

A Descriptive Study to Assess the Knowledge and Practice of Post-Natal Mothers Regarding Breast-Feeding Mothers in Selected Hospital Of Vrindavan, Mathura

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Abstract: Breastmilk is nature's perfect nourishment for babies it is universally recommended that infants should receive breast milk as the sole source of nourishment through the age of 6 months, with continued breastfeeding for at least one to two years of life and beyond. Initiation of breastfeeding should begin immediately after birth. Infants will continue to receive nutritional and immunologic benefits from human milk for as long as they receive any breastmilk, with no evidence of harm associated with extended breastfeeding of any duration. **Objectives:** To assess the knowledge and Practice regarding breastfeeding among post-natal women in selected hospital, Vrindavan, Mathura. To find the association between the knowledge regarding breastfeeding among the post-natal mothers with their selected demographic variables. **Materials and methods:** The current study was designed to assess the knowledge and practice of post-natal mothers regarding breastfeeding. A quantitative research approach with descriptive survey design was selected for the study. The non-probability convenient sampling technique was used to select 50 post-natal mothers from selected hospital of Vrindavan, Mathura. A valid and reliable structured questionnaire to assess the knowledge were used to collect data in 2 weeks. A significant association was found between the knowledge score and with nursing course, area of residence and religion as selected socio demographic variables.

Keywords: Post natal, knowledge, breastfeeding.

1. Introduction

Breastmilk is nature's perfect nourishment for babies. Due to the advantages of breastfeeding and the excess risk for poor maternal and child health outcomes associated with not breastfeeding, every major health organization recognizes breastfeeding as the physiologic norm and standard of infant feeding. It is universally recommended that infants should receive breast milk as the sole source of nourishment through the age of 6 months, with continued breastfeeding for at least one to two years of life and beyond. Initiation of breastfeeding should begin immediately after birth. Infants will continue to receive nutritional and immunologic benefits from human milk for as long as they receive any breastmilk, with no evidence of

harm associated with extended breastfeeding of any duration. Knowledge of mothers towards breastfeeding influences breastfeeding practice, with poor Knowledge forming a barrier for the initiation and continuation of good feeding practices. For better success and continued breastfeeding practices among mothers, maternal knowledge is crucial. Maternal knowledge and comfort of breastfeeding are factors that predict the feeding outcomes. In India, the main source of information for mothers still remains family and friends, and a structured counseling service on child feeding is lacking. Promoting and protecting the good breastfeeding practices by providing optimum knowledge can directly benefit the nutritional status of children.

1) Statement of problem

A Descriptive Study to Assess the Knowledge and Practice of Post-Natal Mothers Regarding Breast-Feeding Mothers in Selected Hospital of Vrindavan, Mathura

2) Objectives

1. To assess the knowledge and Practice regarding breastfeeding among post-natal women in selected hospital, Vrindavan, Mathura
2. To find the association between the knowledge regarding breastfeeding among the post-natal mothers with their selected demographic variables.

3) Materials and methods

The current study was designed to assess the knowledge and practice of post-natal mothers regarding breastfeeding. A quantitative research approach with descriptive survey design was selected for the study. The non-probability convenient sampling technique was used to select 60 post-natal mothers from selected hospital of Vrindavan, Mathura. A valid and reliable structured questionnaire to assess the knowledge were used to collect data in 2 weeks. A significant association was found between the knowledge score and occupation, and no significance association between age, maternal education and residence.

The tool used in the study consists of three parts:

- Section- I: Information on demographic variables of

Table 1
Socio demographic characteristics of study participants Table title

Characteristics	Range	Frequency	Percentage
Maternal age (years)	18-20	12	20
	21-30	30	50
	≥31	18	30
Maternal education	Primary	19	31.7
	Secondary	32	53.3
	Graduate	09	15
Occupation of mother	Employed	29	48.3
	unemployed	31	51.7
Residence	Rural	42	70
	Urban	18	30

Table 2

Maternal knowledge Variable	Yes		No	
	Frequency	%	Frequency	%
Do you know that have to breastfeed the baby after delivery?	58	96.7	02	3.3
Do you know that Initiation of breastfeeding should be done in the 1st hour after delivery?	40	66.7	20	33.3
Are you aware About exclusive breastfeeding?	50	88.3	10	16.7
Do you think there is a Need for night feeding?	53	88.3	17	28.7
Do you know the Advantages of breastfeeding?	49	81.7	11	18.3
Do you think Colostrum should be given should be given after birth to babies?	50	83.3	10	16.7
Do you know that Prelacteal feed should be avoided till 6 months?	36	60	24	40
Do you know about the Dangers of bottle feeding?	47	78.3	13	21.7

Table 3
Practice of participants about practice about breastfeeding

Breastfeeding Practice	Frequency	Percentage
Initiation of breastfeeding		
<1 hour	35	58.3
1-4 hours	15	25
>4hours	10	16.7
Exclusive breastfeeding		
<6 Months	48	80
>6 Months	12	20
Formula feeding		
Given	38	63.3
Not given	22	33.3
Feeding of animal milk		
Given	40	86.7
Not given	20	33.3
Pre-lacteal feeds		
Given	52	81.7
Not given	08	13.3
Colostrum		
Given	49	51.7
Not given	11	48.3
Feeling of less milk		
Yes	31	51.7
No	29	48.3

the respondents containing 5 items.

