

Knowledge Regarding Breast Feeding Among Mothers

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Abstract:

Statement Of The Problem:A study to assess the knowledge regarding breast feeding among mothers at a selected hospital, Thrissur.

Research Approach And Tool:A non experimental descriptive design was used in this study as research approach and tool adopted for this study was a structured knowledge questionnaire.

Sampling Technique: Non probability purposive sampling technique

Findings: The result showed that, out of 60 samples, 76.7% has inadequate knowledge and 23.3% has moderate knowledge regarding breast feeding. According to the ranking of the components of breast feeding, 53.3% has inadequate knowledge, 36.7% has moderate knowledge and 10% has adequate knowledge regarding the general aspects of breast feeding, 60% has inadequate knowledge, 36.7% has moderate knowledge and 3.3% has adequate knowledge regarding the positions used for breast feeding. About the types of breast milk, nobody has adequate knowledge, only 13.3% had moderate knowledge and rest of them had inadequate knowledge.

Conclusion: In conclusion, most of the mothers had a poor knowledge regarding the breast feeding and its components.

I. Introduction

“The 1st Hour saves 1 Million Babies”

Children are the most precious resources and assets of future. Breastfeeding is a unique right for a woman and a newborn. It is one of the simplest, smartest and most cost effective way for getting healthier children. Proper breast feeding can reduce 13% of infant mortality rate globally. AAP and WHO recommends exclusive breast feeding for 6 months.¹Breast feed helps to protect against many of the infectious diseases and childhood obesity. The first yellowish sticky breast milk (colostrum) is recommended by WHO as perfect food for a newborn.²Many reviews say mothers had poor knowledge on different aspects of breast feeding. In order to provide an exclusive breast feeding for the child, the mother must have a thorough knowledge regarding the various components of breast feeding like the positions used for breast feeding, the types of breast milk, the diet to be followed during lactation etc.

Mothers and children constitutes about ¼ of the total National population. They are the most vulnerable group to ill health. Some of the main causes for neonatal mortality is the inadequate breast feeding, following family breast feeding techniques, ignorance of mother regarding breast feeding practices etc.

II. Background Of The Study

A descriptive study was conducted to find out the existing breast feeding practices among the urban mothers in selected areas of Manipur. Fifty mothers between the age group of 16 to 35 years were selected for the study. Semi structured questionnaire was used to collect the data. The findings revealed that most of the mothers started breast feeding within 28 to 48 hours of delivery. The study says that there is a significant ($p > 0.001$) relationship between mothers educational level, duration of breast feeding and socio-economic status of the family. Mothers with higher education and socio-economic status tend to stop breast feeding earlier than the mothers from lower educational and socio-economic status.³

A cross-sectional study was conducted to evaluate the knowledge of mothers and grandmothers regarding breast feeding and health seeking behavior for neonatal sickness in a rural community, New Delhi. Structured questionnaire was used to collect the data. Most of the mothers and grandmothers believed in early feeding within 2 hours of delivery, they often administered prelacteal feeds such as ghutti and honey. The results of the study indicates that knowledge regarding desirable breast feeding practices was inadequate and quite a few in appropriate beliefs were widely prevalent.⁴

III. Objectives

The objectives of the study were to

1. Assess the knowledge of mothers regarding breastfeeding
2. Assess the knowledge of mothers regarding components of breastfeeding
3. Associate the knowledge of mothers regarding breastfeeding with demographic variables

IV. Materials And Methods

Research Approach: The study adopted a non experimental approach

Research Design: Design was descriptive design

Setting of the Study: The study was conducted at a selected hospital, Thrissur

Population of the Study: The population comprised of all mothers who are having children less than 1 years of age.

Sample Size: 60 mothers who had children less than 1 years of age.

Sampling Technique: non probability purposive sampling technique.

Datacollection Tool: The tool consists of

Section A: Demographic proforma of the mother which includes age of the mother, education of the mother, occupation of the mother and no : of children under the age of one.

Section B: Structured questionnaire on knowledge of mothers regarding breast feeding. It consists of 30 questions. The questions were classified under following sections like general aspects regarding breast feeding, positions used in breast feeding, types of breast milk, diet used during lactation, management of breastfeeding problems and storage of breast milk.

Ethical consideration

A formal permission was obtained from the hospital authorities and ethical committee to avoid ethical issues. Moreover, an ideal rapport was maintained with the mothers and adequate explanation and clarification was given.

Data collection procedure

Data collection period was 1 week from 1.8.15 to 7.8.15. Samples were selected by purposive sampling method and the structured questionnaire was distributed to the mothers in the OPDs, Pediatric and post natal wards.

