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A Study to Assess the Effectiveness of Planned Teaching Programmes on the Knowledge of Lactogogues Food among BSc Nursing 4th Year Students in Selected College of Jabalpur City

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Abstract

A study to assess the effectiveness of planned teaching programme on the knowledge of Lactogogues Food among B.Sc Nursing 4th year students in selected college of Jabalpur city.

Objectives: Assess the demographic variables among the students of B.Sc Nursing 4th year students in selected college of Jabalpur city. Assess the pre-test knowledge score regarding the lactogogues foods among the students of B.Sc nursing year students in selected college of Jabalpur city. Assess the post-test knowledge score regarding the lactogogues food among B.Sc nursing 4th year students in selected college of Jabalpur city. Assess the effectiveness of planned teaching programmes on lactogogues food among B.Sc nursing 4th year students in selected college of Jabalpur city. Find the association of pre-test knowledge with their selected demographic variables.

Methodology: This research design selected for this study was group experiment pre-test post-test research design.

Result: In this out of 60 samples 33.3% students have average knowledge, 66.6% students have good knowledge and 0.1% student have poor knowledge. The mean is 16, SD is 5.82 and t-value is 21.29 at 22df.

Discussion: The majority of students have the average knowledge regarding knowledge of lactogogues foods among the B.Sc nursing 4th year students. They require a planned teaching programme regarding knowledge of lactogogues food among the B.Sc nursing 4th year students in the pre-test 50% students have poor knowledge, 1.6% students have good knowledge and 48% students have average knowledge. In post-test, it was found that 0.1% students have poor knowledge, 33.3% students have an average knowledge and 66.6% students have good knowledge.

Keywords: Lactogogues Food, Nursing students, Nutrition

Introduction

Background of the Study

According to the article published by H. Javvaji, January 2021, Mother's milk or breast milk is produced by mammary glands that is located in the breast of human female. Breast milk is the primary sources of nutrition for new born which all containing all the nutritious substances. Breast milk should give assurance the abundant nutrition of the infant as continuation of the intrauterine nutritional status and her diet may influence breast milk composition. The nutritional needs of women increases during pregnancy and lactation. During lactation, the mammary glands have a degree of metabolic autonomy that assure abundant milk composition. All mothers can produce milk in appropriate amount and of appropriate quality. Unless they are extremely malnourished. Though there is a vast body of literature on the physiology and diseases of lactating women, the professional that care for them nutritional requirements.

Need for the Study

Lactogogues foods that increases the milk production in

lactating mothers. This kind of food is used when there is an insufficiency of milk supply in lactating mothers. Any content of a least some nutrients in them a milk may be maintained at a satisfactory level at. The expense of maternal stores. This applies particularly to folate and calcium. Encourages increase intake of nutrients rich to at least 18,00 kcal/day. Advise intake of a regular sources of vitamin b12 containing plant food production of vitamin b12 supplement daily. Energy intake is sufficient to support adequate milk production the impact of relatively low intakes of folate, vitamin b12, calcium, zinc and magnesium during lactation in the mother's nutritional status and health need to be assess. Lactogogues are a type of medication that aid in initiating maintaining and augmenting of adequate milk production. The term "lactogogues" refers to substances that augment established lactation. Lactogogues may be synthetic, plant derived or endogenous products. The nutritional demand imposed by lactation were estimated from data an volume and composition of milk produced by healthy successfully women recommended dietary allowances. Research is needed to develop indicator of nutritional status for lactating women's.

So, the study requires because the promotion of healthy food, who has an ability to increase the production of milk and milk supply process. Research is needed to study how various approaches to the health care of lactogogues women (and those who plan to breastfeed) after they lactation performance. Nutritional screening or evaluation of the mother, nutritional guidance on lactogogues and also give knowledge about anti galactagoues foods.

Material and Method

This study was experimental group pre-test post-test research design to observe the effectiveness of planned teaching programme on knowledge regarding lactogogues food.

Result and Discussion

In this out of 60 samples 33.3% students have average knowledge, 66.6% students have good knowledge and 0.1% student have poor knowledge. The mean is 16, SD is 5.82 and t-value is 21.29 at 22df. Lactogogues food one of the most discussed topic for increases the milk production of lactating mother. This kind of food was used when there was an insufficiency of milk supply in lactating mother. It was prevent from many diseases of the infant child. Lactogogues are substance used to induce, maintain and increase milk production women who breastfeed tend to recover from child birth faster than women who choose not to nurse their babies. Lactogenic foods are foods, spices and herbs that contains specific nutrients that support lactation, so research will give knowledge about lactogogues foods, its benefits and how it will helps women to increase milk production and milk supply.

Majors Findings of the Study

Socio Demographic Data

Age: Represent that out of 60 students 95% belongs to age

group of 20-25 years, 5% belongs to age group of 26-29 and 0% belongs to age group 30 & above.

Sex: Represent that out of 60 students 90% of them are female, 10% of them are male.

Father’s Education: Represent that out of 60 students 20% of them are having diploma, 36.6% of them are having graduation, 11.6% of them are having post-graduation and 31.6% of them are having no graduation.

Mother’s Education: Represent that out of 60 students 15% of them having diploma, 30% of them having graduation, 8.3% of them having post-graduation and 46.6% of them having no knowledge.

