

Assessment of Knowledge Regarding Kangaroo Mother Care among B.Sc Nursing Students

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Abstract

Low birth weight infants represent a significant proportion of neonatal morbidity and mortality worldwide. Kangaroo Mother Care (KMC) is a simple, evidence-based intervention that improves neonatal survival through skin-to-skin contact and promotion of breastfeeding. This study aimed to assess the knowledge regarding Kangaroo Mother Care among B.Sc Nursing students in selected nursing colleges. A descriptive research design was adopted and 60 students were selected using convenient sampling technique. Data were collected using a structured questionnaire and analyzed using descriptive and inferential statistics. The findings revealed that 43.33% of students had average knowledge, 31.67% had good knowledge, and 25% had poor knowledge regarding Kangaroo Mother Care.

Keywords: Kangaroo Mother Care, Low Birth Weight, Neonatal Care, Nursing Students, Knowledge Assessment

INTRODUCTION

Low birth weight and prematurity remain major contributors to neonatal mortality worldwide. Kangaroo Mother Care has been recommended as an effective and low-cost method to improve the survival of low birth weight infants. It involves continuous skin-to-skin contact between the mother and the baby, exclusive breastfeeding, and early discharge from the hospital with proper follow-up.

Nurses play an essential role in educating mothers about the benefits and techniques of Kangaroo Mother Care. Therefore, assessing the knowledge level of nursing students regarding this practice is important for improving neonatal healthcare outcomes and strengthening neonatal care

practices in healthcare settings.

OBJECTIVES

1. To assess the knowledge regarding Kangaroo Mother Care among B.Sc Nursing students.
2. To determine the association between knowledge level and selected demographic variables.

METHODS

A descriptive research design was used to assess knowledge regarding Kangaroo Mother Care among B.Sc Nursing students. The study sample consisted of 60 students, selected through convenient sampling technique from selected nursing colleges.

Data were collected using a structured questionnaire developed to measure the knowledge of students regarding Kangaroo Mother Care. The reliability of the tool was determined using the Karl Pearson correlation coefficient ($r = 0.8$), indicating that the tool was reliable.

Data analysis was performed using descriptive and inferential statistics, including frequency, percentage, mean, standard deviation, and chi-square test to determine association between variables.

RESULTS

Analysis of demographic variables revealed that the majority of participants were in the 18-20 years age group. Female students constituted the majority of the sample.

The overall knowledge assessment showed that:

43.33% of students had average knowledge

31.67% had good knowledge

25% had poor knowledge

These findings indicate that most nursing students possess moderate knowledge regarding Kangaroo Mother Care, suggesting the need for further educational interventions.

DISCUSSION

The findings of the study suggest that most nursing students have moderate knowledge regarding Kangaroo Mother Care. Educational exposure, classroom teaching, and clinical demonstrations significantly influence students' knowledge levels.

Improving nursing education through practical

demonstrations, workshops, and clinical training programs can enhance awareness and proper implementation of Kangaroo Mother Care practices in healthcare settings.

IMPLICATIONS

The findings of this study highlight the importance of strengthening nursing education related to neonatal care practices.

Nursing curriculum should include practical training on Kangaroo Mother Care.

Workshops and seminars should be organized to enhance students' understanding.

Clinical demonstrations and simulation training can improve practical skills related to KMC.

These measures will help nursing students provide effective neonatal care and improve outcomes for low birth weight infants.

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