"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING IMPORTANCE OF COLOSTRUM FEEDING AMONG REPRODUCTIVE AGE GROUP WOMEN IN SELECTED RURAL AREA OF HONAVAR"

By

MS. PREETI

Submitted to

Rajiv Gandhi university of health science, Bangalore, Karnataka.

Under short term Research Grants for Undergraduate Students of Institutions affiliated to RGUHS for the year 2020 – 21
and in Partial fulfillment of the requirements for the
degree of
Bachelor of Science in Nursing.

Under the guidance of

Mrs. Verginia Dsouza

St. Ignatius Institute of Health Sciences,

Honavar, Uttara Kannada.

2021

DECLARATION BY THE CANDIDATE

I hereby declare that this thesis titled **"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING IMPORTANCE OF COLOSTRUM FEEDING AMONG REPRODUCTIVE AGE GROUP WOMEN IN SELECTED RURAL AREA OF HONAVAR"**is a bonafide and genuine work to carried out by me under the guidance of **Mrs. Verginia Dsouza,** the Associate Professor, St. Ignatius Institute of Health Sciences, Honavar.

Date: **Ms. Preeti**

Place: **Final year B.Sc. Nursing**

CERTIFICATE BY THE GUIDE

This is to certify that thesis **"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING IMPORTANCE OF COLOSTRUM FEEDING AMONG REPRODUCTIVE AGE GROUP WOMEN IN SELECTED RURAL AREA OF HONAVAR"**is a bonafide research work done by **Ms. Preeti** under Short term Research Grants for Undergraduate Students of Institutions affiliated to RGUHS for the year 2020 – 21.

Date :

Place: Honavar.

Signature of the guide

Mrs. Verginia Dsouza
Associate Professor
St. Ignatius Institute of Health Sciences,
Honavar.

ENDORSEMENT BY THE PRINCIPAL /HEAD OF THE INSTITUTION

This is to certify that the dissertation entitled **"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING IMPORTANCE OF COLOSTRUM FEEDING AMONG REPRODUCTIVE AGE GROUP WOMEN IN SELECTED RURAL AREA OF HONAVAR"**is a bonafide research work done by **Ms. Preeti** under Short term Research Grants for Undergraduate Students of Institutions affiliated to RGUHS for the year 2020 – 21under the guidance of **Mrs. Verginia Dsouza**. Associate professor,St. Ignatius Institute of Health Sciences, Honavar.

Date :

Place: Honavar.

Signature of the principal

A. SagayaArockia Mary
Principal
St. Ignatius Institute of Health Sciences,
Honavar.

ST. IGNATIUS INSTITUTE OF HEALTH SCIENCES, HONAVAR.

SHORT-TERM RESEARCH GRANT FOR UNDERGRADUATE STUDENTS

2020-2021

FINAL REPORT

1.	**TITLE OF THE PROJECT**	**"A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING IMPORTANCE OF COLOSTRUM FEEDING AMONG REPRODUCTIVE AGE GROUP WOMEN IN SELECTED RURAL AREA OF HONAVAR"**
2.	**RGUHS PROJECT CODE**	**UGNUR416**
3.	**NAME OF THE STUDENT**	**Ms. PREETI**
	E-MAIL ID:	**sison04@gmail.com**
	MOBILE NUMBER:	**7760925504**
4.	**NAME OF THE GUIDE**	**MRS.VERGINIA D'SOUZA**
	DESIGNATION	**Assoc. Professor**
	EMAIL ID	**verginiadsouza@gmail.com**
	MOBILE NUMBER	**7022035080**
5.	**NAME OF THE DEPARTMENT**	**NURSING**
6.	**DATE OF COMMENCEMENT OF THE RESEARCH ACTIVITY**	**5/3/21**
7.	**DATE OF COMPLETION**	**27/6/21**
8.	❖ **OBJECTIVES STATED**	**The objectives of the study are;** 1.To assess the pre-test and post-test knowledge level regarding importance of colostrum feeding among reproductive age group women in selected rural area of Honavar. 2. To assess the effectiveness of structure teaching programme on colostrum feeding in selected rural areas of Honavar. 3. To determine the significant association between pre-test knowledge score with demographic variables among reproductive age group women in selected rural areas of Honavar

	❖ **OBJECTIVES ACHIEVED**	1) Assessed the pre and post-test knowledge regarding importance of colostrum feeding among reproductive age group women in selected rural area of Honavar. 2) Structured teaching programme on colostrum feeding was found to be effective. 3) Significant association found between the pre-test knowledge score of reproductive age group and selected demographic variables

9. FIELD /EXPERIMENTAL WORK GIVING FULL DETAILS OF RESEARCH METHOD ADOPTED.

METHODOLOGY:

This work is to evaluate the effectiveness of structure Teaching Programme on a study to assess the effectiveness of structured teaching programme on knowledge regarding importance of Colostrum feeding among reproductive age group women in selected rural area of Honavar, which include description of research approach, research design, study setting, variables, target population, sample and sample size, sampling technique, sampling criteria, developmental and description of tools, data collection method and plan for data analysis.

RESEARCH APPROACH:

Research approaches are plans and the procedure for research. A quantitative evaluative research approach was adopted for the study. It enables the investigator to evaluate effectiveness of structure Teaching Programme regarding Knowledge colostrum feed among reproductive age group woman in rural areas of Honavar.

RESEARCH DESIGN:

Keeping In view the objective of the study, the research design selected for the present study is pre Experimental, non-randomized one group pre and post-test was adopted for the Study as it enables to determine the effectiveness of computer structured Teaching Programme on Knowledge among reproductive age group women.

VARIABLES UNDER STUDY:

According to **Polit & Hungler, (1999), variables** are an attribute of a person or object that variable and taken on different value within the population under study.

- **Independent variable:** Structure teaching programme on colostrum feed.
- **Dependent variable:** Knowledge level on colostrum feed.
- **Demographic variable:** In the study, the demographic variables are Age of in years, marital status, duration of marital life, number of pregnancy, number of children, religion, education, occupation of father, occupation, type of family.

SETTING OF THE STUDY:

According to Polit & Hungler Setting is the physical location and condition in which data collection takes place in a study. The study will be conducted at Prabhat Nagar in Honavar.

POPULATION:

The population refers to the entire set of individual or subjects having common characteristics, sometimes referred to as universal. In this study the population is a rural reproductive age group women at Prabath Nagar in Honavar.

- **Target population**:

The target population consist of the total members of a define set of reproductive age group women from whom the data will be generalized. In the present study the target population was all rural reproductive age group women in Honavar.

- **Accessible population**:

In the study the accessible population was rural reproductive age group women who are present at Prabath Nagar in Honavar.

SAMPLE:

A sample is a small portion of population selected to participate in the research study. The sample for this research is rural reproductive age group women at Prabath Nagar in Honavar.

SAMPLE SIZE:

The Sample size taken for this study is consisted of 30 rural reproductive age group women at Prabath Nagar in Honavar.

SAMPLING TECHNIQUE:

Sampling defines the process of selecting a group of people (or) other elements with which to conduct a study. In this study Purposive sampling, Random sampling procedure where the subject selected, in part of whole, at the purposive of researcher, or entitle using the most conveniently available people as a study participant.

SAMPLING CRITERIA:

Sample of the present study were selected based on the criteria fixed by the investigator to reduce bias and errors.

Inclusion criteria:

- Rural reproductive age groupwomen
- women whose age is between 21- 45 years.

Exclusion criteria:

- Those who not willing
- Working women

SELECTION & DEVELOPMENT OF TOOL:

Tool is a procedure or instrument used to assess awareness by the research to collect data. The tool was developed after:

- An extensive review of literatures
- Based on consultation with experts in the field and related field.
- Based on opinion of the expert to ascertain for the clarity and appropriateness of the items of given structured questionnaire.
- Based on informal discussion with peer group.
- Prepared in English then translated into Kannada.

DESCRIPTION OF THE TOOL:

The tool used was structured knowledge questionnaire.

Self- structured questionnaire consists of two sections-

- **Section I:** It consists of sample characteristics
- **Section II: S**tructured Knowledge questionnaire regarding colostrum feeding .

SECTION-I: This section consists of 09 demographic variables like Age of in years, marital status, duration of marital life, number of pregnancy, number of children, religion, education, occupation, type of family, about previous knowledge on colostrum feeding.

SECTION-II: This section consist of 24 multiple choice questions with maximum score of 24 and the entire question has 4 options where as one will be the correct answer and other three will be the wrong answers. Each correct answer score "1" mark and incorrect answer scores "0" mark.

CRITERIAN MEASURES

The multiple-choice question was used to assess the knowledge of reproductive age group women regarding colostrum feed and the assessment of knowledge will be identified through following scale –

Knowledge Level	Score Range	Percentage (%)
Poor	0-06	0-25
Average	07-12	26.16- 50
Good	13-18	54.16– 75
Excellent	19-24	79.16 – 100

Maximum score: 24 Minimum score: 1

CONTENT VALIDITY:

To ensure the content validity of tool, the prepared tool along with problems statement, objectives, operational definition, hypothesis, self-structured booklet was submitted to 5 experts, in the field of Child Health Nursing, Pediatrician, Gynecologist and Statistician. Expert requested to judge the items on the basis of their relevance, clarity, feasibility organization of the items

included in the study. Based on expert opinion, some of the questions were modified and some of the question has been deleted, arrangement of the option was done in proper way according to the suggestions given by experts, the tool was presented and finalized by the research committee of SIIHS college of Nursing Honavar.

RELIABILITY OF TOOL :

The reliability co-efficient calculated using split half formula to determine Reliability co-efficient for structured knowledge questionnaire. The "r" was found to be r=0.80 This correlation coefficient was reliable and it is good tool for assessing the effectiveness of structure teaching programme on Knowledge regarding colostrum feed among reproductive age group women.

PILOT STUDY:

Pilot study was conducted as a trial to check the accessibility and feasibility.The pilot study was conducted in Kasarkod (Rural area), Honavar, 28/05/ 21 to 31/05/21. The purpose of study was explained to 5 reproductive age group women who meet the sampling criteria, the purpose of the study was explained and confidentiality was assured to all subjects. The average time taken by each subject to attend the questionnaire and given answer was about 1 hour within a period of one week. The data analysis was done using descriptive and inferential statics. Pilot study confirmed practicability and provide confidence to the researcher for main study. After pilot study the tool was found to be feasible and acceptable.

