

A Study to Assess the Effect of Information Booklet On Knowledge Regarding Nursing Strike Among Postnatal Mothers in Selected Hospital

Mrs. Naziya Sutar^{*1}, Preeti Mol M², Dr. Mrs. Sadhana Adhyapak³, Dr. Mrs. Kurshid Jamadar⁴

^{1*}Assistant Professor, Dr D.Y. Patil College of Nursing, Dr. D.Y. Patil Vidyapeeth, Pimpri, Pune

²B. Sc, Nursing Student of Dr D.Y. Patil College of Nursing, Dr. D.Y. Patil Vidyapeeth, Pimpri, Pune

³Professor, Dr D.Y. Patil College of Nursing, Dr. D.Y. Patil Vidyapeeth, Pimpri, Pune

⁴ Principal, Dr D.Y. Patil College of Nursing, Dr. D.Y. Patil Vidyapeeth, Pimpri, Pune

Corresponding author: Mrs. Naziya Sutar

Abstract

Background: Exclusive breastfeeding is essential for optimal infant growth and health. However, many mothers face early challenges, including nursing strike—a sudden refusal by an infant to breastfeed. Factors like maternal education, work status, and infant health may influence nursing strikes, which can disrupt breastfeeding and harm maternal-infant bonding. Educational interventions are key to effective prevention and management.

Aim: To assess the effect of an information booklet on knowledge regarding nursing strike among postnatal mothers.

Design: A pre-experimental one-group pre-test post-test design was used.

Settings: The study was conducted in a selected hospital among postnatal mothers.

Participants: A total of 60 postnatal mothers were selected using a non-probability purposive sampling technique.

Methods: Data were collected using a structured questionnaire. Initially, a pre-test was conducted to assess baseline knowledge. An information booklet on nursing strike was then provided as an intervention. After 45 minutes, a post-test was conducted. The reliability of the tool was confirmed using the test-retest method, with a Pearson's correlation coefficient of 0.84. Data were analyzed using descriptive and inferential statistics, including a paired t-test.

Results: The average knowledge score in the pre-test was 6.7, which increased to 11.6 in the post-test. T-value for this test was 23.8 with 59 degrees of freedom. The corresponding p-value was small (less than 0.05); the null hypothesis is rejected. Average knowledge score in the post-test was significantly more than that in the pre-test. It is evident that the knowledge among postnatal mothers improved significantly after the information booklet regarding nursing strike.

Conclusion: To assess the effect of information booklet on knowledge regarding nursing strike among postnatal mother was shown to be effective. Hence corresponding p-value was small (less than 0.05), the null hypothesis is rejected. The post-test average knowledge score was significantly higher than the pre-test score.

Keywords: Nursing strike, Postnatal mothers, Knowledge, Breastfeeding, Information booklet, Pre-experimental design, Pre-test post-test.

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Introduction

Exclusive or only breastfeeding is the ideal standard for infant nutrition, and a mother's choice to breastfeed is influenced by factors such as her knowledge about breastfeeding.¹ Identifying the most challenging breastfeeding issues, assessing their severity, and understanding contributing factors are essential to improving early lactation support for mothers.²

When a baby abruptly ceases breastfeeding, it is typically known as a “nursing strike” or a “breastfeeding strike”. The previous research prevalence rate in infants experiencing nursing strike was 24%. Nearly one in four breastfeeding mothers may experience this issue at some point. Various factors can trigger a nursing strike, including nasal congestion, ear infections, teething pain, changes in the mother's scent (due to new soaps or perfumes), emotional distress, and distractions from the environment. Educating mothers on how to identify and manage nursing strikes can help them continue breastfeeding without unnecessary weaning.³

A structured breastfeeding support programs significantly improve breastfeeding duration and exclusivity. This highlights the role of maternal education in sustaining breastfeeding. However, limited studies have examined interventions specifically addressing nursing strikes.⁴ Studies have demonstrated that mothers who give birth in baby-friendly hospitals are more likely to initiate and continue breastfeeding for longer durations.⁵ Early skin-to-skin contact between a mother and her newborn has been associated with higher rates of exclusive breastfeeding during hospitalization.⁶ Pain during breastfeeding can result from various factors, including improper

latch, infant oral anomalies (such as tongue-tie), infections like thrush or mastitis, and structural issues with the nipple.⁷ Maternal counseling during visits could have a positive impact to improve infant feeding practices.⁸ Spoon feeding is helpful when baby having difficulty during breastfeeding or baby faces nursing strike issue.⁹ The relationship between maternal education and infant mortality, exploring how different levels of maternal education may influence infant survival. While from developing countries suggest a strong link between higher maternal education and lower infant mortality rates.¹⁰⁻¹³

Need of the study

Breastfeeding is widely recognized as the optimal source of nutrition for infants, especially in the first six months of life. It provides essential nutrients, strengthens immunity, and fosters bonding between the mother and baby. However, many mothers face challenges that interrupt this natural process. One such common and concerning issue is a nursing strike, where an infant suddenly refuses to breastfeed despite previously feeding well. This can lead to anxiety, confusion, and even premature discontinuation of breastfeeding if not managed properly.

