

Research Paper

Assessing the Effectiveness of Breastfeeding Self-Efficacy Program on Breastfeeding Self-Efficacy, Breastfeeding Practice and Breast Engorgement Among Primi Mothers

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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, Selfdeveloped 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

The full length article is available upon request from the editorial office

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