

A study to assess the knowledge level regarding benefits of breastfeeding with additional resources among postnatal mothers.

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Abstract

Background of the study

A country's prosperity depends upon the nation. Mothers and children are The vulnerable group of our nation. Infant mortality and postpartum death is is more common in the world. The progress in the medical health care services is reflected in a decreased infant mortality rate last four decades the Infant mortality rate fall from 30 / 1000 live death in India 2018.

Materials and Methods: Aim of the study was to assess the knowledge level regarding benefits of breastfeeding with additional resources among postnatal mothers. Main Objectives are To assess the level of knowledge among mothers on weaning and To assess the level of knowledge among mothers on breast feeding and the last objective was the Association of benefits of breastfeeding with additional resources among postnatal mothers with their selected demographic variables. Research approach was a simple descriptive survey approach is used to achieve the objectives of study. The tool that was used to assess the knowledge level was a structured questionnaire schedule. It was obtaining through the review of literature and validated by experts in breastfeeding mothers. The tools include demographic data and knowledge aspects on breastfeeding and additional resources the tool was tried.

Results: Major findings of the study are There was no significant Association between age and knowledge and There was no significant Association between education and knowledge and There was no significant Association between occupation and knowledge and There was no significant Association between type of mother and knowledge

Conclusion:I conclude my research with three different objectives depending upon the variables. The findings revealed that 44% of client have a inadequate knowledge, 56% off client have moderate knowledge and 0% of client have adequate knowledge on benefits of breastfeeding with additional resources among post-natal mothers. There was no significant Association between the study and the year selected demographic variables.

Key Word: Assess ,knowledge , benefits, breastfeeding ,, additional resources ,postnatal mothers.

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I. Introduction

Health is vital important in children as their basic resources of future. Perinatal mortality is the problem of series dimension in all countries. World Health Organisation estimates that during the year 1995 there were more than 5 million neonatal deaths globally or 36 death /1000 live birth, most of them in the developing countries. Neo natal mortality rate varied from53/1000 birth for least developed countries to about5/1000 live birth for the developed countries. In India55to60% of Infant death occurs within neonatal period of this more than half Many die during the first week of birth. Weaning should be gradual by replacing one bottle or breastfeeding at a time.¹The night time feeding is usually the last feeding to be discontinued. It is advisable that never about to begin a child to take bottle of milk at bed. This is aa major cause of dental caries in in deciduous teeth.

II. Material And Methods

Need for the study

In India about 40% of the total populations are infants and children. Today's children are tomorrow's citizens.² In SRM hospital most of the people are illiterate there are are starting weaning 6th month or 9th month. In this half of the children are low birth weight. As the people who are coming in SRM Hospital have inadequate knowledge 44% and adequate knowledge 56% ennu meaning I have opted this study in view of

improving the knowledge. To improve and imported the knowledge on breastfeeding and weaning postnatal mothers.

Statement of the problem

A study to assess the knowledge level regarding benefits of breastfeeding with additional resources among postnatal mothers.

Objectives

1. To assess the level of knowledge among mothers on weaning
2. To assess the level of knowledge among mothers on breastfeeding
3. Association of benefits of breastfeeding with additional resources among postnatal mothers with their selected demographic variables

Limitations

1. Sample size was limited to 25
2. The period of study Limited to 3 days
3. The study was limited to postnatal mothers in SRM Hospital

Variables :

Independent variables- mothers knowledge

Dependent variables- breastfeeding and weaning

Setting: The samples were selected in postnatal ward, SRM General hospital, Kattankulathur. It consider the following factors such as to achieve the adequate number of sample size and it is accessible to the investigator

Population: The study population comprised of clients of postnatal mothers.

Sample size:25

Sampling Technique:

Convenient sampling technique

Inclusion Criteria:

1. Mothers who are willing to participate
2. Mothers who are present in postnatal ward at the time of conducting the study

Exclusion criteria:

1. Mother who are not interested to participate

Procedure Methodology:

