



# A Descriptive Study to Assess the Knowledge And Attitude Related to Breast Feeding And Misconceptions And Myths Related To Breast Feeding Among The Post Natal Mothers In KLES dr. Prabhakar Kore Hospital And M.R.C, Belagavi With a View To Develop Information Booklet

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## INTRODUCTION

That the initiation of breast feeding must rank as one of the earliest and most important postpartum decisions made by both the mother and her child in their newly modified, postpartum relationship. Throughout our Health is a fundamental human right. It is central to the concept of quality of life. Health and its maintenance is a major social investment and is a world-wide social goal. Health is multidimensional. This health may be assessed by such indicators as death rate, infant mortality rate and expectation of life. Ideally, each piece of information should be individually useful and when combined should permit a more complete health profile of individuals and communities.<sup>1</sup> Breast feeding has been universal and necessary for the survival of the newborn. It is widely recognized that breast feeding has many health benefits both for the newborn and for the mother. Breast feeding not only provides for the fundamental nutritional and emotional needs of the infant, but breast milk provides growth factors, hormones, and maternal antibodies. Breastfeeding is a significant component of this dependency, so species, evolutionary past, and in most contemporary non-industrial settings, at the same time, breastfeeding limits an infant's exposure to food-borne diseases that may be present with alternative feeding methods.<sup>2</sup>

It is an extension of maternal protection that transitions the young from the shelter of the in-utero environment to life in the ex-utero world, with its variety of potentially harmful exposures. Breast milk has the best potential to help the babies grow well in later stages of child hood. Its nature's way of nurturing the child, creating the strong bond between the mother and child.<sup>3</sup> "Growth and Development of infants; it is also an integral part of the reproductive process with important implications' for the health of mothers. As a global public health recommendation, infants should be exclusively breastfed for first six months of life to achieve optimal growth, development and health. Thereafter, to meet their evolving nutritional requirements infants should receive naturally adequate & safe complementary foods while breast feeding continues for up to 2 years of age or beyond.<sup>4</sup> Colostrum is the first milk produced by the mother during her postpartum period, which is unique in its

composition & consists of specific anti-infective factors, which protect neonates from infections. It has comparatively higher protein and vitamin, content than mature milk. Colostrum aids in development of certain digestive enzymes.<sup>5</sup>

## NEED FOR THE STUDY

Breast feeding is an ancient practice of most women in the country. Breast feeding is the best feed for babies. Since it is the unique source of nutrition that plays an important role in the growth, development and survival of infants.<sup>6</sup>The mother of today has adapted to the recent trends of life style replacing traditional; ones. There are many changes in cultural diversity .Some cultural practices are major causes of low breast feeding rates in India. Many customs surrounding breast feeding and weaning are not conducive to the health of the child. Although breast feeding is universal, and has been accepted as the most vital intervention for reducing infant mortality and ensuring optimal growth and development of children. More than 15% of 24 lakh child deaths could be averted in India by optimal breast feeding practices. Breast feeding is the ideal method suited for the physiological and psychological needs of an infant. Poor breast feeding practices are wide spread. It is establishment that sub optimal breast feeding, especially non-exclusive breast feeding in the first six months of life, results in 1.4 million deaths & 10% of the disease burden in children younger than 5yrs of age. Reviews of the studies from developing countries show that infants who are not breast fed are 6 to 10 times more likely to die in the first months of life than infants who are breastfed.<sup>7</sup> Despite the benefits of colostrums feeding for the health of the mother & child , its practice has markedly declined throughout developing world. The prevalence of breast feeding initiation was 98.2% & 22.2% of mothers practiced it exclusively. It is recommended that the breast feeding should be initiated preferably within 6hrs of birth. Generally, newborn babies in India receive first breast fed only after first 48 to 72 hours of birth.<sup>8</sup>