Pre-test			**Post-test**		
Date	No of sample	Duration	Date	No of sample	Duration
28/05/21	05	1 hour	31//5/21	03	1 hour

DATA COLLECTION PROCESS

Data collection is precise, systematic method of gathering information relevant the research to conduct the main study at rural area Honavar, A formal written permission was obtained from concerned authorities before data collection from Sarpanch. Data collection period was from 12/06/2020 to 22/06/2021. The Procedure was the same as in the pilot study valid and reliable structured knowledge questionnaire was used for data collection. Self introduction and establishing rapport with the subject 30 reproductive age group women Explained the importance of research study, the confidentiality of their responses was assured and consent was obtained from each Participant.

The process used for data collection was as follows

- The research investigator introduced herself and explained the purpose of the study to the reproductive age group women.
- The written consent was obtained from the subjects.
- The self-structured knowledge questionnaire was used to assess the Knowledge Regarding colostrum feeding.
- The participants were thanked for their co-operation.
- Data collected was then tabulated and analyzed.

Data collection process is scheduled as following

S. No.	Pre-test				Post-test			
	Date	**sample**	**Time**	**Area**	**Date**	**sample**	**Time**	**Area**
1.	12/6/ 2021	09	02-4pm	Prabath Nagar	19/6/21	09	02-4pm	Prabath Nagar
2.	13/6/2021	06	02-4pm		20/6/21	06	02-4pm	
3.	14/6/2021	08	02-4pm		21/6/21	08	02-4pm	
4.	15/6/2021	07	02-4pm		22/6/21	07	02-4pm	

PLAN FOR DATA ANALYSIS:

Analysis of the data was planned on the basis of objective and hypothesis. The data plan to be analysis by using both descriptive and inferential statistics and the following plan for analysis would be worked out.

Descriptive statistics:

- Demographic data was analyzed in items of frequency and percentage.
- The knowledge and practice regarding colostrums feeding . Mean, mean percentage and standard deviation was computed.

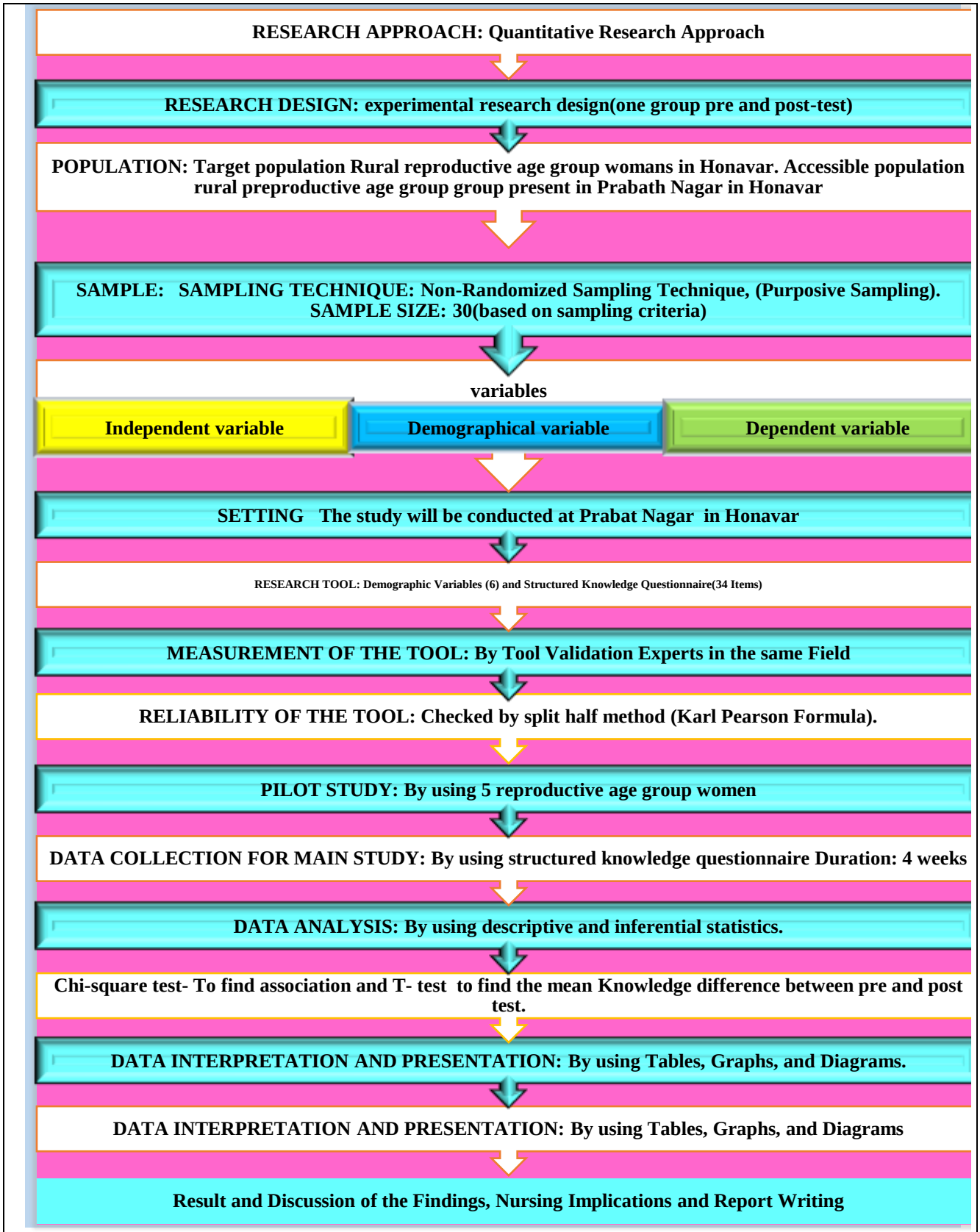
Inferential statistics:

- Chi-square test is to find out association between the selected demographic variables and level of knowledge regarding colostrum feeding.
- Paired t-test used to find the effectiveness.

ETHICAL CONSIDERATION:

- Permission was obtained from research committee of SIIHS college of Nursing, Honavar.
- Due permission from authorities was sought and obtained.
- Informed written consent was taken from participants.
- Anonymity of the participants was ensured.

FIGURE NO: 2 SCHEMATIC DIAGRAM OF RESEARCH METHODOLOGY



10: DETAILED DATA ANALYSIS.

Analysis and interpretation of data collected among Reproductive age group women (21-45 years) Regarding the Effectiveness of structured teaching Programme on colostrum feeding. The purpose of this analysis is to reduce the data to a manageable and Interpretable form so that the research problem can be studies and tested the data were analysed in according to the objectives and hypothesis of the study.

OBJECTIVES OF THE STUDY

1. To assess the pre-test and post-test knowledge level regarding importance of colostrum feeding among reproductive age group women in selected rural area of Honavar.
2. To assess the effectiveness of structure teaching programme on colostrum feeding in selected rural areas of Honavar.
3. To determine the significant association between pre-test knowledge score with demographic variables among reproductive age group women in selected rural areas of Honavar.

HYPOTHESIS:

H_1: There will be significant difference between the pre-test knowledge scores and post-test knowledge scores.

H_2: There will be significant association between the post-test knowledge scores on importance of colostrum feeding and selected demographic variables.

ORGANIZATION AND PRESENTATION OF DATA:

Analysis and interpretation was done as per the objectives of the study and the hypothesis formulated. Descriptive and inferential statistics were used for the analysis of the data.

The data and finding have been organized and presented under the following sections.

- **SECTION: I-** Frequency and Percentage and Distribution of study subjects according to demographic variables.
- **SECTION: II-** Analysis of overall pre and post-test knowledge level of sample regarding colostrum feeding among reproductive age group women.
- **SECTION: III-** Analysis of finding the mean difference in the pre and post-test knowledge level of sample regarding colostrum feeding.
- **SECTION: IV-** Analysis of paired t-test shows the effectiveness of structured teaching programme showing paired t-test value.
- **SECTION: V-.** Analysis of chi-square test showing significant association between the pre-test knowledge level in selected demographic variable of the sample

SECTION – I

Table 1: Frequency and Percentage distribution of reproductive age group women according to Demographic Variables.

N=30

Sl. No.	Demographic Variables	Frequency (n)	Percentage (%)
1.	**AGE**		
	a) 21-25 years	7	23.34
	b) 26-30 years	9	30
	c) 31-35 years	10	33.33
	d) 36-40 years	0	0
	e) 41-45 years	4	13.33
2.	**MARITAL STATUS**		
	a) Married	29	96.67
	b) Unmarried	0	0
	c) Widow	0	0
	d) Divorce	1	3.33
3.	**IF MARRIED SPECIFY THE DURATION OF MARITAL LIFE**		
	a) 1	4	13.33
	b) 2	7	23.33
	c) 3	6	20
	d) 4 and above	13	43.34
4.	**NUMBER OF PREGNECY**		
	a) Nil	3	10
	b) 1	11	36.67
	c) 2	10	33.33
	d) 3 and above	6	20
5.	**NUMBER OF CHILDREN**		
	a) Nil	5	16.67
	b) 1	11	36.67
	c) 2	8	26.66
	d) 3 and above	6	20
6.	**RELIGION**		
	a) Christian	2	6.67
	b) Hindu	20	66.67
	c) Muslim	8	26.66
	d) Others	0	0
7.	**EDUCATION**		
	a) Primary education	3	10
	b) High school	18	60
	c) Under graduate	8	26.67
	d) Post graduate	1	3.33

8.	**OCCUPATION**		
	a) House wife	20	66.67
	b) Self employ	3	10
	c) Govt. employee	1	3.33
	d) Private employee	6	20
9.	**TYPE OF FAMILY**		
	a) Nuclear	16	53.34
	b) Joint	13	43.33
	c) Extended family	1	3.33

Table 1: Shows the demographic information of reproductive age group women those who are participated in the present study Age of in years, marital status, duration of marital life, number of pregnancy, number of children, religion, education, occupation of father, occupation, type of family, about previous knowledge on colostrum feeding.

