



# A STUDY TO EVALUATE THE KNOWLEDGE AND ATTITUDE RELATING TO EXCLUSIVE BREASTFEEDING AMONG PRIMIGRAVIDA MOTHERS AT SELECTED GOVERNMENT HOSPITAL UNA, HIMACHAL PRADESH.

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**Abstract:** *Descriptive study design was the one used for the investigation. The investigation was conducted using a non-probability practical sampling approach. The study's participants were 60 primigravida women who were OPD patients at the Govt Hospital of UNA, HP. An organised knowledge questionnaire was created to assess the moms of primigravidae's understanding of exclusive breastfeeding. Data were gathered with the agreement of the institute's ethics committee after the tool's viability was examined.*

**Key Words:** Breast feeding, knowledge, and attitude Primigravida mothers.

Breastfeeding is the practise of providing infants and young children with breast milk. According to the World Health Organisation (WHO), breastfeeding should start within the first hour of a newborn's life and should continue as frequently and as much as the infant desires. Baby feedings typically last ten to fifteen minutes on each breast during the first few weeks of life, and may occur every two to three hours. Less often fed are older kids. If breastfeeding is not feasible, mothers may pump milk.

## **Objectives:**

- To measure the level of attitude towards breastfeeding among primigravida women.
- To measure the degree of knowledge about breastfeeding among primigravida mothers.
- To determine if knowledge and attitude scores on breastfeeding are related to certain demographic factors.
- To create a brochure with information about breastfeeding exclusively.

**Methodology:** For this study, a quantitative research strategy with a non-experimental descriptive research design was used. 60 primigravida moms who visited the OPD at a chosen government hospital in UNA, HP participated in this study. The sample was chosen using a non-probability practical sampling approach in a realistic environment. Medical Officers of the chosen UNA, HP Govt. Hospital gave their prior consent for the final study to be conducted. Using a structured knowledge questionnaire, information was gathered on primigravida moms' understanding of exclusive breastfeeding. The medical director of the chosen government hospital in Una, Himachal Pradesh, granted ethical authorization. The estimated chi-square values at the 0.05 level of significance were lower than the table value. According to the results of the current study, primigravida mother showed a moderate attitude towards exclusive breastfeeding and insufficient understanding of the topic.

## Results of the research

**Section I:** The percentage distribution and frequency of the demographic characteristics of primigravida mothers.

The majority of the individuals, 38.3% (n=23), were between the ages of 18 and 20. The majority of the participants (n=44; 73.3%) practise Hinduism. 33.3% (n=20) of the subjects had completed elementary school. 40% (n=24) of the individuals were mostly housewives. 80% of the individuals (n=48) live in nuclear families. 51.7% (n=31) of the participants reported having an income of between Rs. 8001 and 10,000. Many of the individuals (51.7%) (n=31) were in the second trimester. 90% (n=54) of the individuals reported no prior history of mild illnesses. 90% (n=54) of the individuals were unfamiliar with breastfeeding at the time of the study. 21.7 percent of the interviewees (n=13) say their friends are their main source of knowledge. The knowledge of 35 primigravida moms (58.3%) was insufficient, that of 25 (41.7%) was moderate, and that of none was acceptable. general awareness of breastfeeding exclusively. With a standard deviation of 2.558 and a mean score of 28.88, the average is 72.2%. Mothers who were primigravida had an unfavourable attitude towards breastfeeding 8 times (16.0%). 5 (10%) individuals had a positive attitude, while 37 (74.0%) had a middling attitude. Mothers with primigravid babies were found to have an overall attitude score of 57.53% on breastfeeding, with a standard deviation of 2.3.

**Section II:** Evaluation of primigravida mothers' knowledge and breastfeeding attitudes

Table -1: Knowledge about breastfeeding among primigravida mothers, by frequency and percentage of knowledge

N=60

Sr. No.	Knowledge regarding breast feeding among Primigravida mothers	Knowledge levels					
		Inadequate Below 50%		Moderate 51 – 75%		Adequate Above 75%	
		No	%	No	%	No	%
1	OVER ALL	35	58.3	25	41.7	00	00

Table 1 shows that 35 primigravida moms (58.3%) had insufficient knowledge, 25 (41.7%) had intermediate level of understanding, and none of them had adequate knowledge on breastfeeding.