Previous Knowledge: Represent out of 60 students 10% of them taken knowledge from newspaper/magazine, 55% of them taken knowledge from textbook, 10% of them knowledge from elders and 25% of them had not received any knowledge. This study is delimited in B.Sc Nursing 4th year students only.

Section A: It deals with analysis of data related to pre-test knowledge and post-test knowledge score of sample.

Table 1: Present pre-test & post-test knowledge score of sample.

S. No	Test	Scale						SD	T-Value	Inference
		Poor		Average		Good				
		F	P	F	P	F	P			
1.	Pre-test	30%	50%	29%	48%	1%	1.6%	5.82	21.29	HS
2.	Post-test	POOR		AVERAGE		GOOD				
		F	P	F	P	F	P			
		0%	0%	20%	33.3%	40%	66.6%			

SD = Standard division
 HS = Highly Significant (at 0.05 level of significance)
 F = Frequency
 P = Percentage

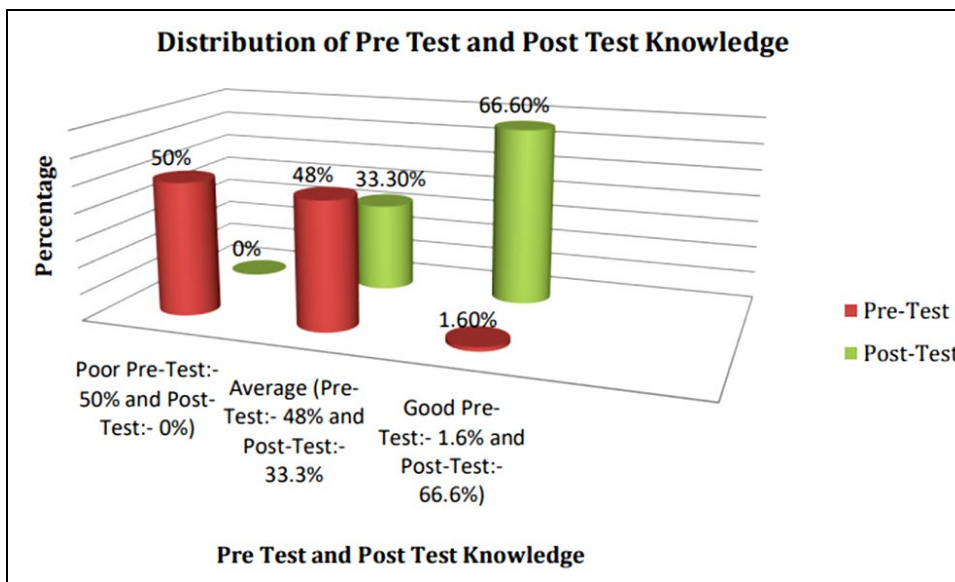


Fig 1: Distribution of Pre-test and Post-test knowledge

In pre-test, poor was 50%, average was 48% and good was 1.6%. In post-test, poor was 0%, average was 33.3% and good was 66.6%. The SD was 5.82 and t-value was 21.29.

The t-test calculated was more than the t-test tabulated; hence there was significant difference in the pre-test and post-test value at 0.05 level of significance.

Section B: The association of pre-test knowledge score with their demographic variables

Table 2: The association of pre-test knowledge score with their demographic variables

S. No	Variables	Frequency				DF	Chi-value	P-value	Inference
		Poor	Average	Good	Total				
1. Age									
a)	20-25 years	30	26	1	57	4	179.5 (9.49)	0.001	HS
b)	26-29 years	0	3	0	3				
c)	30 & above	0	29	1	0				
2. Gender									
a)	Male	28	25	1	54	3	83 (22.46)	0.001	HS
b)	Female	2	4	0	6				
3. Father's Education Status									
a)	Diploma	4	8	0	12	5	42.4 (32.91)	0.001	HS
b)	Graduation	11	10	1	22				
c)	Post-Graduation	4	3	0	7				
d)	None	11	8	0	19				
4. Mother's Education Status									
a)	Diploma	1	8	0	9	5	66 (21.03)	0.001	HS
b)	Graduation	11	6	1	18				
c)	Post-Graduation	3	2	0	5				
d)	None	15	13	0	28				
5. Previous Knowledge									
a)	Newspaper /Magazine	2	4	0	6	5	71 (32.91)	0.001	HS
b)	Textbook	16	16	1	33				
c)	Elders	3	3	0	6				
d)	Not received yet	9	5	0	14				

Conclusion

The main aim of the study was to increase the knowledge of lactogogues foods among the breastfeeding mothers, and to be useful for promoting and increasing the breast milk production in early postnatal day. This study demonstrated that lactogogues use to generate efficiency and safety to support and improve the breast feeding outcomes. From the present study it was found that out of 60 subjects in the sample size the highest participation was from 20-25 years students (95%) and the lowest participation was from 30 and above year's students (0%). The findings express that the variables of age, gender, father's education, mother's education and previous knowledge had significant association in the selected demographic variables. Thus the study suggested that there was need to had a study on regular basis to assess the knowledge of lactogogues foods among the students of B.Sc. Nursing in selected college of Jabalpur City.

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