"Effectiveness of Video Assisted Module on Knowledge and Attitude Regarding Human Milk Banking Among ASHA Workers at Selected PHC."

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ABSTRACT

Human milk banks provide a solution for mothers who are unable to supply their own breast milk to their child for reasons such as a baby being at risk of contracting diseases and infections from a mother who has certain diseases, or when a child is hospitalised at birth due to very low birth weight and the mother is unable to provide her own milk during the extended stay due to living a long distance from the hospital.

Aim of the study

To evaluate the impact of a video-assisted module on knowledge and attitude towards human milk banking among ASHA workers at selected PHCs.

Methods

The study employed a pre-experimental, one-group, pretest-post-test research design. The respondents' knowledge and attitude were assessed using a structured knowledge questionnaire and attitude scale, followed by a video-assisted education course delivered on the same day. The conceptual framework is based on the general system theory. On the seventh day, a post-test was administered to measure the individuals' knowledge and attitudes using the same questionnaire used in the chosen PHC. A purposive sampling strategy was used to pick 50 ASHA workers.

Results

Regarding demographic factors, the majority of individuals (38%) were between the ages of 20 and 30, with Hindus accounting for 80%. The majority of the subjects (60%) had completed SSLC schooling, 64% are from nuclear families, 30% have 6-10 years of experience, and 40% obtained their information from mass media.In terms of respondents' Pretest knowledge score, out of 50, 42% have inadequate knowledge, 40% have fairly good knowledge, and 18% have adequate knowledge. Post-test knowledge score. 34% of respondents have adequate knowledge; 62% have fairly adequate knowledge; and 4% have poor understanding. Attitude pre-test score 20% were less favourable, 50% were favourable, and 30% were more favourable in the post-test. score 34% had favourable and 66% had more favourable attitude towards human milk banking.

The Video Assisted Teaching Module is successful in increasing the level of knowledge and attitude among ASHA workers.

There is a favourable correlation between knowledge and attitude towards human milk banking.

At the 0.5% level of significance, there were no relationships between pre-test and post-test knowledge and attitude scores with any of the specified demographic factors, including age, religion, education status, type of family, and year of experience.

Interpretation and Conclusion:

The study found that VAM effectively raises awareness and attitudes towards human milk banking.

Key words:

Human Milk, Milk Banking, Low Birth Weight, WHO,VAM.

I. INTRODUCTION

Human milk banks are a crucial resource for newborns who are unable to obtain their mother's milk. This might be related to a number of factors, including the mother's sickness, pharmaceutical usage, or other medical issues. A human milk bank provides milk that is precisely prepared to fulfil the nutritional needs of these newborns and is thought to be a safe and effective alternative to formula4. However, it should be noted that human milk banks may not be available in all places and might be costly. Furthermore, breast milk is suggested for newborns whenever feasible since it has several health benefits for both the mother and the baby.

II. OBJECTIVES OF THE STUDY

1. To assess the pretest knowledge regarding Human milk banking among ASHA Workers.

2. To assess the pretest level of attitude regarding Human milk banking among ASHA Workers.

3. To evaluate the effectiveness of video assisted module on human milk banking among ASHA Worker.

4. To find out the correlation between knowledge and attitude regarding human milk banking among ASHA Worker.

5. To find out the association between pretest knowledge and Attitude score of Human Milk Banking with their selected demographic variables

Assumptions

• ASHA Workers may lack information and attitude towards human milk banks.

• The Video Assisted Module can increase their knowledge and attitude towards human milk banking, empowering them to raise awareness among rural communities.

Hypothesis

Following hypothesis will be tested at 0.05 level of significance.

- H_1: There is a significant difference between pretest and posttest knowledge scores of ASHA workers regarding human milk banking.

- H_2: There is a significant difference between pretest and posttest attitude scores of ASHA workers regarding human milk banking.

- H_3: There is a significant correlation between knowledge and attitude scores of ASHA workers regarding human milk banking.

- H_4: There is a significant association between pretest and posttest knowledge and attitude scores with selected demographic va.riables.

Delimitations:

- ASHA Workers at selected PHC.

- The study is limited to the period of 6 weeks.

- Study is limited to 50 samples.

III.MATERIALS AND METHODS

SOURCE OF DATA: ASHA Workers at Selected Primary Health Care Centre.

RESEARCH DESIGN: Pre-Experimental - One group pre-test post design will be employed.

RESEARCH APROACH: Quantitative research methodology

SETTING: The study will take place at chosen Primary Health Centres**.**

POPULATION: The population under the study comprises ASHA personnel from PHC..