V. Results

Table 1: Description on the socio demographic proforma of mother

Variables	Percentage (%)
Age of the mother	
a) < 25 years	28.3
b) 25 – 30 years	45
c) 31 – 35 years	15
d) > 35 years	11.7
Education of the mother	
a) 10 th standard	13.3
b) Plus two	18.3
c) Graduate	68.4
Occupation of the mother	
a) House maker	53.4
b) Govt employee	8.3
c) Professional	30
d) Others	8.3
Number of children under the age of 1 year	
a) 1 child	88.3
b) 2 children	6.7
c) 3 children	1.7
d) More than 3 children	3.3

n = 60

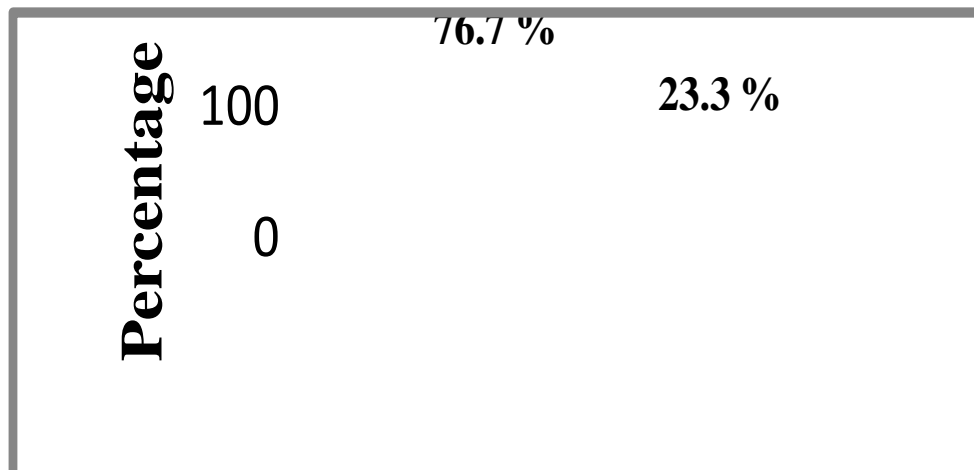


Figure 1 : Knowledge of mothers regarding breast feeding

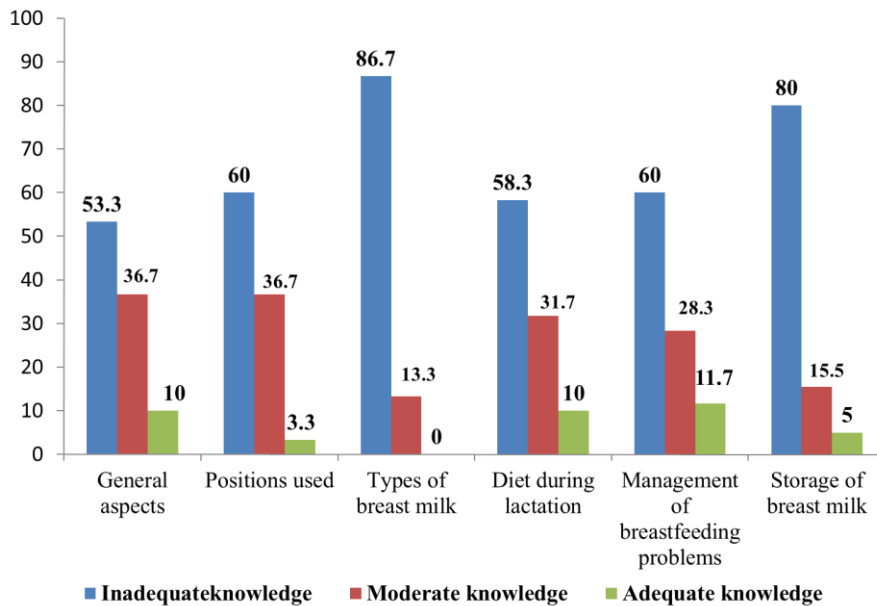


Figure 2: Knowledge of mothers regarding components of breast feeding

Table 2: Association between knowledge of mothers and selected demographic variables

Sl No	Demographic variables	Chi square	P value
1.	Age of mother	2.01	0.367*
2.	Educational status	0.08	0.776*
3.	Occupational status	4.78	0.092*
4.	No of children under age of 1 year	0.36	0.547*

*Non significant at the level of P > 0.05

The data presented in table 2 shows that there is no significant association between knowledge of mothers regarding breast feeding and socio demographic variables.

VI. Conclusion

In conclusion, we could identify and realized that majority of the mothers had a poor knowledge regarding breast feeding and its components. In order to provide an exclusive breast feeding for the babies, the mothers needs to be educated regarding breast feeding and its importance.

VII. Acknowledgements

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Interest of conflicts

I hereby declare that, we do not want to disclose the name of the hospital used in this study and keep as confidential. And I certify that no funding has been received for the conduct of this study or preparation of this manuscript. And there are no other conflicts. Prof. Nandini. M 19.01.2016

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