Table – 1.1: Frequency and percentage distribution of subject according to Age in year

N=30

Age	**Frequency (n)**	**Percentage (%)**
a) 21-25 years	7	23.34
b) 26-30 years	9	30
c) 31-35 years	10	33.33
d) 36-40 years	0	0
e) 41-45 years	4	13.33

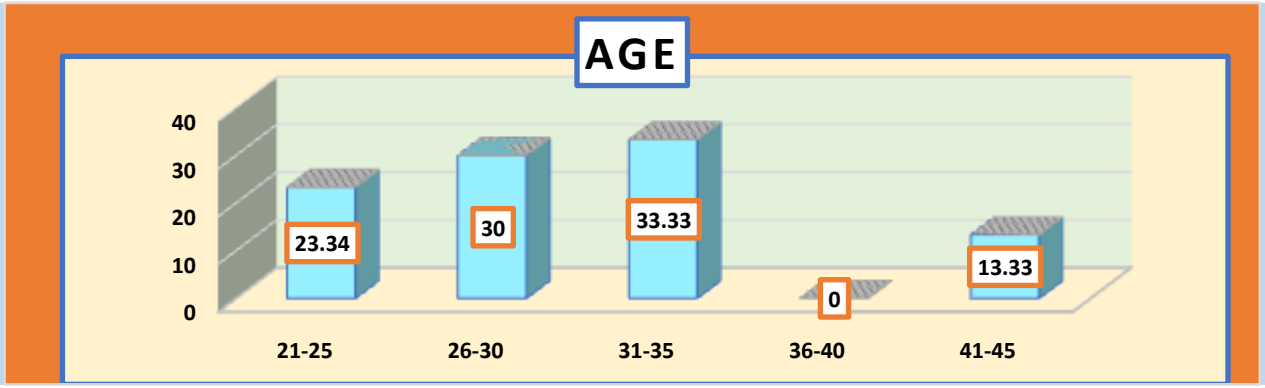


Figure 3.1- Column diagrams representing the percentage distribution of subject according to Age of reproductive humans in years.

Table 1.1 (Figure 3.1): Depicts that majority of reproductive age group humans 7(23.33%) belongs to 21-25years, 9 (30%) belongs to 26-30years, 10(33.33%) belongs to 31-35years, and 4 (13.33%) belongs to 41-45year of age group.

Table – 1.2: Frequency and percentage distribution of subject according to marital status

N=30

Marital status	Frequency (n)	Percentage (%)
a) Married	29	96.67
b) Unmarried	0	0
c) Widow	0	0
d) Divorce	1	3.33

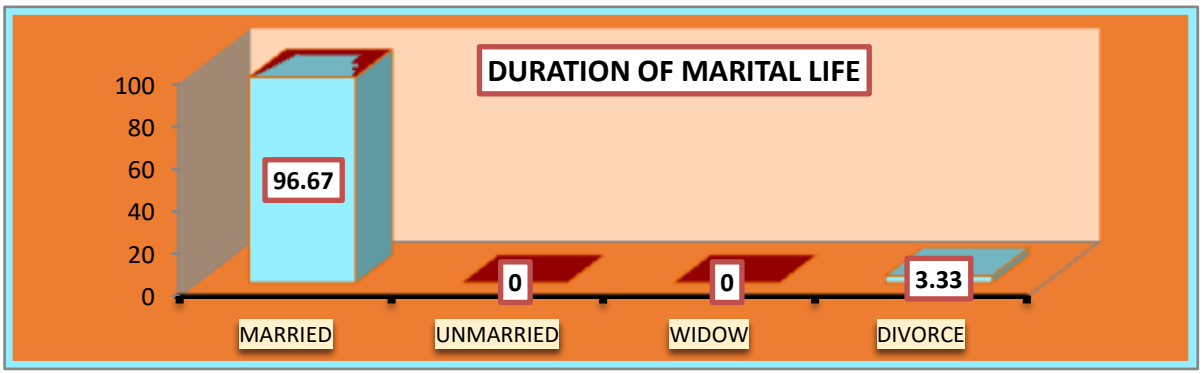


Figure 3.2 - Column diagrams representing the percentage distribution of subject according to marital status of reproductive humans in years.

Table 1.2 (Figure 3.2): Depicts that majority of subject 29(96.67%) married, 1(3.33%) widow

Table – 1.3: Frequency and percentage distribution of subject according to duration of marital life

N=30

Demographic Variables	Frequency (n)	Percentage (%)
IF MARRIED SPECIFY THE DURATION OF MARITAL LIFE		
a) 1	4	13.33
b) 2	7	23.33
c) 3	6	20
d) 4 and above	13	43.34

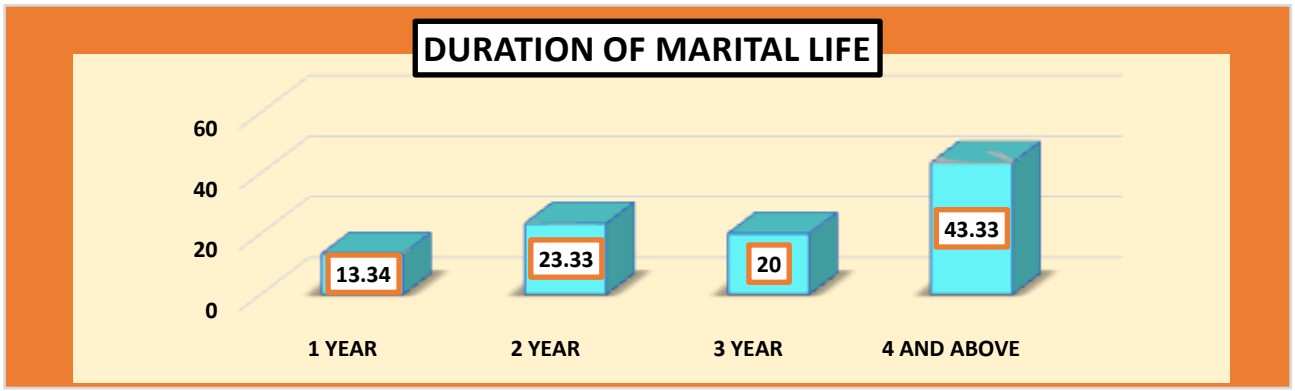


Figure 3.3- Column diagrams representing the percentage distribution of subject according to duration of marital life.

Table 1.3 (Figure 3.3): Depicts that majority of reproductive age group humans 4(13.33%) belongs to 1 year, 7(23.33%) belong to 2 year,6(20%) belongs 3 year, 13(43.34) belongs to 4 and above years.

Table – 1.4: Frequency and percentage distribution of subject according to number of pregnancy

N=30

Number of pregnancy	Frequency (n)	Percentage (%)
a) Nil	3	10
b) 1	11	36.67
c) 2	10	33.33
d) 3 and above	6	20

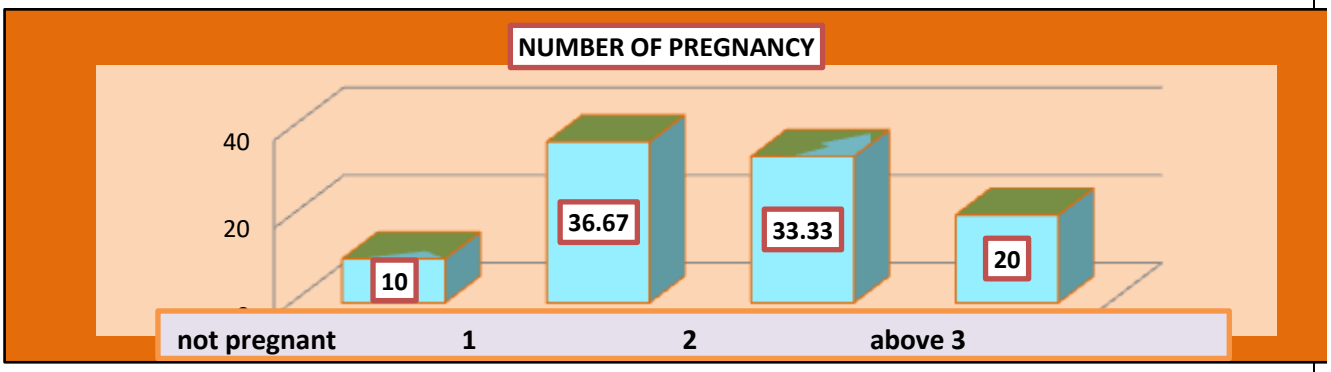


Figure 3.4- Column diagrams representing the percentage distribution of subject according to number of pregnancy

Table 1.4 (Figure 3.4): Depicts that majority of subject 3(10%) belongs to no pregnency,11(36.67%) belong to 1 pregnancy,10(33.33%) belongs 2 pregnancy, 6(20%) belongs to 3and above pregnancies

Table – 1.5: Frequency and percentage distribution of subject according to number of children

N=30

Number of children	Frequency (n)	Percentage (%)
a) Nil	5	16.67
b) 1	11	36.67
c) 2	8	26.66
d) 3 and above	6	20

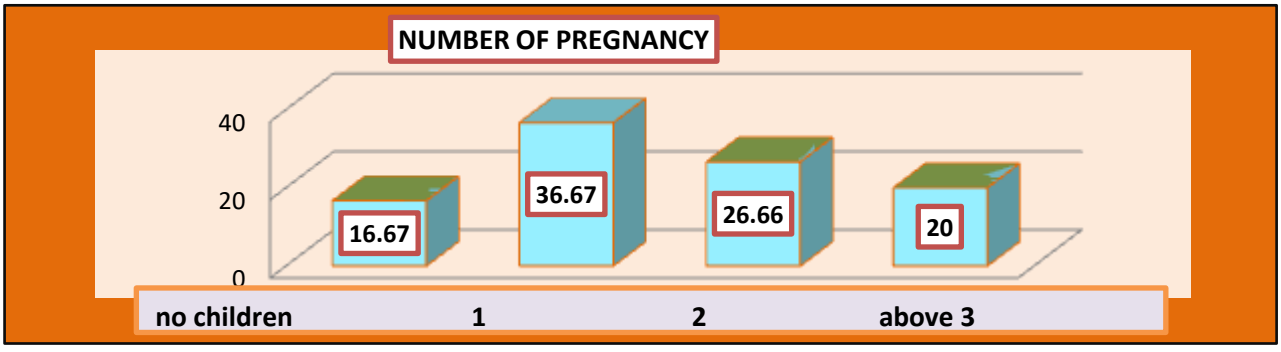


Figure 3.5- Column diagrams representing the percentage distribution of subject according to number of children.