- Section- II: Structured knowledge questionnaire of 8 items
- For the 8 items related to Knowledge regarding practice, each correct answer was awarded with a score of ‘1’ and score of ‘0’ was awarded for the wrong answer. The data obtained was analysed in terms of descriptive and inferential statistics.
- Section III: Structured practice questionnaire of 7 items
- Section IV: Data describing association between knowledge and selected demographic variables among post-natal mothers.

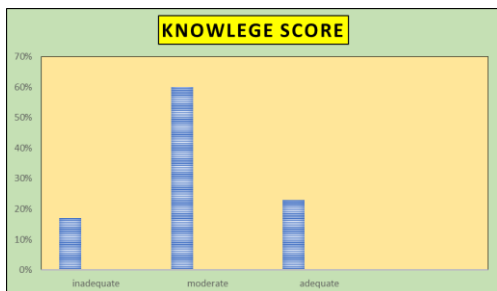
2. Results

Section I-Results in terms of demographic variables The table reveals the post-natal mothers belonging to the age group 21-30 is 30(50%) is the maximum .and the post-natal mother having secondary education is 32(53.3%) and majority of post-natal mothers were unemployed 31(51.7%) and the majority of the women included in sample belongs to rural area

The table reveals the post-natal mothers have the 96.7% knowledge about how to breast feed 66.7% have the knowledge to breastfeed.88.3 % mothers are aware of exclusive breastfeeding 88.3 % have the need for night feeding.81.7% have the knowledge regarding breastfeeding.83.3% have the knowledge about colostrum should be given after birth to babies.60% mothers have the knowledge that prelacteal feed

should be avoided till six months. And also 78.3% have the knowledge about bottle feeding.

Section -3 Table 3-Practice of participants about practice about breastfeeding. The table reveals 58.3% post-natal mothers are following the practice of initiation of breast feeding within less than 1 hour.80% of post-natal mothers have the practice of feeding the baby <6 months. The practice of giving formula feeding is followed by 63.3%. Feeding of animal milk to infant by 86.7%prelacteal feeds 81.7% and feeling of less milk is observed for 51.7% of post-natal mothers.



are having inadequate knowledge regarding the breast feeding. While assessing the practice 58.3% post-natal mothers are following the practice of initiation of breast feeding within less than 1 hour.80% of post-natal mothers have the practice of feeding the baby <6 months. The practice of giving formula feeding is followed by 63.3%. Feeding of animal milk to infant by 86.7%prelacteal feeds 81.7% and feeling of less milk is observed for 51.7% of post-natal mothers.

- The second objectives of this study were to associate the selected demographical variables with knowledge of post-natal mothers regarding breast feeding.

The results revealed that there was significant association with occupation but there was no significance association age, maternal education and residence.

4. Conclusion

The study concluded that 60% mothers are having moderate knowledge, 23% are having adequate knowledge, 17% are having inadequate knowledge regarding the breast feeding.

- Conflicts of interests:* none

Table 4

Table depicting the association between the knowledge and demographic variables

Demographic Variable	Percentage Of Obtained Knowledge Scores			Chi Square	D.F	Inference
	Inadequate	Moderate	Adequate			
Age				6.90	4	N. S
30 and below	10	05	3			
31-40	28	19	5			
41-50	22	12	06			
Maternal education				1.83	4	N.S
Primary	16	04	05			
Secondary graduation	14	17	05			
	0	03	00			
Occupation				6.824	2	S
Employed	22	04	08			
unemployed	14	10	02			
Residence				4.61	2	N.S
Rural	28	08	06			
Urban	08	06	04			

Table 5

Depicting the level of knowledge among post-natal mothers regarding breastfeeding Table title

S.no	Level of Knowledge	Percentage
1.	Inadequate Knowledge	17%
2.	Moderate Knowledge	60%
3.	Adequate Knowledge	23%

Table 1.1 reveals the frequency & percentage distribution of level of knowledge of post-natal mothers regarding the knowledge of breast feeding. Out of 60 mothers 17% had inadequate knowledge & 60% had moderate knowledge and 23% had adequate knowledge regarding the level of knowledge among post-natal mothers regarding breastfeeding

3. Discussion

- The first objective study was to assess the knowledge of post-natal mothers regarding breast feeding. Out of 60 mothers 60% mothers are having moderate knowledge, 23% are having adequate knowledge, 17%

5. Recommendations

- A similar study on a large sample can be done to draw more definite conclusions and generalization.
- A similar study can be conducted on experimental mode.

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