The cross sectional study was conducted on mothers of 201 children in the age group of 6 to 24 months were interviewed to identify the prevailing practices and beliefs related to breast feeding and top feeding. The study revealed that 80.4 percent of the mothers initiated breast feeding from the 3rd day after birth. In the opinion of 68.7 percent of the mothers colostrum is unfit for child's health. Absence of milk secretion was the reason for delayed breast feeding in 58.7 percent of cases. Milk, as nutrition supplement, was started in 67.7 percent of children before 6 months of age. In 81.6 percent of cases insufficiency of breast milk was the most important reason for introducing top milk. Further 155(77 percent) mothers opined that top milk should be started at or after the age of 6 months. Cow's milk (59.8 percent) followed by buffalo's milk (19.6 percent) were predominantly chosen for supplementation. Only 6 percent used powdered milk. However, at the time of interview it was found that 21.4 percent were actually being fed on powdered milk and the reasons elicited were its easy availability and digestibility.<sup>9</sup> A descriptive study was conducted to explore the knowledge, attitude and practices towards breast feeding among postnatal mothers (n=100) and factors that determine them. The data was collected from 100 postnatal mothers by trained interviewers' using a structured Performa. In addition to demographic data, mothers were also asked about their knowledge on and attitude towards breast feeding and practices they follow. Scoring of the responses to questions was done and the data was analysed using statistical packages for social sciences, the investigator conclude that the knowledge of the mothers was inadequate in areas of time of breast feeding (92%), colostrum breast feeding (56%) , duration of exclusive breast feeding (38%), knowledge on expressed breast milk (51%) and continuation of breast feeding while baby is sick.<sup>10</sup>

## OBJECTIVES

- To assess the knowledge and attitude of postnatal mothers regarding breast feeding and colostrums feeding and misconception and myths related to them.
- To find out the association between the knowledge and selected demographic variables of the postnatal mothers.
- To prepare an information booklet regarding breast feeding and misconception and myths related to breast feeding and colostrums feeding.

**ASSUMPTION:**

- Selected postnatal mothers may have some knowledge regarding breastfeeding and colostrums feeding.
- Information booklet may help to enhance the knowledge of selected postnatal mothers regarding breastfeeding and colostrums feeding.

**DELIMITATIONS:**

- The study is delimited to selected postnatal mothers admitted at KLEs Dr.PrabhakarKore Hospital And M.R.C, Belagavi.

**RESEARCH METHODOLOGY****Research Study Design**

The study design is a descriptive study concerning knowledge of breast feeding and colostrum feeding among postnatal mothers admitted Paediatric ward in KLES Dr. Prabhakar Kore Hospital, Belagavi.

**Setting of the study**

The study is conducted in KLES Dr.Prabhakar Kore Hospital, Belagavi.

**Variables**

- Age, Religion, Education and Type of family.
- Independent knowledge about immunization

**Dependent variables**

Knowledge of postnatal mothers regarding breast feeding and colostrums feeding.

**Population**

The population of the study is postnatal mothers regarding breast feeding and colostrum feeding admitted Paediatric ward in KLES Dr. PrabhakarKore hospital, Belagavi.

**Sample size**

45 postnatal mothers of breastfed children admitted in Paediatric ward KLES Dr. Prabhakar Kore Hospital, Belagavi.

**Sampling technique**

Sampling is a process of selecting a portion of the population to represent the entire population. Convenient sampling technique is used for this study.

**Criteria for selection of sample****Inclusion criteria**

- 45 postnatal mothers of breastfed children admitted Paediatric ward in KLES Dr.PrabhakarKore Hospital, Belagavi.
- Postnatal mothers of breastfed children who are willing to participate in this study.

## Exclusion criteria

- Those who were not willing to participate in this study.
- Those who were not present during the period of data collection.

## RESULT

This chapter deals with the analysis of data collected from 45 postnatal mothers of breastfed children admitted in Paediatric ward KLES Dr.PrabhakarKore Hospital, Belagavi. The data is tabulated and analyzed according to the objectives.

### Organization of data:

**SECTION 1:** Demographic variables of postnatal mothers of breastfed children admitted in Pediatric ward, KLE Dr.Prabhakar Kore Hospital, Belagavi.

N=45

Demographic Variables	Frequency	Percentage %
Age Group		
Mother:		
(a) 21-25	28	62.22%
(b) 26-30	12	26.66%
(c) 31-35	04	8.88%
(d) 36-40	01	2.22%
Child:		
(a) 1-6 months	16	35.55%
(b) 7-12 months	24	53.33%
(c) 13-18 months	03	6.66%
(d) 19-24 months	02	4.44%
Religion		
(a) Muslim	02	4.44%
(b) Catholic	01	2.22%
(c) Hindu	42	93.33%
(d) Others	0	0
Marital Status		
(a) Married	45	100%
(b) Single	0	0
(c) Divorced	0	0
(d) Widowed	0	0
Educational Status		
(a) Primary	08	17.77%
(b) Secondary	19	42.22%
(c) PUC	16	35.55%
(d) Degree	02	4.22%
Occupational Status		
(a) Government	03	6.66%
(b) Private	02	4.44%
(c) Daily-laborer	03	6.66%
(d) Housewife	37	82.22%
(e) Others	0	0
Residency		
(a) Urban	22	48.88%