Nursing strikes can be triggered by several factors, including maternal stress, changes in the environment, return to work, reduced milk flow, illness in the infant, or pain during feeding. Often, the underlying causes are misunderstood or unrecognized by mothers, especially those who are first-time parents. This lack of awareness and preparedness can impact both the physical and emotional well-being of the mother and child.

In many healthcare settings, limited time is available for in-depth counseling on breastfeeding difficulties. Therefore, educational interventions such as information booklets can serve as a valuable resource. These booklets offer structured, accessible, and easy-to-understand information to help mothers recognize, manage, and prevent nursing strikes effectively.

Improving maternal knowledge through such interventions is essential to promote continued breastfeeding, enhance maternal confidence, and strengthen the mother-infant relationship. Given the importance of breastfeeding for infant health and development, it is crucial to address gaps in maternal knowledge with targeted educational tools. Hence, this study is needed to evaluate whether an information booklet can significantly improve postnatal mothers' knowledge about nursing strikes, ultimately supporting successful breastfeeding practices.

Aim of the study

1. To assess the effectiveness of an information booklet on knowledge regarding nursing strike among postnatal mothers.
2. To determine whether educational intervention improves maternal understanding of nursing strike.
3. To promote informed breastfeeding practices through targeted health education.

Objectives:

1. To identify knowledge regarding nursing strike among postnatal mothers in selected hospital
2. To evaluate the effect of the information booklet regarding nursing strike among postnatal mothers
3. To find the association of effect of the information booklet regarding nursing strike among postnatal mothers with selected variables.

Methodology

Pre-experimental One group pre-test, post-test plan was employed in this research project to determine the effectiveness of the intervention by comparing the pre-test and post-test knowledge scores. The validity was done by 16 experts from Dr. D.Y. Patil College of Nursing. 60 Postnatal mothers' samples were taken using non-probability purposive sampling technique from selected hospital. The test- Retest method used for reliability with 0.84 score. Pilot study was conducted among 10 postnatal mothers of Kulkarni Hospital and IVF Centre Bhosari Pimpri Pune. Official permission for data collection was obtained from the Principal of Dr. D.Y. Patil College of Nursing. Before collecting the data, informed consent was taken from the participants, and they were assured that their identities would remain confidential. Data was gathered using a self-structured questionnaire.

Results

Description of samples (babies) based on their personal characteristics

28.3% of the babies were aged 0 to 2 days, 35% of them were aged 3 to 5 days, 21.7% of them were aged 6 to 8 days, and 15% of them were aged 8 days and above. 53.3% of them were males, and 46.7% of them were females. 81.7% of the babies accepted breastfeeding. 8.3% of them had illness, and 20% of them had experienced a nursing strike before,

Description of samples (postnatal mothers) based on their personal characteristics

15% of the mothers admitted in the PNC ward in the selected hospital had primary education, 50% of them had secondary education, 25% of them had higher education and 10% of them had graduation. 80% of them were homemakers, and 20% of them were self-

employed. 78.3% of them were aged 19 – 30 years, 20% of them were aged 31-35 years and 1.7% of them were aged 36–40 years. 35% of them had normal vaginal delivery, and 65% of them had caesarean delivery. 6.7% of them had given bottle feeding to their baby. 16.7% of them had knowledge regarding nursing strike.

Analysis of data related to knowledge regarding nursing strike among postnatal mothers

In the pre-test, 28.3% of the postnatal mothers had poor knowledge and 71.7% of them had average knowledge regarding nursing strike.

Analysis of data related to the effect of the information booklet on knowledge regarding nursing strike among postnatal mothers

In the pre-test, 28.3% of the postnatal mothers had poor knowledge and 71.7% of them had average knowledge regarding nursing strike. In the post-test, 21.7% of the postnatal mothers had average knowledge, and 78.3% of them had good knowledge regarding nursing strike. This indicates that there is remarkable improvement in the knowledge among postnatal mothers regarding nursing strike (Figure 1).

