

# A Study to Assess the Effectiveness of Information Booklet in Terms of Knowledge Regarding Breast Milk Bank Among Antenatal Mothers in Mariampur Hospital at Kanpur, Uttar Pradesh

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## Abstract

### Statement

“A Study To Assess The Effectiveness Of Information Booklet In Terms Of Knowledge Regarding Breast Milk Bank Among Antenatal Mothers In Mariampur Hospital At Kanpur, Uttar Pradesh.”

### Key Words

Assess, Effectiveness, Information booklet, Knowledge, Breast milk, Breast milk bank, Antenatal mothers.

## 1. Introduction

A **Breast milk bank** is a facility that collects, screens, processes, stores and distributes donated human breast milk to babies who need it. The concept of breast milk banking supports Neonatal Intensive Care Units (NICUs), reduces infant morbidity and mortality, and promotes breastfeeding awareness in society. By encouraging mothers to donate their excess milk breast milk banks help save countless newborn lives and strengthen public health. (Dutta, 2007)The aim of the study is to improve the level of knowledge regarding breast milk bank among antenatal mothers through information booklet.

## 2. Research Methodology

This study was conducted using Quantitative approach. Pre-experimental one group pre-test post-test research design was used in this study. The total sample size was 60 antenatal mothers selected through Purposive sampling technique. The data was collected by Self Structured Knowledge Questionnaire.

### 3. Results

The data obtained have been tabulated and analysed by using descriptive and inferential statistics. The statistical analysis showed that 30 (50%) that is the majority of the sample had good knowledge, 28 (46.6%) of sample had average knowledge and 2 (3%) had poor knowledge in pre-test but in post-test 36(60%) of the sample had good knowledge, 23 (38.33%) of the sample had average knowledge and 1(1.6%) in poor knowledge after administrating information booklet regarding breast milk bank. The mean (22.9) of the post-test score was higher than the mean (19.8) of pre-test among antenatal mothers knowledge regarding breast milk bank, with mean difference of 3.1. The comparison of pre-test and post-test level of knowledge regarding breast milk bank among antenatal mothers had significant difference with t value (10.99) at p value (0.05) level of significance. The calculated t value (10.99) is greater than the table value (2.00). so, the hypothesis  $H_1$  is accepted.

### 4. Conclusion

The finding revealed that there was a significant improvement in level of knowledge regarding breast milk bank among antenatal mothers in post-test after administrating information booklet. There was no significant association between post-test level knowledge score with the selected demographic variable, so the hypothesis ( $H_2$ ) is rejected but null hypothesis ( $H_0$ ) is accepted.

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