self-efficacy program by comparing the breast-feeding self-efficacy, breast feeding practice and breast engorgement among control and experimental group.
- Find the correlation between breast feeding self-efficacy and breast-feeding practice among primi mothers.
- Determine the correlation between breast feeding self-efficacy and breast engorgement among primi mothers.
- Find the association between breast feeding self-efficacy, breast feeding practice and breast engorgement with selected demographic and clinical variables

D. Operational Definition

Effectiveness: Refers to the significant change in breast feeding self-efficacy, breast feeding practice and breast engorgement following the intervention as evidenced by difference between controlled and experimental group score, rated on Breast Feeding Self Efficacy Scale – Short Form, breast feeding practice checklist and six point self-rated breast engorgement scale.

Breast feeding self-efficacy program: Refers to systematically organized one to one counselling service clubbed with video assisted training session on breast feeding for a period of 10-30 minutes before labor and a follow up session of breast feeding assistance and clarification of doubts in the immediate postnatal period to enable the primi mothers to breast feed their new-born with confidence.

Breast feeding self-efficacy: Refers to mother's perceived ability to carry out effective breast feeding, which is measured by breast feeding self-efficacy scale.

Breast feeding practice: It refers to the way of feeding a baby with milk directly from the mother's breast which is assessed by observation checklist.

Breast Engorgement: It refers to the development of hard, swollen and painful breast due to exaggerated normal venous and lymphatic engorgement of the breast which is assessed by 6 point self-rated engorgement scale.

Primi mothers: Refers to females who are pregnant for the first time and admitted in the hospital for safe confinement.

E. Hypotheses

All the hypotheses are tested at 0.05 level of significance

H1: There is significant difference in the breast feeding self-efficacy among mothers in the experimental and control group.

H2: There is significant difference in the breast-feeding practice of mothers in the experimental and control group.

H3: There is significant difference in the occurrence of breast engorgement among mothers in the experimental and control group.

H4: There is significant correlation between breast feeding self-efficacy and breast engorgement among primi mothers.

H5: There is significant correlation between breast feeding self-efficacy and breast feeding practice among primi mothers.

H6: There is significant association between breast-feeding self-efficacy, breast feeding practice and breast engorgement with selected demographic and clinical variables.

II. METHODOLOGY

➤ Research Design

The research design selected for the present study was quasi experimental nonequivalent posttest only control group design.

➤ Setting of the Study

In this study setting refers to the Maternity wards of Caritas hospital at Thellakom, Kottayam. The setting was selected considering the availability of subjects, accessibility of the researcher and cooperation from the management and other health care professionals.

➤ Population

In this study it refers to the primi mothers admitted in the maternity wards of the Caritas hospital for delivery.

➤ Sample and Sampling Techniques

Sample of the present study was 60 primi mothers (30 in control group and 30 in experimental group) of Caritas hospital, Kottayam District and who met the inclusion criteria. The sampling technique selected for the present study was convenient non random sampling.

➤ Sampling Criteria

Inclusion Criteria

- Primi mothers between the age of 18-35 years
- Primi mothers Who have completed 37 weeks of gestation

Exclusion Criteria

- Mothers with twin gestation or fetal congenital anomalies
- Mothers with any medical and obstetrical conditions complicating pregnancy.

➤ Description of the tool

Tool 1: Structured questionnaire

Section A: Socio Demographic Variables

This section consists of 5 variables on socio demographic variables of the sample in relation to their age, and type of family, education, occupation and economic status.

Section B: Obstetrical variables

This section consists of 5 obstetrical variables in relation to age at marriage, Gestational age, birth weight of the baby, type of delivery and previous knowledge.