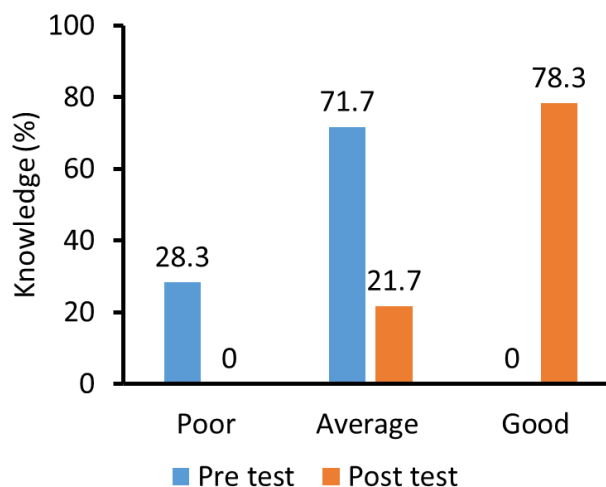


Figure 1: Knowledge among mothers regarding nursing strike in percentage (Pretest and Posttest)

Researcher applied paired t-test for the effect information booklet regarding nursing strike among postnatal mothers. Average knowledge score in pretest was 6.7 which increased to 11.6 in posttest. T-value for this test was 23.8 with 59 degrees of freedom. Corresponding p-value was small (less than 0.05), the null hypothesis is rejected (Table 1). Average knowledge score in posttest was significantly more than that in pretest. It is evident that the knowledge among postnatal mothers improved significantly after information booklet regarding nursing strike.

Table 1: Paired t-test for the effect information booklet regarding nursing strike among postnatal mothers.

Variables (N=60)	Mean (SD)	T	df	P value
Pretest	6.7 (1.7)	23.8	59	0.000
Posttest	11.6 (1.5)			
Data presented as mean (SD). df, degrees of freedom; SD, standard deviation.				

Analysis of data related to association of knowledge regarding nursing strike among postnatal mothers with selected variables. Fisher's exact test for the association of knowledge regarding nursing strike among postnatal mothers with their demography. Since all the p-values were large (greater than 0.05), none of the demographic variables was found to have significant association with the knowledge among postnatal mothers regarding nursing strike.

Discussion

The purpose of the study was to assess the effect of an information booklet on knowledge regarding nursing strike among postnatal mothers in a selected hospital, and the data was analysed using a combination of descriptive and inferential statistics methods.

The study can be discussed with a similar descriptive study done by **Septa Katmawanti, Hartati Eko Wardani, Rosuzeita Fauzi, Lia Dewi Ningrom, and Dea Aflah** in February 2019 on the effectiveness of booklet on exclusive breastfeeding in improving the knowledge and attitudes of mothers who do not exclusively breastfeed in the work area of Posyandu Sisir Batu City, East Java, Indonesia. This study employed a pre-experimental design with a one group pre- test and post-test approach. A quota sampling technique was used to select 53 participants. Knowledge was measured using a multiple-choice questionnaire, while attitudes were assessed using a Likert-scale questionnaire. The study result revealed that pre-test result showed that 27 (51%) mothers had good knowledge (76-100) and 26(49%) had sufficient knowledge (56-75%) about exclusive breastfeeding, indicating half of the respondents had limited knowledge before receiving the booklet. After receiving the booklet, a significant improvement in mothers knowledge about exclusive breastfeeding was observed, with 90.5% (48) having good knowledge and only 9.58 (5) having sufficient knowledge. The Asymp. Sig (2-tailed) value of 0.000 indicates a significant difference (p value less than 0.05). Therefore, it was concluded that the exclusive breastfeeding booklet was effective in enhancing mothers' knowledge and attitudes towards exclusive breastfeeding among mothers in the Sisir Health Centre area, Batu.

Conclusion

The main purpose of the study was to assess the effect of an information booklet on knowledge regarding nursing strike among postnatal mothers admitted to selected hospital. The study revealed that the information booklet significantly improved the knowledge regarding the management and prevention of the nursing strike among postnatal mothers. Since all the p-values were large (greater than 0.05), none of the demographic variables were found to have a significant association with the knowledge among postnatal mothers regarding nursing strike or breastfeeding strike. The patients were very supportive and also understood the concept of nursing strike. They were able to follow the guidelines provided in the booklet in accordance with the instructions given. This study found that in the pre-test phase, most participants demonstrated limited knowledge regarding nursing strike. However, post-test results indicated a significant improvement in their understanding, highlighting the effectiveness of the information booklet as an educational tool. The researcher applied a paired t-test for the information booklet regarding the nursing strike among postnatal mothers. The average knowledge score in the pre-test was 6.7, which increased to 11.6 in the post-test. T-value for this test was 23.8 with 59 degrees of freedom. The corresponding p-value was small (less than 0.05); the null hypothesis is rejected. Average knowledge score in the post-test was significantly more than that in the pre-test. It is evident that the knowledge among postnatal mothers improved significantly after the information booklet regarding nursing strike.

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