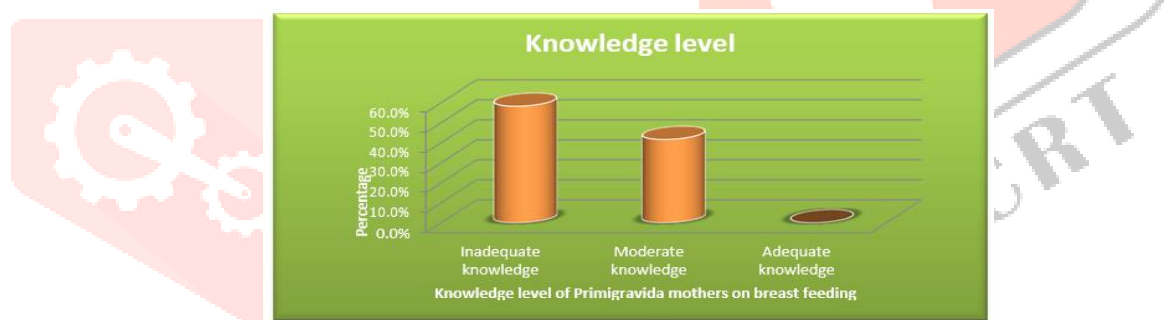


Figure no. 1 Frequency and percentage distribution of knowledge on breast feeding among Primigravida mothers

Table -2 Frequency and percentage distribution of attitude on primigravida mother on breast feeding

Sr. No.	Attitude regarding breast feeding Among Primigravida mothers	Attitude levels					
		Unfavorable attitude Below 50%		Moderate Attitude 51 – 75%		Favorable attitude 75%	
		No	%	No	%	No	%
1	Over all	8	16.0	37	74.0	5	10.0

Table 2 shows the attitudes of primigravida moms towards breastfeeding. Of them, 8 (16.0%) had an unfavourable attitude, 37 (74.0%) had a moderate attitude, and 5 (10.1%) had a favourable attitude.

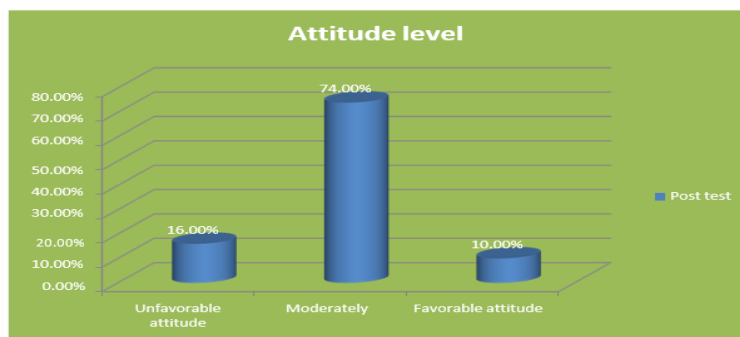


Fig no 2 Frequency and percentage distribution of attitude on breast feeding among Primigravida mothers

Table – 3: Association of knowledge scores of Primigravida mothers with selected demographic variables

Demographic variables			Level of Knowledge		CHI-SQUARE TEST
			Moderately adequate	Inadequate	
Age	18-20 Years	23	3	20	chi square value=4.149 p=0.126
	21-24 Years	23	6	17	
	25-30 Years	14	6	8	
Religion	Muslim	44	10	34	chi square value= 3.143 p=0.208
	Sikh	1	1	0	
	Hindu	15	4	11	
Mother's education	No formal education	6	3	3	chi square value=4.807 p=0.186
	Primary school	20	2	18	
	Middle school	16	5	11	
	Graduation and above	18	5	13	
Mother's occupation	House wife	24	4	20	chi square value=5.126 p=0.163
	Daily wages	15	7	8	
	Employed	12	2	10	
	Self Employed	9	2	7	
	Self Employed	4	5	9	
Family	Nuclear family	48	13	35	chi square
Type	Joint family	12	2	10	value=0.556 p=0.456
Family Income	Rs. 5001-8000	13	1	12	chi square value=2.679 p=0.262
	Rs. 8001-10000	31	9	22	
	More than 10001	16	5	11	
	Irregular	26	5	21	
Trimester	First	12	5	7	chi square value=3.377 p=0.185
	Second	31	8	23	
	Third	17	2	15	
History of minor ailments	Yes	6	2	4	chi square value=0.247 p=0.619
	No	54	13	41	
Previous information breast feeding	Yes	6	0	6	chi square value=2.222 p=0.136
	No	54	15	39	
Source of information	Health personnel	11	2	9	chi square value=5.910 p=0.206
	Friends	13	5	8	
	Teachers	8	4	4	
	Mass media	7	1	6	
	No information	21	3	18	

The correlation between sociodemographic factors and the knowledge levels for breastfeeding is shown in Table 3. The knowledge scores have no statistically significant relationship with any of the chosen demographic factors. Using the Pearson chi square test, the correlation was identified.