(b) Rural	23	51.11%
ANC Follow-up		
(a) 1-2 visits	05	11.11%
(b) 3-5 visits	27	60%
(c) 6-10 visits	10	22.22%
(d) 10 visits and above	03	6.66%
Type of family		
(a) Joint	18	40%
(b) Nuclear	18	40%
(c) Extended	09	20%

**Result: Table 1 Describes the Demographic Data of Samples Regarding:**

- With regards to Mother's age 28(62.22%) belongs to the age group of 21-25 years, 12(26.66%) belongs to the age group of 26-30 years, 04(8.88%) belongs to the age group of 31-35 years and only 01 (2.22%) belongs to the age group of 36-40 years.
- With regards to Child's age 16(35.55%) belongs to the age group of 1-6 months, 24(53.55%) belongs to the age group of 7-12 months, 03 (6.66%) belongs to the age group of 13-18 months and only 02 (4.44%) belongs to the age group of 19-24 months.
- With regards to religion 02(4.44%) were Muslims, 01 (2.22%) were Catholic and 42 (93.33%) were Hindu.
- With regards to Marital Status 45 (100%) were married.
- With regards to Educational status 08 (17.77%) were Primary, 19 (42.22%) were Secondary, 16 (35.55%) were PUC and 02 (4.22%) were Degree.
- With regards to Occupational Status 03 (6.66%) were Government Employees, 02 (4.44%) were Private Employees, 03 (6.66%) were Daily- Laborers and 37 (82.22%) were Housewives.
- With regards to Residency 22(48.88%) were Urban and 23(51.11%) were Rural.
- With regards to ANC Follow-up 05(11.11%) visited 1-2 times, 27 (60%) visited 3-5 times, 10 (22.22%) visited 6-10 times and 03 (6.66%) visited for 10 and more times.
- With regards to type of family 18 (40%) belonged to joint family and nuclear family and 09 (20%) belonged to extended family.

**SECTION 2:** Assessment of level of knowledge of postnatal mothers of breastfed children admitted in Pediatric ward, KLES Dr. Prabhakar Kore Hospital, Belagavi.

N=45

Area of analysis	Mean	Median	Mode	Standard Deviation	Range
Pre-test	12.45	13	14.1	2.72	12
Post-test	24	25	27	3.45	15
Difference	11.55	12	12.9	0.73	3

**Result:** Table 2 reveals that; in the pre-test mean was 12.45, standard deviation 2.72, whereas, post-test mean was 24 and standard deviation 3.45

**Table 3:** Frequency and Percentage Distribution of pre-test knowledge scores of selected postnatal mothers regarding knowledge of Breast Feeding and Colostrum feeding.

N=45

Level of knowledge	Score Range	Frequency	Percentage %
Good	15-22	6	13.3%
Average	11-15	32	71.11%
Poor	0-11	7	15.5%

**Result:** Table 3 reveals that in pre-test majority of mothers 32(71.11%) had average knowledge, 6(13.3%) had good knowledge and 7(15.5%) had poor knowledge

**Table 4:** Frequency and Percentage Distribution of post-test knowledge scores of selected postnatal mothers regarding knowledge of Breast Feeding and Colostrum feeding

Level of knowledge	Score Range	Frequency	Percentage %
Good	15-22	45	100%
Average	11-15	0	0
Poor	0-11	0	0

**Result:** Table 4 reveals that in post-test majority of all the mothers 45 (100%) had good knowledge.

**Table 5:** Mean and Standard Deviation of Post-test knowledge scores of selected postnatal mothers regarding knowledge of Breast Feeding and Colostrum feeding admitted in Paediatric ward in KLES PrabhakarKore Hospital, Belagavi.

N=45

Statistics	Knowledge
Mean	24
Standard Deviation	3.45

**Result:** Table 5 reveals that above table explains that the postnatal mothers regarding knowledge of Breast Feeding and Colostrum feeding admitted in Paediatric ward in KLES PrabhakarKore Hospital, have a mean knowledge of 24 with standard deviation of 3.45.