Table 1.5 (Figure 3.5): Depicts that majority of subject 5(16.67%) belongs to no children,11(36.67%) belong to 1 child,8(26.66%) belongs 2 child, 6(20%) belongs to 3and above children.

Table – 1.6: Frequency and percentage distribution of subject according to religion.

N=30

Religion	Frequency (n)	Percentage (%)
a) Christian	2	6.67
b) Hindu	20	66.67
c) Muslim	8	26.66
d) Others	0	0

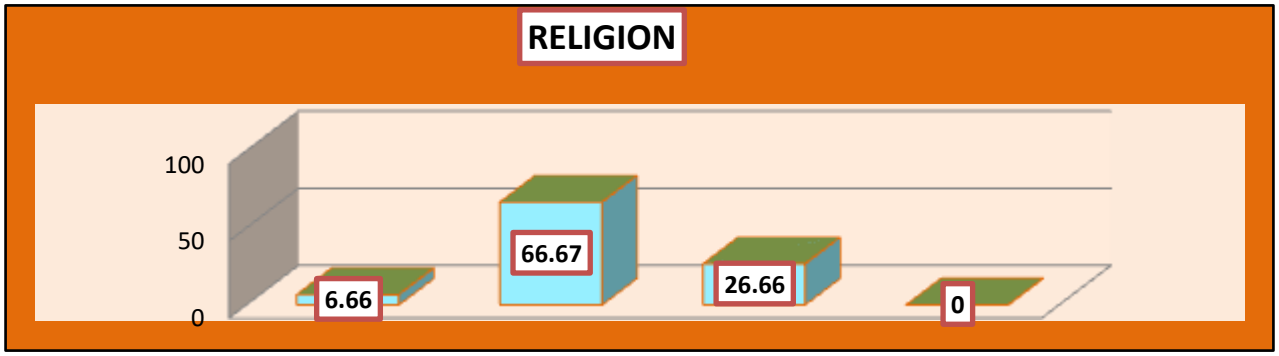


Figure 3.6- Column diagrams representing the percentage distribution of subject religion.

Table 1.6 (Figure 3.6): Depicts that majority of subject 2(16.67%) belongs to Christian ,20(66.67%) belongs to Hindu,8(26.66%) belongs Muslim.

Table – 1.7: Frequency and percentage distribution of subject according to religion.

N=30

Education	Frequency (n)	Percentage (%)
a) Primary education	3	10
b) High school	18	60
c) Under graduate	8	26.67
d) Post graduate	1	3.33

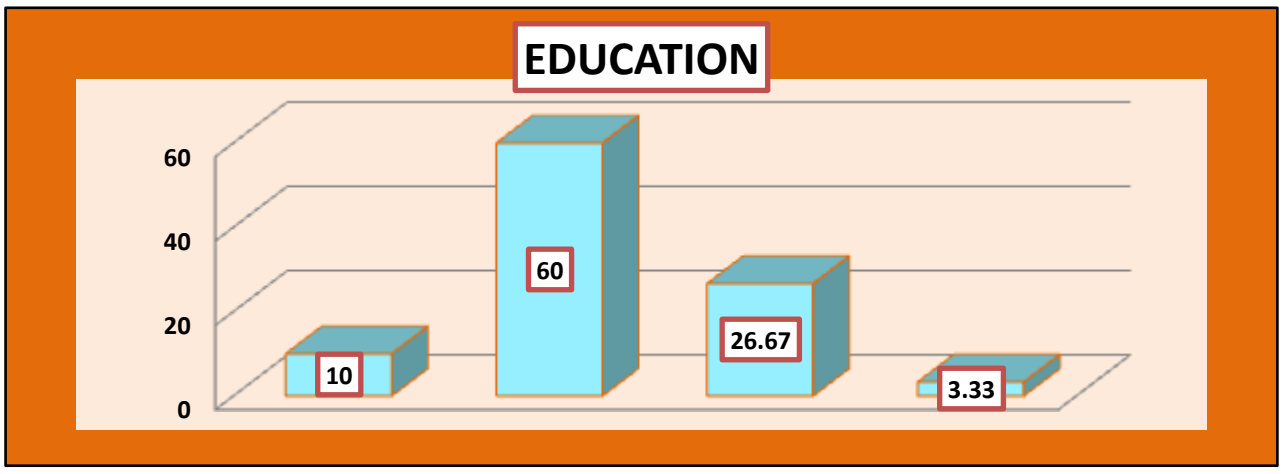


Figure 3.7- Column diagrams representing the percentage distribution of subject education.

Table 1.7 (Figure 3.7): Depicts that majority of subject 3(10%) belongs to primary education,18(60%) belong to high school,8(26.66%) belongs to under graduates 1(3.33%) belongs to post graduates.

Table – 1.8: Frequency and percentage distribution of subject according to occupation.

N=30

Occupation	Frequency (n)	Percentage (%)
a) House wife	20	66.67
b) Self-employ	3	10
c) Overemployed	1	3.33
d) Private employee	6	20

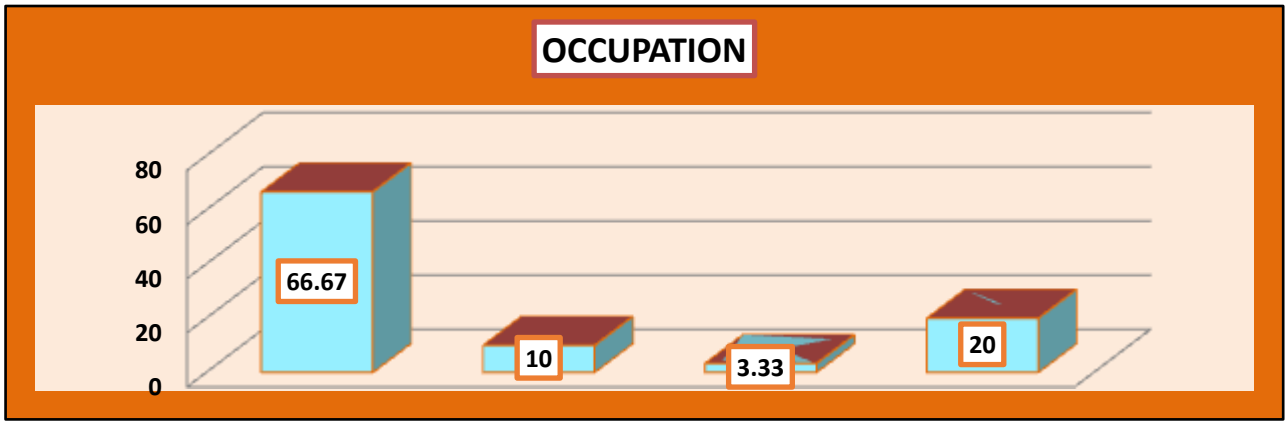


Figure 3.8- Column diagrams representing the percentage distribution of subject occupation.

Table 1.8 (Figure 3.8): Depicts that majority of subject 20(66.67%) belongs to house wife, 3(10%) belong to self-employee,1(3.33%) belongs to government employee 6(20%) belongs to private employee.

Table – 1.9: Frequency and percentage distribution of subject according to family.

N=30

Type of Family	Frequency (n)	Percentage (%)
Nuclear	16	53.34
Joint	13	43.33
Extended family	1	3.33

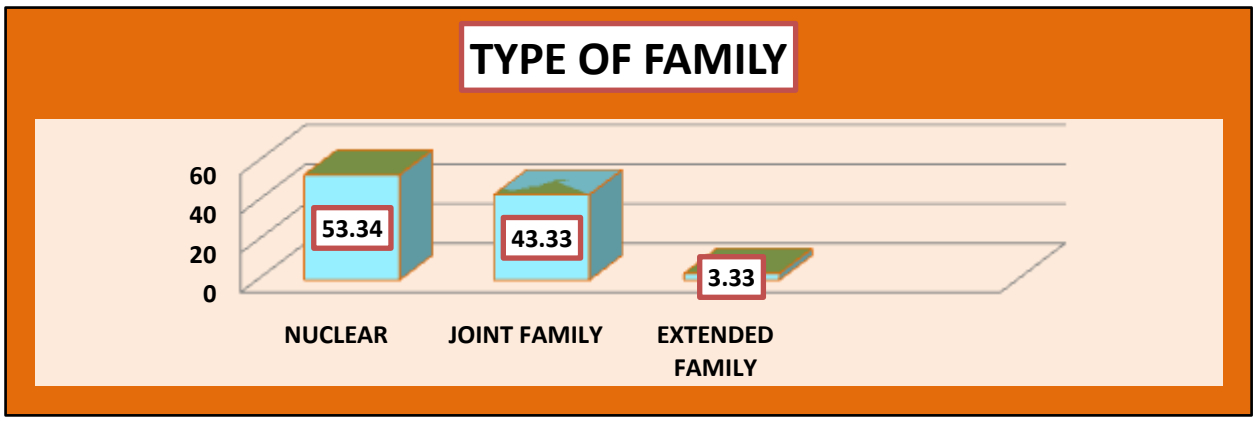


Figure 3.9- Column diagrams representing the percentage distribution of subject according to family

Table 1.9 (Figure 3.9): Depicts that majority of subject 16(53.34%) belongs to nuclear family,13(43.33%) belong to joint family,1(3.33%) belongs to extended family.

SECTION -II

Finding of overall Knowledge Level of reproductive age women Regarding colostrum feeding.