Table – 4: Association of attitude scores of Primigravida mothers with selected demographic variables

N= 60

Demographic variables			Level of attitude		CHI-SQUARE TEST
			Below median	Median and above	
Age	18-20 Years	23	12	11	chi square value=0.824 p=0.662
	21-24 Years	23	9	14	
	25-30 Years	14	6	8	
Religion	Hindu	44	24	20	chi square value=6.226 p=0.044
	Sikh	1	0	1	
	Muslim	15	3	12	
Mother's education	No formal education	6	5	1	chi square value=15.224 p=0.002
	Primary school	20	6	14	
	Middle school	16	3	13	
	Graduation and above	18	13	5	
Mother's occupation	House wife	24	12	12	chi square value=6.914 p=0.075
	Daily wages	15	10	5	
	Employed	12	3	9	
	Self Employed	9	2	7	
	Self Employed	14	5	9	
Family Type	Nuclear family	48	24	24	chi square value=2.424 p=0.119
	Joint family	12	3	9	
Family	Rs. 5001-8000	13	2	11	chi square
Income	Rs. 8001-10000	31	22	9	value=17.507 p=0.000
	More than 10001	16	3	13	
	Irregular	26	10	16	
Trimester	First	12	6	6	chi square value=0.268 p=0.875
	Second	31	13	18	
	Third	17	8	9	
History of minor ailments	Yes	6	1	5	chi square value=2.162 p=0.141
	No	54	26	28	
Previous information on Breast feeding	Yes	6	2	4	chi square value=0.367 p=0.545
	No	54	25	29	
Source of information	Health personnel	11	8	3	chi square value=10.546 p=0.032
	Friends	13	6	7	
	Teachers	8	5	3	
	Mass media	7	4	3	
	No information	21	4	17	

Table 4 shows the relationships between sociodemographic factors and the attitudes towards breastfeeding. Family income (Chi Square= 17.507, P=0.000), Mother's education (Chi Square= 6.226, P=0.044), association with religion (Chi Square= 10.546, P=0.032), and source of knowledge (Chi Square= 17.507, P=0.000) are all strongly correlated with attitude ratings. Using the Pearson chi square test, the correlation was identified.

### Discussion:

#### Objective 1: To assess the level of knowledge regarding breast feeding among Primigravida mothers:

The current study demonstrates that the knowledge level of Primigravida women on breastfeeding was 35 (58.3%) insufficient, 25 (41.7%) intermediate, and none adequate. general information about breastfeeding only. The standard deviation is 2.558 and the mean score is 28.88 with a mean percentage of 72.2%.

#### Objective 2: To assess the level of attitude regarding breast feeding among Primigravida mothers:

According to the current study, among the primigravida mothers' attitudes towards breastfeeding, 8 (or 16.0%) were unfavourable, 37 (or 74.0%) were moderate, and 5 (or 10%) were in favour. With a standard deviation of 2.3, the overall attitude scores of primigravida moms towards breastfeeding were found to be 57.53%.

**Objective 3: To find out the association between knowledge and attitude score on breast feeding with demographic variables**

It is clear that in order to analyse the relationship between socio-demographic factors and the scores on knowledge of breastfeeding, this relationship must be included. There is no discernible correlation between the knowledge scores and any of the chosen demographic factors. With the use of the Pearson chi square test, the link was identified.

**Research limitations**

The study is restricted to Primigravida women who visit the outpatient department of Govt. Hospital UNA, HP, and the sample is solely comprised of 60 Primigravida mothers.

**Conclusion**

Following a thorough research, this study came to the conclusion that Primigravida women had a low level of understanding and an unfavourable attitude towards exclusive breastfeeding. Participants also expressed this opinion openly and honestly. Through the use of several statistical techniques, the study's goals were realised. Frequency and percentage were used to address the features of the sample.

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