## DISCUSSION

### The major findings of the study:

1. Majority (62.2%) of samples were in the age group of 21-25years.
2. Most (93.33%) of the samples were from Hindu religion.
3. While considering the education (42.22%) of the samples had secondary education.
4. Most (40%) of them were from joint& nuclear family.
  - Assessment of the knowledge regarding breastfeeding and colostrum feeding among the postnatal mothers admitted in the Paediatric ward in KLES Dr, PrabhakarKore Hospital, Belagavi
    - The present study's mean value of the knowledge on breastfeeding and colostrum feeding is 24 with standard deviation of 3.45. This finding shows that postnatal mothers of breastfed children admitted in the Paediatric ward in KLES Dr, PrabhakarKore Hospital, Belagavi
  - Association between knowledge on breastfeeding and colostrum feeding with selective demographical variables of postnatal mothers of breastfed children admitted in the Paediatric ward in KLES Dr, PrabhakarKore Hospital, Belagavi
    - The findings suggest that there is significant association between knowledge on breastfeeding and colostrum feeding among the postnatal mothers of breastfed children admitted in the Paediatric ward in KLES Dr, PrabhakarKore Hospital, Belagavi with demographical variables such as Age of mothers and child, Religion. Education status, Marital status, Occupational Status, Residency, ANC visits and types of family.

### Nursing Implications

The findings of the study have implications in the area of nursing education, nursing practice, nursing administration and nursing research.

#### 1) Nursing education

Through the content of the general nursing and BSc nursing provided information and experience in the health education it is essential to provide opportunity for the student to educate regarding breastfeeding and colostrum feeding in both common and clinical setting. The study emphasizes the significance of education of breastfeeding and colostrum feeding to mothers in-service education for nursing with advanced knowledge regarding breastfeeding and colostrum feeding should be organized.

#### 2) Nursing practice

Present study would indirectly help the nurse to understand the knowledge, attitude and practice of mothers regarding breastfeeding and colostrum feeding, nurses working in the health promotion. health maintenance and prevention of diseases. The findings suggest that there is an increase need for awareness programme regarding breastfeeding and colostrum feeding in the community Present study would also help the nurses working in maternity and pediatric unit.

### 3) Nursing Administration

Nursing administrators should communicate on the proper selection placement and effective utilization of the nurse in pediatric hospital and community giving opportunity for creative interest and ability in educating the mothers regarding breastfeeding and colostrum feeding

### 4) Nursing Research

Research provides nurses the ability to influence making policy and protocol formulation regarding interventional strategies to meet the specific need for educating postnatal mothers breastfed children on breastfeeding and colostrum feeding. Findings of the present study suggest that nurses working in the community must encourage the mothers to read and discuss on breastfeeding and colostrum feeding

### Limitations

- 1) Some of the mothers expressed hesitation as there was lapse of continuity in their education.
- 2) The study was limited to 45 postnatal mothers those who were in Pediatric ward in K.LE Dr.PrabhakarKore Hospital.

### Recommendations

- 1) A similar study for replication of the study is indicated with a large size to generalize the findings
- 2) A study can be done to assess the knowledge, attitude and practice of nurses regarding breastfeeding and colostrum feeding
- 3) A study can be done to evaluate a planned teaching programme on breastfeeding and colostrum feeding

### CONCLUSION

In the present study 45 respondents were selected using questionnaire schedule. The data was interpreted by suitable and appropriate statistical methods. The respondents knowledge scores were Good knowledge regarding breastfeeding and colostrum feeding were 13.3%. Average knowledge were 71.11% and remaining 15.5% were of those having poor knowledge.

### SUMMARY

Breast feeding has been universal and necessary for the survival of the newborn. It is widely recognized that breast feeding has many health benefits both for the newborn and for the mother. Breast feeding not only provides for the fundamental nutritional and emotional needs of the infant, but breast milk provides growth factors, hormones, and maternal antibodies. Breastfeeding is a significant component of this dependency, so that the initiation of breast feeding must rank as one of the earliest and most important postpartum decisions made by both the mother and her child in their newly modified, postpartum relationship. Throughout our species, evolutionary past, and in most contemporary non-industrial settings, at the same time, breastfeeding limits an infant's exposure to food-borne diseases that may be present with alternative feeding methods. An information booklet is one of the effective teaching methods which consist of figures which will help to draw the attention of the public. This booklet will help in identifying the importance of colostrum feeding. Information booklet is not only effective for postnatal mothers; it can be used by any person in the community.



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