Table No.-2: Shows the frequency and percentage distribution of overall knowledge level of reproductive age humans regarding colostrum feeding

N=30

Knowledge Level	Pre-test		Post-test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Poor	3	10%	00	00
Average	15	50%	2	6.7%
Good	12	40%	15	50%
Excellent	00	00	13	43.3%

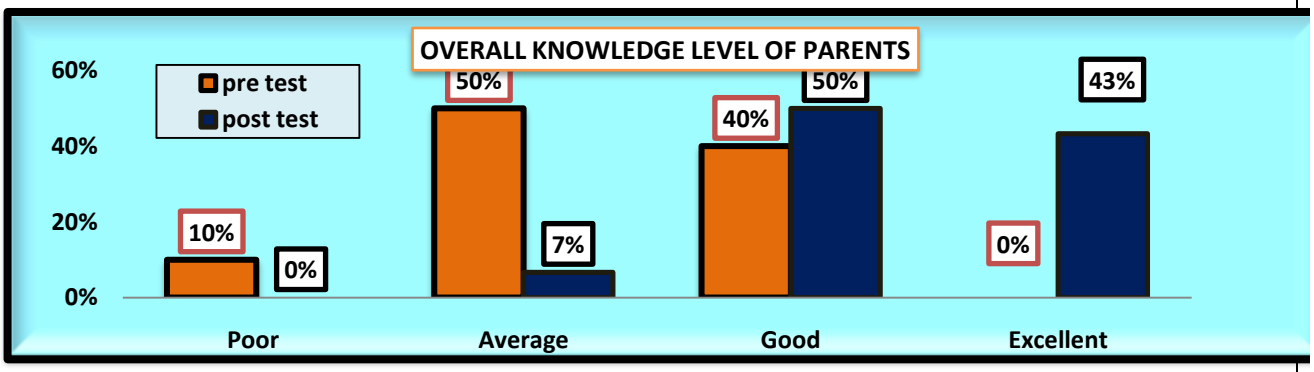


Figure No.-4: Stacked cylindrical diagram representing the pre-test and post-test Knowledge score of pre-experimental group regarding colostrum feed

Table No.2 (Figure No.-4) Depict that 12 (40%) of subject had good knowledge, 15 (50%) have average and 3 (10%) has poor knowledge in pre-test whereas in post-test 15 (50%) has good knowledge, 13(43.3%) has excellent knowledge, 2 (17%) has average knowledge.

SECTION –III

Finding of mean difference in the pre and post-test knowledge of reproductive age group humans regarding colostrum feeding.

Table No. -3: shows the mean difference in the pre-test and post-test knowledge regarding colostrum feeding.

N=30

knowledge Level	Mean score	Mean percentage	Standard deviation	Mean percentage difference
Pre-test	11.04	46	2.96	27%
Post-test	17.7	73	2.44	

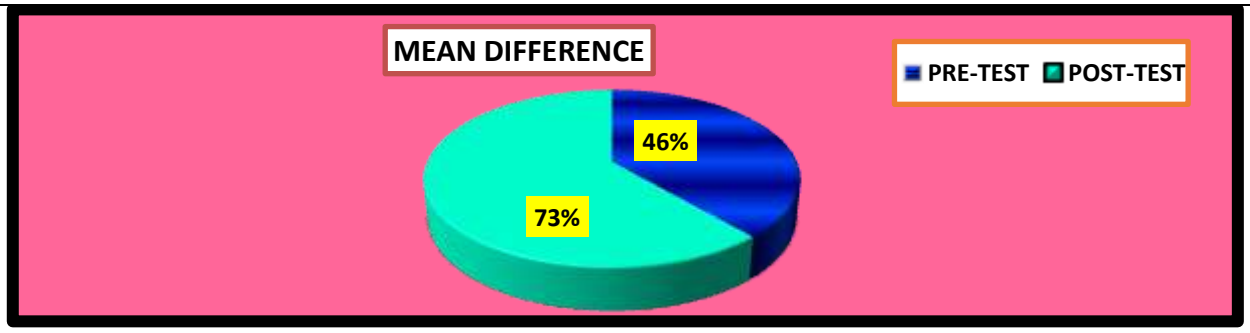


Figure No.-5. Pie diagram shows the mean difference between pre-test and post-test knowledge scores.

Table No.-3 (figure no. 5) Shows the pre-test mean knowledge score of subject was 1104, mean percentage was 46% and SD was 2.96. where as in post-test mean knowledge score was 17.7, mean percentage was 73% and SD was 2.44. Mean percentage difference was 27%

SECTION –IV

Finding of Paired t - Test finding for the effectiveness of structure teaching programme on knowledge regarding colostrum feeding.

Table No.- 4: paired t ' test finding Shows the 'the effectiveness of structure teaching programme on knowledge regarding colostrum feed.

N=30

Knowledge level	Mean	SD	SE	'T' Test value		Inference
				P	T	
Pre-test	11.04	2.94	0.66	2.05	**-10.0450**	P <0.05 significant
Post-test	17.7	2.44				

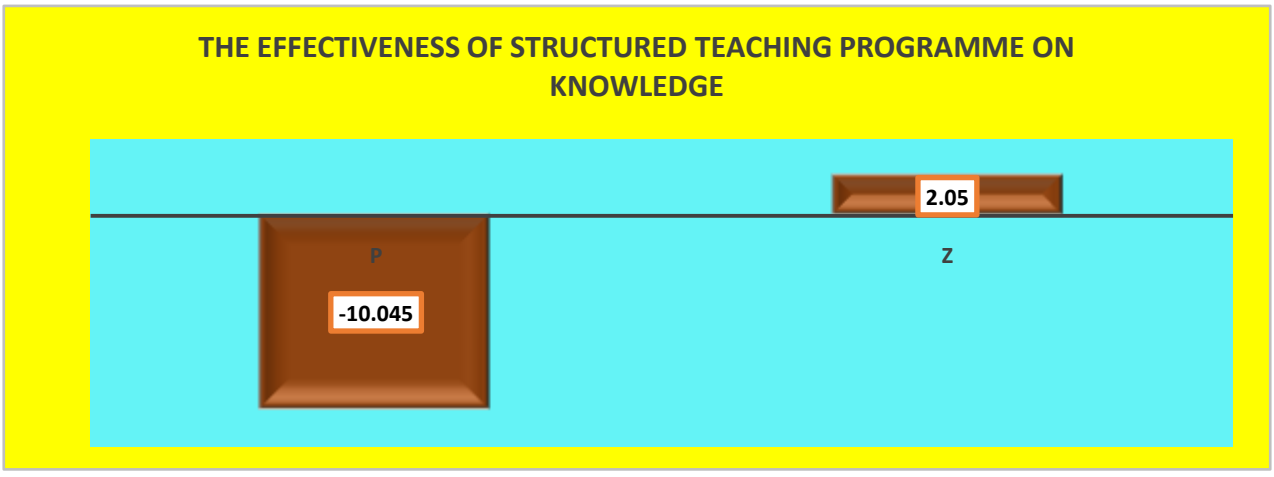


Figure No.- 6 Column diagram shows the effectiveness of structure teaching Programme.

Table No.-4 (figure No.6) Depict that the pre-testmeansknowledge score of subject is ±11.04, SD was 2.94whereas in post-test mean knowledge score is 17.7, SD is 2.44 SE was 0.66. The calculated t-test value is -10.045 (p= 0.05) was greater than table value 2.05 at 0.05 level of highly significance.

SECTION –IV

Chi square test finding of association between the pre-test knowledge regarding colostrum feeding with demographic variables

Table No.-5: Shows the chi-square test value of association between the pre-test knowledge regarding colostrums feeding

N=30

S.No.	Demographical variables	Pre-test knowledge Score				Chi-square		DF	Inference
		P	A	G	E	P	χ^2		
1.	**Age in year**								
	a) 21-25	01	04	02	00	21.03	1.489	12	**P>0.05 S***
	b) 26-30	01	5	03	00				
	c) 31-35	01	04	05	00				
	d) 36-40	00	00	00	00				
	e) 41-45	00	02	02	00				
2.	**Marital status**								
	a) Married	03	14	13	00	16.92	1.1804	09	**P<0.05 S***
	b) Unmarried	00	00	00	00				
	c) Widow	00	00	00	00				
	d) Divers	00	1	00	00				
3.	**Duration of marital life in year**								
	a) 1	0	3	3	00	16.92	4.2694	09	**P>0.05 S***
	b) 2	02	04	01	00				
	c) 3	00	03	03	00				
	d) 4 and above	01	05	07	00				
4.	**Number of pregnancy**								
	a) Nil	0-	02	01	00	16.92	2.538	09	**P<0.05 S***
	b) 1	01	05	05	00				
	c) 2	01	05	04	00				
	d) 3 and above	01	02	03	00				
5.	**Number of children**								
	a) Nil	00	03	02	00	16.92	1.2808	09	**P<0.05 S***
	b) 1	01	05	05	00				
	c) 2	01	04	03	00				
	d) 3	01	03	02	00				
6.	**Religion**								
	a) Christine	00	02	00	00	16.29	5.35	09	**P>0.05 S***
	b) Hindu	01	09	10	00				
	c) Muslim	02	04	02	00				
	d) Other	00	00	00	00				

7.	**Education**								
	a) Primary education	00	01	02	00	16.29	8.389	09	**P>0.05 S***
	b) High school	03	07	08	00				
	c) Under graduate	00	07	01	00				
	d) Post graduate	00	00	01	00				
8.	**Occupation**								
	a) House wife	02	09	09	00	12.59	5.24	06	**P>0.05 S***
	b) Self employee	01	02	00	00				
	c) Government employee	00	00	01	00				
	d) Private employee	00	04	02	00				
9.	**Type of family**								
	a) Nuclear	01	09	06	00	12.59	2.22	06	**P>0.05 S***
	b) Joint	02	05	06	00				
	c) Extended family	00	01	00	00				

S*-Significant **NS*- Non significant**

Table No.-5: Shows the chi square test value of association between the pre-test knowledge regarding colostrum with Age in years, marital status , number of pregnancy, duration of marital life, number of children , religion, education , occupation, type of family, Previous Knowledge.