VARIABLES

- ➢ **Independent variable -** Video assisted module
- ➢ **Dependent variable   -** Knowledge and attitude regarding the Human Milk Banking
- ➢ **Demographic variable -** Age, educational status, type of family, Marital Status and economic status etc.

SAMPLING PROCEDURE: Non probability Purposive sampling Technique

SAMPLE SIZE: Sample size will be 50.

INCLUSION CRITERIA

- ASHA Worker who are willing to participate in study

EXCLUSION CRITERIA

- ASHA Worker those who are not willing to participate.

- ASHA Workers belongs to other than selected PHC.

INSTRUMENTS TO BE USED

- Part I : Socio demographic Variables

- Part II :

  Section A :Self administered Structured knowledge questionnaire to assess

   the knowledge.

   Section B: 5 Point Likert Scale to assess the attitude.

   Section C: Video assisted module used for giving information.

DATA COLLECTION METHOD

• Permission will be acquired from the relevant authority.

 • The study's purpose will be conveyed to subjects.

• Subjects will provide informed consent.

• On the first day, a self-administered structured knowledge questionnaire will examine knowledge, and a 5-point Likert Scale will

assess attitude. A video-assisted module will be delivered on the same day, followed by a post-test on the seventh day.

DATA ANALYSIS PLAN

Data will be analysed using descriptive (mean, median, frequency, percentage, and standard deviation) and inferential statistics

(Carl Person Correlation, paired t-test, chi-square test) based on the objective and hypothesis.

IV. RESULTS AND DISCUSSION

1. Demographic Variables of Respondents

The majority of responders, 19 (38%) out of 50, were between the ages of 20 and 30, 18 (36%) were between the ages of 31 and

40, and 11 (22%), between the ages of 41 and 50. The majority of responders, 40 (80%), were Hindu, while 10 (20%) were

Muslim.Majority of respondents 30 responders (60%) had completed SSLC, 15 (30%) had completed PUC, and 5 (10%) had

completed graduate studies.The majority of respondents, 37 (74%), have nuclear families, while 13 (26%) have joint families.In

terms of years of experience, 10 (20%) workers have 0-5 years, 15 (30%) workers have 6-10 years, 15 (30%) workers have 11-15

years, and 10 (20%) workers have 16 years above years of experience.

The majority of 50 responders, ten (20%), had prior awareness of human milk banking, while forty (80%) did not.

2. Assessment of pretest and posttest knowledge of respondents

Level of knowledge	Frequency	Percentage
Inadequate knowledge	21	42
Moderately adequate knowledge	20	40

| Adequate knowledge	09	18
Total	50	100

Above table revels that Pretest knowledge score of respondents out of 50, majority 21(42%) respondents have the inadequate knowledge, 20 (40%) respondents have moderately adequate knowledge and 09(18%) respondents have adequate knowledge regarding human milk banking.

Level of knowledge	Frequency	Percentage
Inadequate knowledge	02	04
Moderately adequate knowledge	31	62
Adequate knowledge	17	34
Total	50	100

The above table shows that out of 50 respondents' post-test knowledge scores, the majority (17%) have acceptable knowledge, 31 (62%) have fairly adequate information, and 2 (4% have adequate understanding of human milk banking.

