IOSR Journal of Nursing and Health Science (IOSR-JNHS)
e-ISSN: 2320–1959.p- ISSN: 2320–1940 Volume 3, Issue 1 Ver. II (Jan. 2014), PP 53-56
www.iosrjournals.org

A study to assess the knowledge and attitude of mothers regarding first feed (colostrum) of Hathras (U.P.)

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Abstract:- *Breast milk has unique anti-infective properties and they attributed these properties to the presence of anti-infective factors in the human milk. One hundred postnatal mothers were selected from Hathras through multistage stratified random sampling technique. Questionnaire cum-interview schedule was used for collecting the required data for the study. Objective of the study was to knowledge of mothers regarding first feed (colostrum). The results of study were 80% gave breast feed to their child while 42% gave breast feed after two days of birth. Study were responses of the mothers regarding reasons for not given colostrum to their child after birth. Out of 79 respondents, majority (43.04%) have no knowledge. The study was an efforts to know the knowledge and attitude of mothers regarding first feed (colosturm) of Hathras (U.P.)*

I. Introduction:-

Human breast milk feeding has been documented to be the best suited for achieving the physical and mental health of infants. It is well established that colostrum feeding plays a very unique and vital role in the growth of infant and it is claimed also that it protects the infants from various infections. It is well recognized that the first milk secreted by the mother post partum during the first two days after birth of the infants is the colostrum. It is evident from the scientific literature that the colosturm feeding by Indian mother is generally avoided as it is influenced by attitudes, beliefs and customs of the various communities of the different geographical regions.

According to Bhandari and goyal (1983), the mortality and morbidity of infants in developing countries particularly in India is found to increase not only due to poverty but also due to the ignorance of mother regarding the importance and nutritional functionality of colostrum. In the light of the above facts, the breast feeding has contributed a great deal in a gamut of development in infancy and has nutritional immunologic and biochemical anti-economic advantages It has been proved beyond doubt that breast milk is the best for the infant. It is well known from the scientific literature that the breast milk may not be sufficient alone to cater the needs of the infants to achieve a reliable physical and mental growth.

Hadimani et. al. (1990) claimed that the colostrum had vital role to play in the growth of child and also it protects him form numerous infections as it contains higher concentrations of antibodies and immunoglobulin's.

Benal et.al. (1973) administered a questionnaire on 1500 mothers for studying effect of socio-cultural factors on duration of breast feeding. They found that giving colostrum, demand feeding, night feeding and feeding with both breasts, rooming-in and planned pregnancy had a positive factors were prelacteal foods, smoking, mothers education, paid maternity leave etc.

II. Methodolgy:-

The study was conducted on 100 postnatal mothers of Hathras U.P. The data were collected with the help of questionnaire- cum- interview technique. Interview schedule divided into three parts- General information, feeding practice and knowledge of attitude of mothers regarding first feed (colostrum) of Hathras city. The first step with regard to collection of data was to obtain permission from the selected respondents. Interview was conducted by the researcher with the selected mothers and necessary information was recorded. The collected data were coded, tabulated and analyzed using various statistical techniques.

III. Results :-

The Present study on "A study to assess the knowledge and attitude of mothers regarding first feed (colostrum) of Hathras (U.P)". Results have been presented following headings.

Table No.1- Distribution of the respondents according to number of children.

Number of Children	Respondents	
	No.	%
One	45	45.0
Two	38	38.0
Three	5	5.0
Four	9	9.0
Five	3	3.0
Total	100	100.0

Above table shows the distribution of the respondents according to number of children. Out of 100 respondents, majority of them (45.0%) were having one child, followed by 38.0% having two children and the minimum (3.0%) were having five children in the family.

Table No.2- Distribution of the respondents according to age of youngest child.

Age of youngest Child in Months	Respondents	
	No.	%
0-6	2	2.0
6-12	43	43.0
12-18	55	55.0
Total	100	100.0
Mean	10.47	
SD	2.08	

Table 2 reveals the distribution of the respondents according to age of youngest child. Out of total respondents, majority of them (55.0%) were having the child in the age group of 12-18 months, followed by 43.0% in the age group of 6-12 months and the minimum (2.0%) were having the child in the age group of 0-6 months. Mean age of the youngest child was found it be 10.47 months in the present study.

Table No.3- Distribution of the respondents regarding breast feed.

Breast Feed	Respondents	
	No.	%
Yes	80	80.0
No	20	20.0
Total	100	100.0

Above table shows the responses of the respondents regarding breast feed Majority of them 80.0% gave breast feed to their child while remaining 20.0% did not give breast feed to their child.

Table No.4- Responses of the respondents regarding breast fed after birth.