Table No.-5.1: **Shows the chi-square test value of association between the pre-test knowledge regarding colostrum feed with age.**

N=30

Age in year	**Pre-test knowledge Score**				**Chi-square**		**DF**	**Inference**
	P	**A**	**G**	**E**	**P**	**χ^2**		
f) 21-25	01	04	02	00	21.03	1.489	12	**P>0.05 S***
g) 26-30	01	5	03	00				
h) 31-35	01	04	05	00				
i) 36-40	00	00	00	00				
j) 41-45	00	02	02	00				

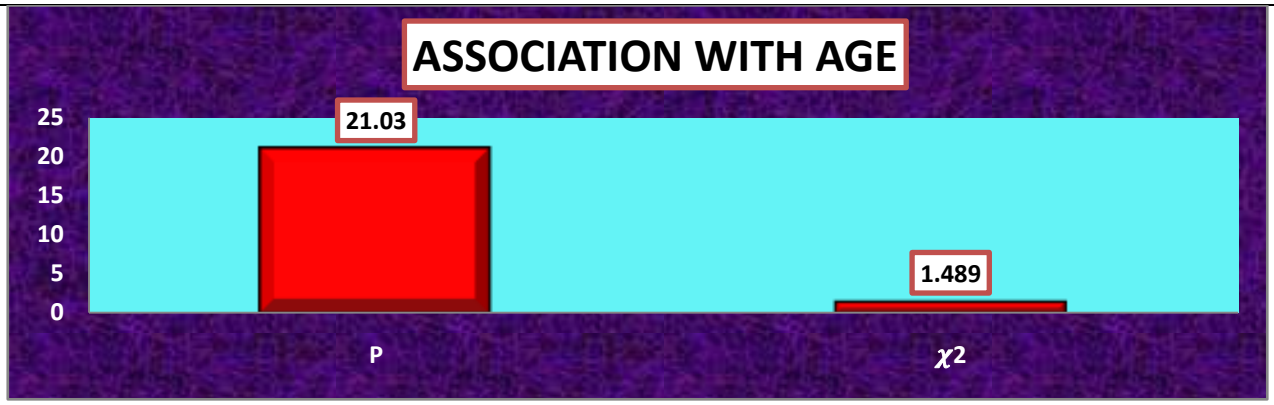


Figure No.-7.1: Column diagram shows the chi-square test value of association between pre-test knowledge regarding colostrum feeding.

Table No.-5.1: Depict that the association between pre-test knowledge regarding with Age. Hence the chi-square value is 1.489 (P>0.05 S*) at 0.05 level of significance, it shows that there is a high significant association with age.

Table No.-5.2: Shows the chi-square test value of association between the pre-test knowledge regarding colostrum feeding

N=30

S.No.	Marital status	Pre-test knowledge score				Chi-square		DF	inference
		P	A	G	E	P	χ^2		
a)	Married	3	14	12	00	16.92	1.1804	09	**P>0.05 S***
b)	Unmarried	00	00	00	00				
c)	Widow	00	00	00	00				
d)	Divers	00	01	00	00				

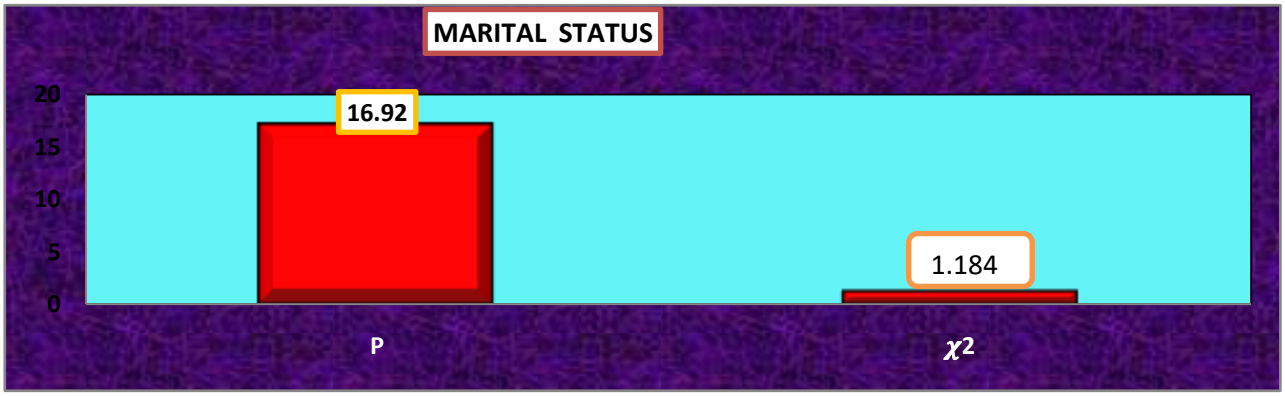


Figure No.-7.2: Column diagram shows the chi-square test value of association between pre-test knowledge regarding colostrum feeding.

Table No.-5.2: Depict that the association between pre-test knowledge regarding colostrum feeding with marital status. Hence the chi-square value is 1.18 (P>0.05 S*) at 0.05 level of significance, it shows that there is a high significant association with marital status.

Table No.-5.3: Shows the chi square test value of association between the pre-test knowledge regarding colostrum feeding with duration of marital life

N=30

S. No.	Duration of marital life in year	Pre-test knowledge score				Chi-square		DF	inference
		P	A	G	E	P	$\chi 2$		
a)	1	00	03	01	0	16.92	4.2694	09	**P>0.05 S***
b)	2	02	04	01	00				
c)	3	00	03	03	00				
d)	4 and above	01	05	07	00				

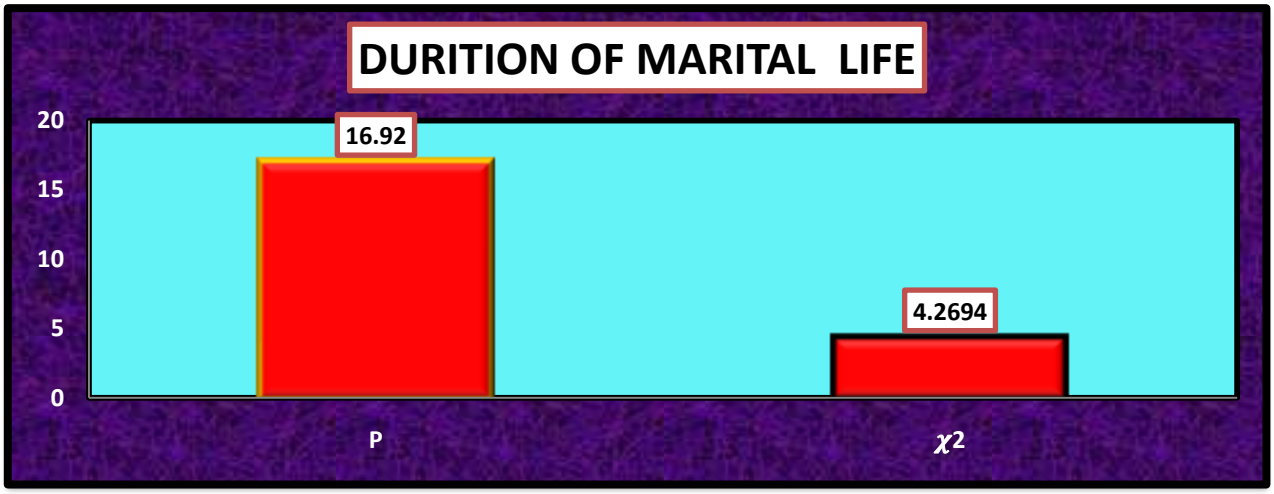


Figure No.-7.3: Column diagram shows the chi-square test value of association between pre-test knowledge regarding colostrum feeding.

Table No.-5.3: Depict that the association between pre-test knowledge regarding colostrum feeding with duration of marital life. Hence the chi-square value is 4.2694 (P>0.05 S*) at 0.05 level of significance, it shows that there is a highly significant association with duration of marital life.

Table No.-5.4: Shows the chi-square test value of association between the pre-test knowledge regarding colostrum feeding with number of pregnancy.

N=30

S.No.	Number of pregnancy	Pre-test knowledge score				Chi-square		DF	Inference
		P	A	G	E	P	$\chi 2$		
a)	Nil	00	02	01	00	16.92	2.538	09	**P>0.05 S***
b)	1	01	05	05	00				
c)	2	01	05	04	00				
d)	3 and above	01	02	03	00				

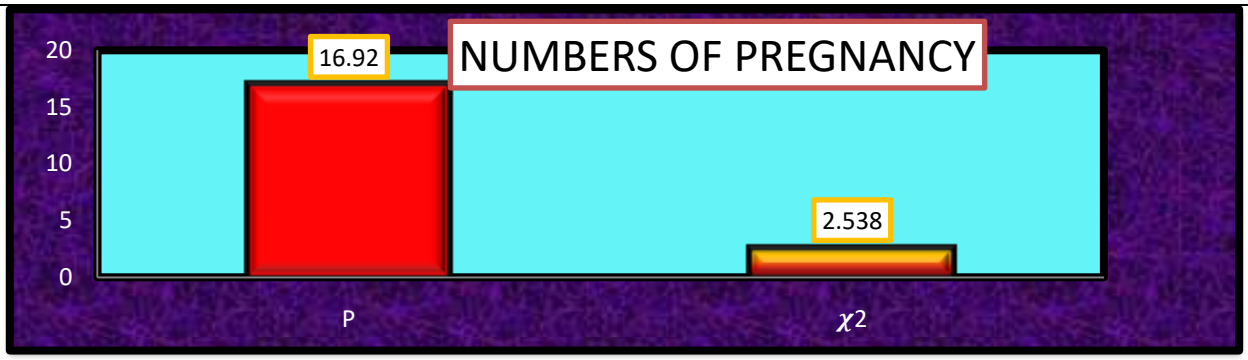


Figure No.-7.4: Column diagram shows the chi-square test value of association between pre-test knowledge regarding colostrum feeding .

Table No.-5.4: Depict that the association between pre-test knowledge regarding colostrum feeding with number of pregnancyHence the chi-square value is 2.538 (P>0.05 S*) at 0.05 level of significance, it shows that there is a highly significant association with number of pregnancy.

Table No.-5.5: Shows the chi square test value of association between the pre-test knowledge regarding colostrum feeding with number of children.