3. Assessment of pretest and posttest attitude of respondents
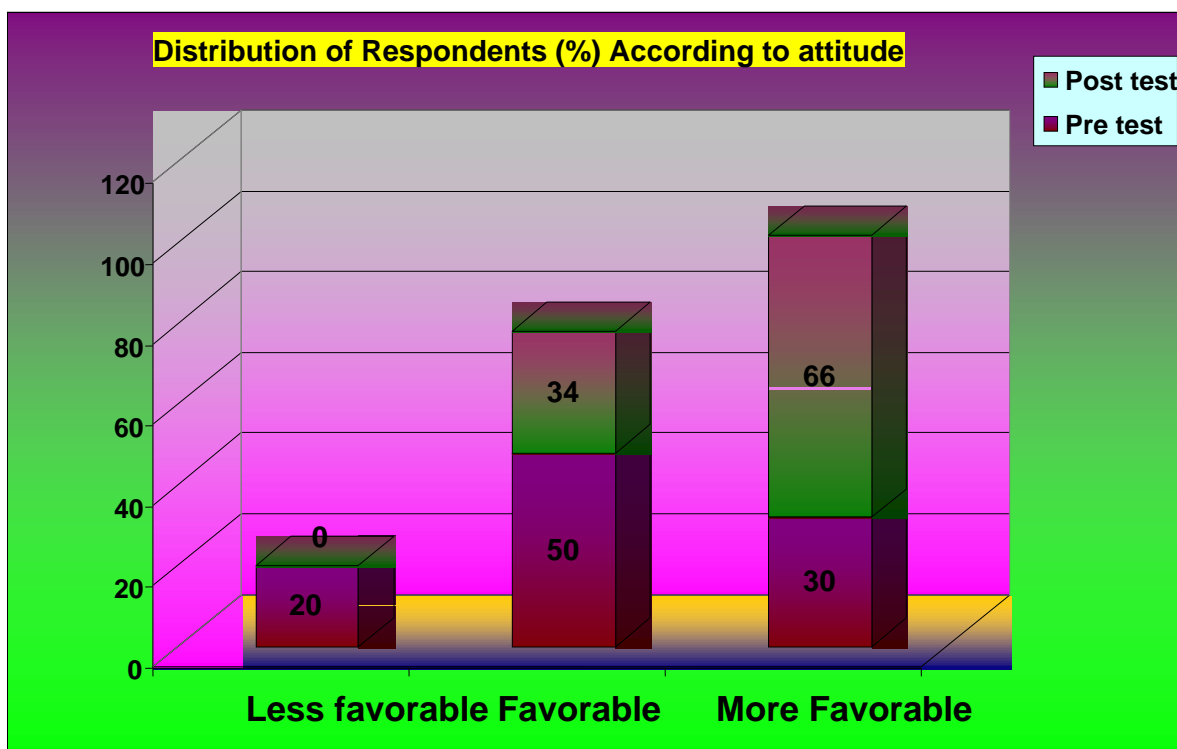
The graph above depicts the attitude of ASHA workers towards human milk banking. In the pre-test score, 20% were less favourable, 50% were positive, 30% were more favourable, and in the post-test score, 34% were favourable and 66% were more favourable..

4.Effectiveness of Video Assisted Teaching Module

t-test	N	Mean	S.D	S.E	t-value
Pre test	50	15.85	3.37	0.4356	3.04

Post test	50	19.71	2.54	0.3277	

The above table demonstrates the effectiveness of the Video Assisted Teaching Module on human milk banking among ASHA workers, with a mean of 15.85 and a posttest of 19.71, standard deviations of 3.37 and 2.54 respectively, and a calculated t value greater than the tabulated t value at the 0.05 level of significance, indicating that the Assisted Teaching Module is effective in increasing the level of knowledge and attitude among ASHA workers.

5.Correlation between knowledge and attitude

Score	N	Mean	S.D	S.E	r-value
Knowledge score	50	15.85	3.37	0.4356	+0.95
Attitude Score	50	27.66	5.54	0.3277	

The above table revels that correlation between knowledge and attitude, there is positive correlation between knowledge and attitude among ASHA workers regarding the human milk banking.

6. **Association between the selected demographic variable and the level of knowledge and attitude**

The relationship between respondents' pre-test knowledge scores and specified demographic characteristics. At the 0.05 level, there is no association between knowledge scores and age ($\chi2 = 2.123$, P=0.199), religion ($\chi2 = 1.654$, P=0.179), educational status ($\chi2 = 2.456$, P=0.142), type of family ($\chi2 = 5.206$, P=0.905), year of experience ($\chi2 = 6.492$, P=0.093), source of information ($\chi2 = 3.546$, P=0.611), or source of information ($\chi2 = 4.543$, P=0.093). The relationship between pre-test attitude scores of respondents and specified demographic characteristics. There is no association between knowledge scores and age ($\chi2 = 3.238$, P=0.199), religion ($\chi2 = 1.865$, P=0.179), educational status ($\chi2 = 2.105$, P=0.142), or family type ($\chi2 = 4.201$, P=0.905). At the 0.05 level, $\chi2$ values were 5.409 (P=0.093), 3.524 (P=0.611), and 4.321 (P=0.093) for previous knowledge and source of information.

RECOMMENDATIONS

Nursing research is a widely expanding area with need for validating conservative, interventions and development of new knowledge.

This study recommends the following for achieving this end.

• Conduct a comparison study to identify variables driving the adoption of human milk banking among the general public and healthcare staff.

• Planned teaching programme on human milk banking can benefit from bigger sample sizes for improved generalisation.

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• Conduct a comparative research to examine the impact of structured instructional programmes on the experimental and control groups without intervention.

V.CONCLUSION

Human milk banking is a new concept in maternal and child health care.People in rural areas will have little knowledge and attitudes about human milk banking. So ASHA personnel will raise awareness about human milk banking in rural areas. This study increased understanding and attitudes about human milk banking.

VI.ACKNOWLEDGEMENT

CONFLICT OF INTEREST-None declared

ETHICALCLEARENCE- Ethical clearance certificate was obtained by institutional ethical committee.

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