Tool 2: Breast feeding self-efficacy scale short form (BSES SF)

Breast feeding self-efficacy scale is a 14 item 5 point scale developed by Dr. Cindy lee Dennis to assess the breast feeding self-efficacy. It is 14 item 5 point standardized scale to measure the confidence level of the mother regarding breast feeding⁴. The samples were asked to circle the number against each statement that best describes their feeling of confidence. Each item consisted of confident level from 1-5,

where 1-not at all confident, 2-not really confident, 3-sometimes confident, 4-confident and 5-very confident.

5 – Being firm, tender
6 – Being very firm, very tender

Categorization of scores

- Above 52 - high self-efficacy
- Between 33 and 52 - Medium self-efficacy
- Below 32 - Low self-efficacy

Tool 3: Observation checklist on breastfeeding practice

Observation check list is used to assess breast feeding practice. It is a self-developed questionnaire which Includes 20 statements. It consists of Yes or No options in which ‘yes’ options carries 1 mark and ‘No’ option carries 0 mark. The total score was converted into percentage and it was categorized into three.

Scoring

- 0-33: Poor Practice
- 34-66: Satisfactory practice
- 67-100: Good practice

Tool 4: Self Rated Engorgement Scale

Engorgement was assessed using 6-Point Self Rated Engorgement Scale from 1 to 6,

Categorization of Scores

- 1 – Being soft, No change
- 2 – Being slight change
- 3 – Being firm, non-tender
- 4 – Being firm, beginning tenderness

III. RESULTS

Descriptive and inferential statistics were used for data analysis. The mean post test score on breastfeeding self-efficacy in experimental group and control group were 63.8 and 50.7 respectively(Table 1) and the mean post test score of breastfeeding practice in experimental group and control group was 83.50 and 37.83 respectively(Table 2) and the mean post test score of breast engorgement in experimental group and control group was 1.56 and 1.96 respectively(Table 3) so it was found that breastfeeding self-efficacy program is effective in improving breastfeeding self-efficacy and breastfeeding practice but the occurrence of breast engorgement is almost equal in both groups. The correlation between Breastfeeding self-efficacy with breast feeding practice and breast engorgement was done by Pearson’s correlation coefficient and the ‘r’ value is 0.57 and 1 respectively which shows a moderate and perfect correlation exists between the components .The association of socio demographic and obstetrical variables with breastfeeding self-efficacy, breastfeeding practice and breast engorgement was done by fisher’s exact test and it was found that, there is no significant association between any of the socio demographic and obstetrical variables with breastfeeding self-efficacy, breastfeeding practice and breast engorgement.

Compare the post test score of breastfeeding self-efficacy in experimental and control group.

(n=60)

Category	Mean	SD	MD	t value	P value
Experimental	63.8	5.71	13.066	6.777	0.000***
control	50.7	8.87			

Table 1

Compare the post test score of breast feeding Practice among primi mothers in experimental and control group.

(n=60)

Category	Mean	SD	MD	t value	P value
Experimental	83.50	8.62	45.66	15.95	0.000***
control	37.83	13.09			

Table2

Compare the post test score of breast engorgement among primi mothers in experimental and control group.

(n=60)

Category	Mean	SD	MD	t value	P value
Experimental	1.56	1.27			
control	1.96	1.21	0.400	1.241	0.219

Table 3

IV. CONCLUSION

Based on the findings of the study the following conclusion were drawn:

The findings of the present study were analyzed and discussed with the findings of other similar studies. This helped the investigator to prove that the findings were true and the breast feeding self-efficacy program was found to be effective in improving the breastfeeding self-efficacy and breastfeeding practice. Even though the difference in breast engorgement score of experimental and control group is not statistically significant the experimental group has a decreased engorgement score which again shows a positive change.

➤ Nursing implication

The findings of the study have implications on the field of nursing education, nursing practice, nursing administration and nursing research.

RECOMMENDATIONS

- A similar study can be undertaken using the same tool on a larger sample and a longer period, for better generalization.
- A similar study can be conducted to find the differences in the knowledge level of primi gravida mothers on the basis of various institutional settings such as government and private institutions.

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