N=30

S.No.	Number of children	Pre-test knowledge Score				Chi-square		DF	Inference
		P	A	G	E	P	χ2		
a)	Nil	00	03	02	00	16.29	1.2808	09	**P>0.05 S***
b)	1	01	05	05	00				
c)	2	01	04	03	00				
d)	3 and above	01	03	02	00				

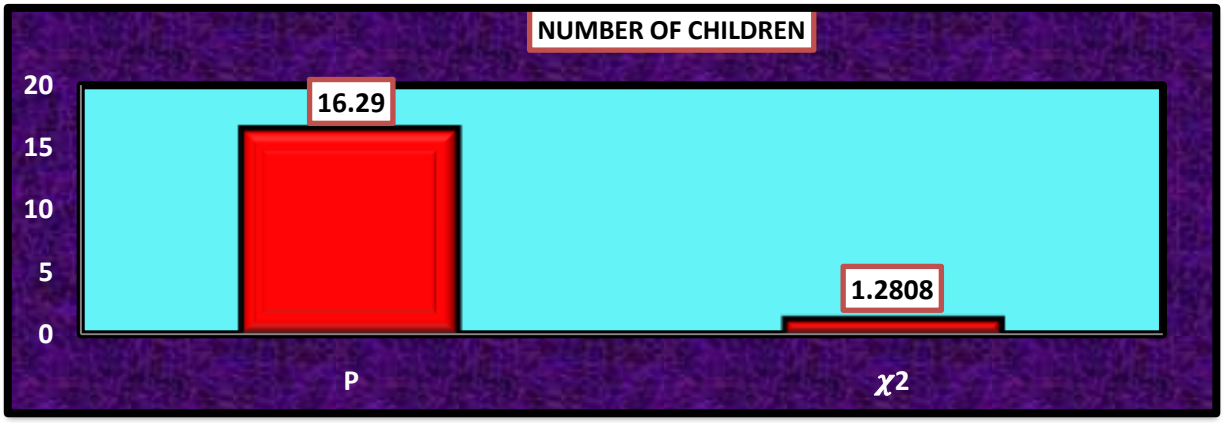


Figure No.-7.5: Column diagram shows the chi-square test value of association between pre-test knowledge regarding colostrum feeding .

Table No.-5.5: Depict that the association between pre-test knowledge regarding colostrum feeding with number of children. Hence the chi-square value is 1.2808 (P>0.05 S*) at 0.05 level of significance, it shows that there is a highly significant association with number of children.

Table No.-5.6: Shows the chi-square test value of association between the pre-test knowledge regarding colostrum feeding with religion.

N=30

S.No.	Religion	Pre-test knowledge Score				Chi-square		DF	inference
		P	A	G	E	P	$\chi 2$		
a)	Christian	00	02	00	00	16.92	5.35	09	**P>0.05 S***
b)	Hindu	01	09	10	00				
c)	Muslim	02	04	02	00				
d)	Other								

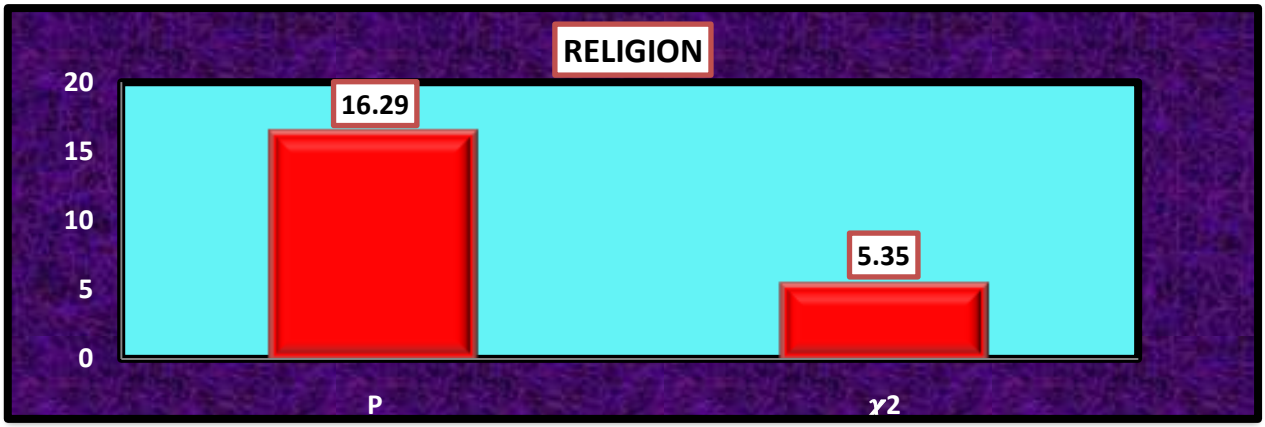


Figure No 7.6: Column diagram shows the chi-square test value of association between pre-test and post-testregardingcolostrum feed.

Table No.-5.6: Depict that the association between pre-test knowledge regarding colostrum feeding with religion. Hence the chi-square value is 5.32 (P>0.05 S*) at 0.05 level of significance, it shows that there is a highly significant association with religion.

Table No.-5.7: Shows the chi square test value of association between the pre-test knowledge regarding colostrum feeding with education.

N=30

S.No.	Education	Pre-test knowledge score				Chi-square		DF	inference
		P	A	G	E	P	$\chi 2$		
a)	Primary education	00	01	02	00	16.92	8.389	09	**P>0.05 S***
b)	High school	03	07	08	00				
c)	Under graduate	00	07	01	00				
d)	Post graduate	00	00	01	00				

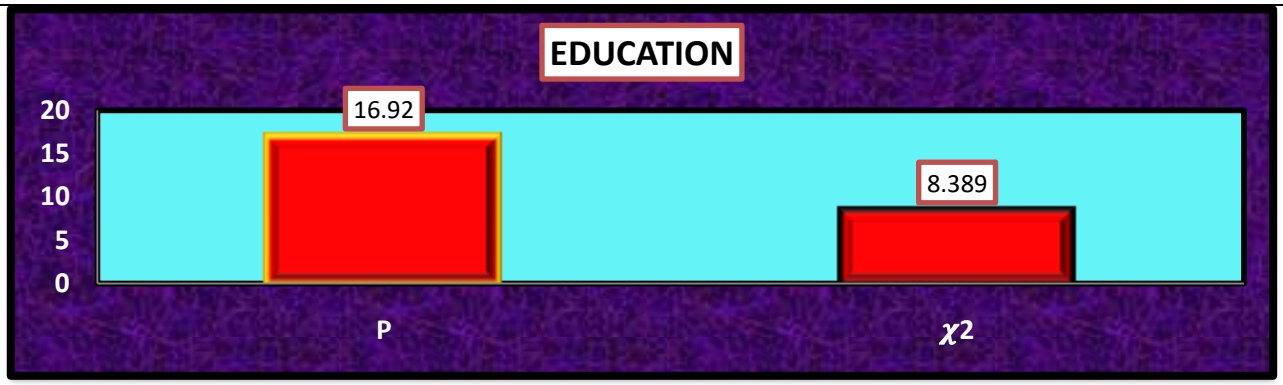


Figure No.-7.7: Column diagram shows the chi-square test value of association between pre-test knowledge regarding education.

Table No.-5.7: Depict that the association between pre-test knowledge regarding colostrums feeding with education. Hence the chi-square value is 8.389 (P>0.05 S*) at 0.05 level of significance, it shows that there is a highly significant association with education.

Table No.-5.8: Shows the chi-square test value of association between the pre-test knowledge regarding colostrum feeding with occupation. **N=30**

S.No.	Occupation	Pre-test knowledge score				Chi-square		DF	Inference
		P	A	G	E	P	χ^2		
a)	House wife	02	09	09	00	16.92	5.72	09	**P>0.05 S***
b)	Self employee	01	02	00	00				
c)	Private employee	00	00	01	00				
d)	Government employee	00	04	00	02				

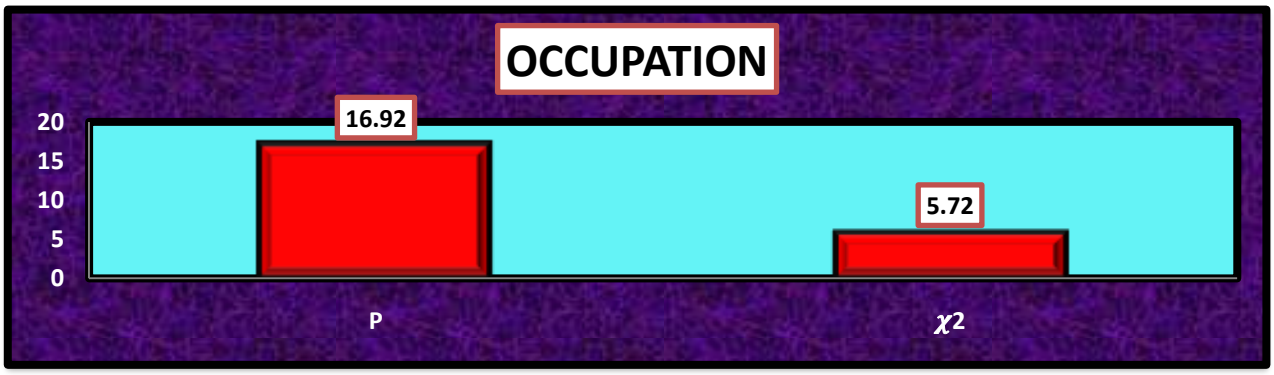


Figure No.-7.8: Column diagram shows the chi-square test value of association between pre-test knowledge regarding colostrum feeding with Occupation.

Table No.-5.8: Depict that the association between pre-test knowledge regarding colostrum feed with occupation. Hence the chi-square value is 5.72 (P>0.05 S*) at 0.05 level of significance, it shows that there is a highly significant association with Occupation.

Table No.-5.9: Shows the chi square test value of association between the pre-test knowledge regarding colostrum feeding with Type of family.