Research approach was a simple descriptive survey approach is used to achieve the objectives of study. The description survey research examines a group of people by asking individuals belonging to that group to answer a series of questions. This approach was considered more suitable to conduct this study because it helps the investigator to assess the knowledge on benefits of breastfeeding with additional resources among postnatal mothers at SRM General Hospital. In this study independent variables identified are, age, sex, educational status, occupation and number of children. In this study knowledge on benefits of breastfeeding and additional resources is the dependent variable. Settings- the samples were selected in postnatal ward SRM General Hospital, kattankulathur. It consists following criteria that is to achieve the inadequate number of sample size, accessible to the investigator. The study population comprised of clients of postnatal mother. Sample size was 25 patients of postnatal Period. Convenience sampling technique was used. Inclusion criteria that is mothers who are willing to participate, mothers fluid present in postnatal ward at the time of conducting the study. Exclusion criteria, mothers who are not interested to participate. That tool consists of two section. Section A- structured questionnaire to elicit demographic variables. Section B structure questionnaire to assess the knowledge regarding breastfeeding with additional resources the structure question app consists of 30 multiple choice question regarding the benefits of breastfeeding with additional resources.

III. Results

Grading score

Below 50%- inadequate knowledge, 50 to 70%- moderate knowledge, above 70%- adequate knowledge Data Collection procedure .After getting formal of consent from the medical superintendent SRM General Hospital and permission from nursing superintendent the mother first feeling and selection criteria were chosen as sample. Convenient sampling technique was used to select samples. After establishing rapport and after a brief introduction about the study and its purpose consent was obtained from others. Actor assuring

confidentiality the mothers were provided with the questionnaire and where asked pick up one correct answer from the given choice.

Section A : Percentage distribution of demographic variables

Section B:Pretest knowledge level comparison

Section C: Association of benefits of breastfeeding with additional resources among postnatal mothers with the year selected demographic variables

Table-1
Section-A:Percentage distribution of Demographic Variables

Demographic variables	Sub category	Frequency	Percentage
Age	20-25 yrs	13	52
	26-30 yrs	9	36
	31-35 yrs	3	12
Religion	Hindu	21	84
	Muslim	1	4
	Christian	3	12
Education	Primary school	7	28
	Higher secondary school	10	40
	Graduate	8	32
Occupation	Home maker	22	88
	Private job	3	12
Mother	Primi mother	10	40
	Multi mother	15	60
Family Type	Nuclear	10	40
	Joint	15	60
Baby weight	<2.5kg	6	24
	2.5kg to 3.5kg	15	60
	>3.5kg	4	16
Baby sex	Male	14	56
	Female	11	44
Residence	Rural	18	72
	Urban	7	28
income	2000 to 3000	5	20
	3001 to6000	9	36
	6001 to10000	11	44
	>10000	0	0

The above table revealed that 52% off mother's were between 20 to 25 years, 36% of mothers were between 26 to 30 years and 12% of mother's were between 31 to 35 years. 28% of mothers are primary schoolers, 40% of mothers are higher secondary's and 32% of mothers are graduated. Most of the mothers are homemakers 88%, 12% of mothers are doing private jobs. And about the income, 16% of them getting 2000 to 3000, 32% of them getting 3001 to 6000, 36% of them getting 6001 to 10000 and 16% of them getting more than 10000.

Table-2
Section -B: Pre Test Knowledge Level Comparison

SL.NO	MEANS	FREQUENCY	PERCENTAGE
1	Inadequate Knowledge	10.53	42.11
2	Moderate Knowledge	14.47	59.99
3	Adequate Knowledge	0	0

The above table shows that among 25 samples, 42.11% aap samples have inadequate knowledge, 59.99% of samples have moderate knowledge and 0% of samples have adequate knowledge.

Table:3 Association of benefits of breastfeeding with additional resources among post natal mothers with their selected demographic variables

		Pre Test Knowledge Level						Chi square Test	P Value
		Inadequate		Moderate Adequate		Adequate			
		N	%	N	%	N	%		
Age	20-25 yrs	5	38.5	8	61.5	0	0	0.7882 df	0.674 NS
	26-30 yrs	4	44.4	5	55.6	0	0		
	31-35 yrs	2	66.7	1	33.3	0	0		
Religion	Hindu	11	52.4	10	47.6	0	0	3.7412 df	0.54 NS
	Muslim	0	0	1	100	0	0		
	Christian	0	0	3	100	0	0		
Education	Primary school	4	57.1	3	42.9	0	0	0.6932 df	0.707 NS
	Higher secondary school	4	40	6	60	0	0		
	Graduate	3	37.5	5	62.5	0	0		
Occupation	Home maker	11	50	11	50	0	0	2.6792 df	0.102 NS
	Private job	0	0	3	100	0	0		
Mother	Primi mother	3	30	7	70	0	0	1.3261 df	0.250 NS
	Multi mother	8	53.3	7	46.7	0	0		
Family Type	Nuclear	8	50	8	50	0	0	0.6491 df	0.420 NS
	Joint	3	33.3	6	66.7	0	0		
Baby weight	<2.5kg	3	50	3	50	0	0	3.7612 df	0.153 NS
	2.5kg to 3.5kg	8	53.3	7	46.7	0	0		
	>3.5kg	0	0	4	100	0	0		
Baby sex	Male	8	57.1	6	42.9	0	0	2.2311 df	0.135 NS
	Female	3	27.3	8	72.7	0	0		
Residence	Rural	8	44.4	10	55.6	0	0	0.0051 df	0.943 NS
	Urban	3	42.9	4	57.1	0	0		
income	2000 to 3000	3	75	1	25	0	0	4.9903 df	0.173 NS
	3001 to 6000	3	37.5	5	62.5	0	0		
	6001 to 10000	2	22.2	7	77.8	0	0		
	>10000	3	75	1	25	0	0		

