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## A study to assess the effectiveness of STP on knowledge regarding feeding practices of infants among the primiparas residing at selected areas

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### Abstract

**Background and objectives:** Breast-feeding has a unique biological and emotional influence on the health of both mother and infant. It is furthermore an important determinant of infant health in the prevention of malnutrition and infections. When an infant reaches the age of about six months, however, breast milk alone is no longer sufficient in meeting nutrient requirements and other food (s) should therefore be given. Weaning is the period during which an infant's diet is expanded and its dependence on milk as the sole source of nutrition is ended. It is important for the introduction of solid foods not to be delayed beyond the age of six months. The inappropriate feeding practice may be contributing to the increase in the prevalence of stunting during the first 18 months of life.

The main objective of the present study was

Assess the existing knowledge of Primiparas regarding the feeding practices of infants by pretest. Evaluate the effectiveness of STP on feeding practices of infants among primiparas by comparing pretest and posttest knowledge scores find out the association between posttest knowledge level of primiparas regarding feeding practices of infants with selected demographic variables.

**Methods:** The research approach used was pre experimental approach. The Research Design selected for the study was one group pre-test post-test design the sample includes 60 primiparas and are selected by non-probability convenience sampling technique. The structured teaching programme on infant feeding practices was prepared. The Pilot Study was conducted with 10 primiparas. Reliability of the tool was assessed by collecting data from 10 primiparous. Split half method with Karl Pearson's formula was used to test the reliability of the tool.

**Results:** The findings showed that the mean post-test knowledge score of the subjects in was 68.43% was higher than the mean pre-test score of 48.13%. It was found to be significant with a calculated value of 17.87,  $P < 0.05$  which was higher than the critical value showing that the improvement in knowledge score was significant.

The reliability of the tool was 0.91. It was statistically significant and thus reliable.

**Keywords:** Infant feeding; structured teaching programme; pre-experimental study; convenience sampling technique.

### Introduction

#### Research approach

An evaluative research using pre-test ( $O_1$ ) and post-test ( $O_2$ ) without control group was adopted for this study in order to accomplish the objectives. Evaluative research deals with the question of how well the program is meeting the objectives. The primary objective of the evaluative research is to determine the extent to which a given program or procedure is effective. Hence the evaluative research approach was considered most appropriate

#### Research design

The research design selected for present study was Pre-experimental in nature i.e., one group pre-test post-test design. This study is intended to find out the gain in knowledge by the primiparas after administering Structured teaching programme, who was subjected for the study. The effect of treatment would be equal to the level of phenomenon after the treatment minus the level of the phenomena before treatment.

#### Setting of the study

Setting is the location for conducting research.

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**Population** The target population for the present study was all the primiparas residing at selected areas.

### **Sample and sampling technique**

The sample of present study comprised of 60 primiparas. Sampling technique adopted for selection of sample is non-probability convenience sampling.

### **Results**

The findings showed that the mean post-test knowledge score of the subjects in was 68.43% was higher than the mean pre-test score of 48.13%. It was found to be significant with a calculated value of 17.87,  $P < 0.05$  which was higher than the critical value showing that the improvement in knowledge score was significant.

The chi-square test at a level of significance of 5% was applied to check the association of demographic variables with knowledge score. The demographic variable such as age of the primiparas, educational status of the primiparas, type of family and source of information shows a significant association with posttest level of knowledge.

### **Interpretation and conclusion**

Findings of the Study indicate structured teaching programme was significantly effective in improving the knowledge score of primiparas on infant feeding practices.

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