Breast Feed after Birth	Respondents	
	No.	%
One days	25	31.25
Two days	42	52.50
Three Days	10	12.50
More than three days	3	3.75
Total	80	100.

Above table reveals the responses of the respondents regarding breast feed after birth of child. Out of total respondents, 52.50% gave breast feed after two days of birth, followed by 31.25% one day and the minimum (3.75%) gave breast feed to child after more than three days.

Table No.5- Responses of the respondents regarding reason for not given breast feed after birth to their child.

Reasons	Respondents	
	No.	%
III Mother	5	25.0
No Knowledge	11	55.0
Dislike	4	20.0
Total	20	100.

Above table shows the responses of the respondents regarding reasons for not given breast feed after birth to their child. Out of 20 respondents, majority of them (55.0%) reported that they did not know, followed by 25.0% mothers were ill and the minimum (20.0%) did not like to breast feed of their child.

Table No.6- Responses of the respondents regarding given colostrums to their child.

Colostrum Given	Respondents	
	No.	%
Yes	21	21.0
No	79	79.0
Total	100	100.

Table-6 shows Majority of them (79.0%) reported that colostrums was not given to their child and the remaining 21.0% respondents informed that colostrum was given to their child.

Table No.7- Responses of the respondents regarding given colostrums to their child.

Colostrum Given	Respondents	
	No.	%
After birth	19	90.48
After 4-5 hours	2	9.52
Total	21	100.

Above table shows majority (90.48%) gave colostrum after birth while 9.52% gave colostrum with in 4-5 hours of birth

Table No.8- Responses of the respondents regarding reason for not given colostrums to their child after birth

Reasons for not given colostrum	Respondents	
	No.	%
No knowledge	34	43.04
Traditionally	29	26.71
Others	16	20.25
Total	79	100.0

Above table shows the responses of the respondents regarding reasons for not given colostrum to their child after birth. Out of 79 respondents, majority of them (43.04%) informed that they have no knowledge , followed by 36.71 tradionally and the minimum (20.25%) reported other reasons for not given colostrum to their child after birth.

IV. Discussion:-

The results of the present study revealed that the majority of respondents gave breastfeed to their child, most of them gave breast feed after two days of birth only one fifth of them gave colostrums their child. Charak (1st AD) and Sushruta (4 cent AD) recommended that colostrum should be discarded. WHO team (1953), Jyoti et.al. (1963) Narayan (1974), Gurudeva, George et. al. (1982) and Gupta & Dava (1990) reported that the practice of discarding colostrums as quite common in different parts of India.

Results of the present study also demonstrate that majority were breast feed child for six months. However, few past studies conducted by Bala Krishnan and Hussain (1977) and Chen (1978) have reported comparatively less percentage of infants who were breast feed up to 6 months. Ghosh (1976) found that younger mother's breast feed their babies for a longer period.

Majority of respondents (53.0%) belonged to joint family and the remaining (45.0%) were from nuclear family and all of them (100.0%) were married.

Majority of respondents (45.0%) were having one child, followed by 38.0% having two children and the minimum (3.0%) were having five children in the family.

70.0% of the respondents were having male child and 30.0% were having female child.

Majority (55.0%) were having the child in the age group of 12-18 months, followed by 43.0% in the age group of 6-12 months and the minimum (2.0%) were having the child in the age group of 0-6 months.

In the present study, majority (80.0%) gave breast feed to their child while remaining 20.0% did not give breast feed to their child.
Out of total respondents, 42.0% gave breast feed after two days of birth, followed by one day and the minimum (3.0%) gave breast feed to their child after more than three days.
Out of 100 respondents, majority (79.0%) reported that colostrum was not given their child and the remaining 21.0% respondents informed that colostrums was given to their child.
Out of 79 respondents who did not give colostrums to their children, majority (43.04%) informed that they have no knowledge, followed by 36.71% traditionally and the minimum (20.25%) reported other reasons for not given colostrums to their child after birth.
Out of 21 respondents who gave colostrum to their children, majority (90.48%) gave colostrum after birth while 9.52% give colostrums with in 4-5 hours of birth.
Out of 100 respondents, majority (51.0%) were breast feed their child for six months, followed by 29.0% for four months. and the minimum (6.0%) fed their child three months.

V. Conclusion:-

According to the results and discussion of the study conludes that most of mother 79 respondents did not give colostrums to their children and majority (43.04%) informed that they have no knowledge. All the mothers of sample group had good practices of breast feeding the infants of 6 months but the practices of not giving colosturm were stil common. The Present study recommends that the health education programme should be carried out for postpotal mothers regarding the importance of colostrum.

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