*NS, Non Significant

The above table reveal that there was non significant association formed between the knowledge on benefits of breastfeeding with additional resources and the demographic variables like education, income, mother , occupation and family type. But there was no Association found between the knowledge level regarding benefits of breastfeeding with additional resources with other demographic variables like ok age, religion, baby sex, baby weight and residence.

IV. Discussion

The frequency and percentage distribution of postnatal mother revealed that 52% off mother's were between 20 to 25 years, 36% of mothers were between 26 to 30 years and 12% of mother's were between 31 to 35 years. 28% of mothers are primary schoolers, 40% of mothers are higher secondary's and 32% of mothers are graduated. Most of the mothers are homemakers 88%, 12% of mothers are doing private jobs. And about the income, 16% of them getting 2000 to 3000, 32% of them getting 3001 to 6000, 36% of them getting 6001 to 10000 and 16% of them getting more than 10000. The results of the study have been discussed based on the objectives stated for the study.

The first objectives were used to assess the level of knowledge among mothers on weaning.

Child mortality was reduced when the Breastfeeding was encouraged to the post natal mothers. Mobolanle et al, conducted a study on Knowledge, Attitude, and Practice of Breastfeeding: A Comparative Study of Mothers in Urban and Rural Communities of Lagos, Southwest Nigeria. 248 mothers were selected those mothers having under five children. In this study urban mother having 84.7 % of good knowledge and rural 89.5%. 52.4 % of urban mother having positive attitude and rural 57.3% having positive attitude. 16.1% of urban mother having good practice and 69.4% of rural mother having good practice. In this study author decided that the urban women should have a improvement of attitude towards breastfeeding practice³.

The pretest assessment on knowledge majority of them 44% of mothers have inadequate knowledge, 56 of mothers have moderate knowledge and zero percent of mothers have adequate knowledge.

The findings of the study reveals that majority of the mothers have only moderate level of knowledge.

The second objective was to assess the level of knowledge among mothers on breastfeeding. In this the maturity 44% of mothers have inadequate knowledge, 56 of mothers have moderate knowledge and 0% of mothers have adequate knowledge. So the findings of the study reveals that majority of the mothers have only moderate level of knowledge.

First six months breastfeeding is an vital sources of the newborn baby. Breast milk contains all nutrients such as antibodies ,prevent from death, infections and also it contains immunological factors. So that breast milk is an primary Vaccine of the newbornbabies,Assessment of Mother's Knowledge toward Breastfeeding at AL-Najaf City , this articles says that we can identify the Mother's knowledge towards breastfeeding with the demographic variables. Result of this study was relationship between the breastfeeding and the mothers knowledge. Authors concluded that breastfeeding knowledge should be increased in the postnatal mothers exclusive breastfeeding for first six months of newborn baby e means will prevent all infections and also reduce the infant mortality rate.⁴

The third objective was to assess the association of benefits of breastfeeding with additional resources among post natal mothers with their selected demographic variables. In this the finding of the study reveals that it is also solution between the benefits of breastfeeding with additional resources among post natal mothers with the year selected demographic variables are non-significant.

V. Conclusion

I conclude my research with three different objectives depending upon the variables. The findings revealed that 44% of client have a inadequate knowledge, 56% off client have moderate knowledge and 0% of client have adequate knowledge on benefits of breastfeeding with additional resources among post-natal mothers. There was no significant Association between the study and the year selected demographic variables.I recommended that a similar study can be done for a large sample for better generation

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