N=30

S.No	Type of family	Pre-test knowledge score				Chi-square		DF	Inference
		P	A	G	E	P	$\chi 2$		
a)	Nuclear	01	09	06	00	12.59	2.22	06	P>0.05 S*
b)	Joint	02	05	06	00				
c)	Extended family	00	01	00	00				

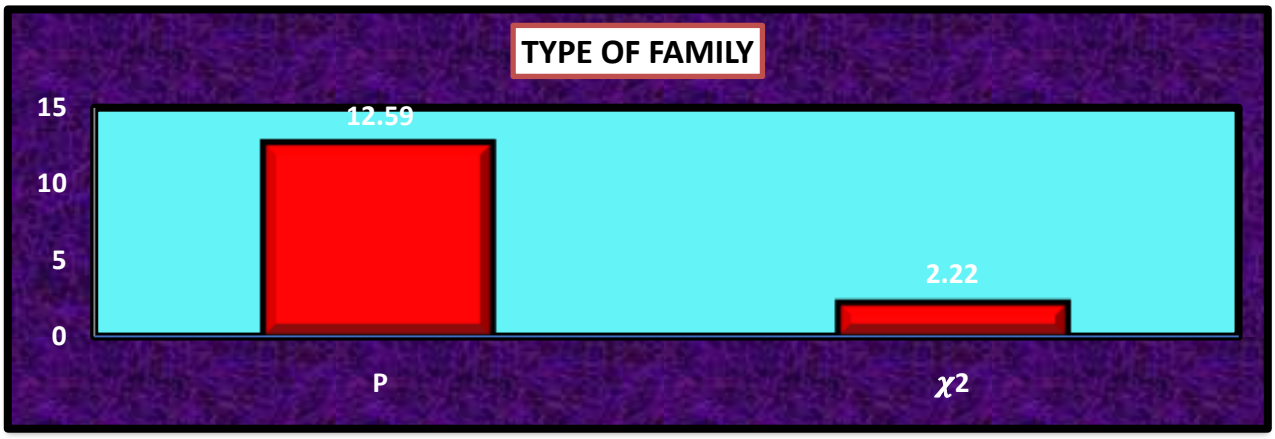
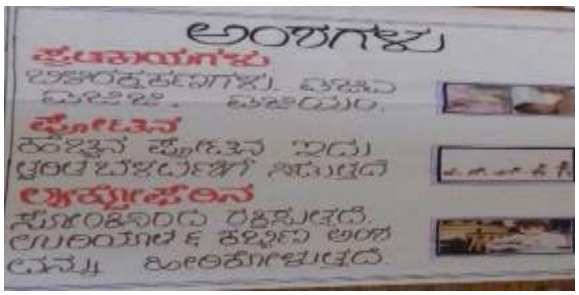


Figure No.-7.9: Column diagram shows the chi-square test value of association between pre-test knowledge regarding colostrum feeding with Type of family

Table No.-5.9: Depict that the association between pre-test knowledge regarding colostrum feeding withType of family. Hence the chi-square value is 2.22(P>0.05 S*) at 0.05 level of significance, it shows that there is a highly significant association with Type of family.

11: CONTRIBUTIONS MADE TOWARDS INCREASING THE STATE OF KNOWLEDGE LEVEL IN THE SUBJECT,

Administered structured teaching programme with various teaching aids to improve the knowledge level of reproductive age women not to discard the most valuable natural food ever need to feed to little ones.



12.CONCLUSIONS SUMMARIZING THE ACHIEVEMENTS AND INDICATION OF SCOPE FOR FUTURE.

The present study was indented to analyse the effectiveness of structure teaching program on knowledge regarding Colostrum feeding.

SUMMARY:

The present study was to assess the effectiveness of structure teaching program on knowledge regarding Colostrum feeding.

CONCLUSION:

Periodic skilled based teaching program is necessary to educate the reproductive age group humans to reduce morbidity and mortality of children. The study was undertaken to A Study to Evaluate the Effectiveness of structure Teaching Programme (STP) on Knowledge Regarding Colostrum feeding. Rural areas of Honavar. The study was conducted in a sample of 30 reproductive age humans. Among In pre-test, no one had excellent knowledge, 12(40%) of subject had good knowledge, 15 (50%) have average and 3(10%) has poor knowledge in the study and post-test, 15 (50%) of subject had good knowledge, 13 (43.3%) had excellent knowledge, 2(6.7%) have average and no one has poor knowledge. It shows that maximum number of subject had good knowledge in the study after post-test. Thus structure Teaching was highly effective in upgrading the knowledge reproductive age group humans. Research Hypothesis (H_1) is accepted.

RESEARCH OBJECTIVE:

1. To assess the pre-test and post-test knowledge level regarding importance of colostrum feeding among reproductive age group women in selected rural area of Honavar.
2. To assess the effectiveness of structure teaching programme on colostrum feeding in selected rural areas of Honavar.
3. To determine the significant association between pre-test knowledge score with demographic variables among reproductive age group women in selected rural areas of Honavar.

HYPOTHESIS:

- **H_1:** There will be significant difference between the pre-test knowledge scores and post-test knowledge scores.
- **H_2:** There will be significant association between the pre-test knowledge scores on importance of colostrum feeding and selected demographic variables

MAJOR FINDING OF THE STUDY:

The present study to evaluate the structure teaching program on among reproductive age group humans in selected rural areas of Honavar. The major findings shows that evaluate Effectiveness of structure teaching program in improving knowledge regarding colostrum feeding in selected rural areas of Honavar. The pre-test knowledge score of subject was 11.04, mean percentage was 46% and SD was ± 2.94. Where in post-test mean knowledge score was 17.7, mean percentage was 73%, and SD was 2.44 and the mean percentage difference was 27%. The calculated 'T' test value is 0.66 ($p>0.05$) was greater than the value of 2.05 at 0.05 level of highly significance. So that, there is an effectiveness of structure teaching program regarding colostrum feed and the research hypothesis (H_1) significant.

Third objective was to find out association between knowledge level and demographic variables of reproductive age group human. Hence the calculated Chi-square value are lesser than table value ($P >0.05$). It shows there is significant Association with Age of in years 1.489(P=21.03), marital status 1.18044(P=16.92), duration of marital life 4.2696(P=16.92), number of pregnancy 2.538(P=16.96) , number of children 1.2808(P=16.92), religion 5.35(P=12.92), education 8.389(P=16.92), occupation 5.72(P=16.92), type of family 2.22(12.59).

NURSING IMPLICATION:

Nursing Education:

- The nursing curriculum should consist of knowledge related to colostrum feeding and their effective implementation.
- Nurses at the post-graduate level need to develop skills in preparing health teaching material in various health aspects in colostrum feed, newer techniques have to be used for motivating staff participation. Emphasis should be made on in service education and training programmes in the department to increase the knowledge of reproductive age women.

Nursing Practice:

- Reproductive age group humans should have knowledge about colostrum feeding.
- Nurses should enhance their professional knowledge.
- The finding of the study can be used to bring about awareness among the reproductive age group humans which will help in the improvement in the Child health.
- Nurses can also plan teaching in clinical as well as in the Community.

Nursing Administration:

- The finding of the study reveals the need to conduct an ongoing in-service education program for the nurses who are working in the clinical settings as well as in the community. The in-service education program should include both theoretical and practical input. This can also bring awareness among nurse administrators of the need to provide training to new staff nurses regarding colostrum feed. Nurse administrators can prepare a new protocol about the teaching.
- Nurses can also teach to student nurses about the same. She/he should be able to plan and organize Program taking in to consideration the cost effectiveness and carry out successful educational Program.

Nursing researcher:

- The finding of the study can be utilized for conducting research on the knowledge regarding colostrum feed among reproductive age group humans.
- Future investigators can use the finding and the methodology as reference material. It highlights the area, which requires future exploration.

LIMITATIONS:

The following factors were beyond the control of the investigator:

- This study is limited to those reproductive group humans only who are readily available.
- Purposive sampling was done which restrict the generalization of the study.
- The assessment of effect of structure teaching is limited to one post-test conducted on the seventh day of structure teaching Programme.
- Since the study was mainly based on the responses of the subjects through multiple choice questionnaire, and no other tool was undertaken for the generalization of the finding remains limited.

RECOMMENDATION:

- A similar study can be replicated for urban women, in different setting for making broad generalization.
- A similar study can be done in the form of a comparative study between urban and rural area.
- A study can be done on correlation with other factors.

13. ABSTRACT

Background*: Colostrum provides not only perfect nutrition tailored to the needs of Newburn, but also large amounts of living cells which will defend your baby against many harmful agents. The concentration of immune factors is much higher in colostrum than in mature milk. Colostrum actually works as a natural and 100% safe vaccine. It contains large quantities of an antibody called secretory immunoglobulin A (IgA) which is a new substance to the new born.*

Objectives: *The study aimed at evaluating the effectiveness of structured teaching programme [STP]on knowledge regarding colostrum feeding among reproductive age group humans through an effective teaching programme in a selected area of Prabath Nagar Honavar. The study focused on enhancing the knowledge level of reproductive age group humans regarding colostrum feed.*

***Methodology**: An evaluative approach with experimental one group pre and post-test research design was adapted in this work. The sample size was 30 reproductive age group humans, were selected by purposive sampling technique. Data were collected by using self-administered structured knowledge questionnaire with 24 multiple choice questions. data analysed by using paired t-test to draw out the inference by comparing the mean score difference.*

***Results:** The computed T'-test value showed there is significant difference in the pre($\bar{x}_1$=11.04) and post-test ($\bar{x}_2$=17.7) knowledge score (T_{29}=2.05, z=-10.045, at 0.05 level of significance).chi square test[x^2] score reveals that there is significant Association with Age of in years 1.489(P=21.03), marital status 1.18044(P=16.92), duration of marital life 4.2696(P=16.92), number of pregnancy 2.538(P=16.96) , number of children 1.2808(P=16.92), religion 5.35(P=12.92), education 8.389(P=16.92), occupation 5.72(P=16.92), type of family 2.22(12.59) at 0.05 level of significance at 0.05 level of significance.*

***Conclusion:** The study was concluded as the structured teaching programme on colostrum feeding was effective in promoting the knowledge level of reproductive age group woman.*

***Recommendation:** based on the findings the investigator recommends the future scholars to carry out many similar studies in the same field and different styles to spread awareness on the importance of colostrum.*

***Keywords:** Reproductive age, colostrum feeding, Effectiveness, Knowledge, Structured Teaching Programme.*

Name and signature with date

1. Ms. PREETI Bute

(Name of the student)

2. VERGINIA DSOUZA
16/07/2024

(Name of the guide)

3. 16/7/2024

(Head of the Institution)

PRINCIPAL
ST. IGNATIUS INSTITUTE
OF HEALTH SCIENCES
PRABHAT NAGAR
HONAVAR - 581 334 (N.K.)