A Study To Assess The Knowledge And Attitude Regarding Breast Feeding Among Post-Natal Mother At Selected Hospital In Delhi

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Introduction

Breast feeding is the feeding of a newborn or infant with breast milk directly from female human breast via lactation. Experts recommend that infant be breast fed within one hour of birth, exclusively breast fed for the first 6 months, and the breast until age two. The more we know about human breast milk the more we discover about its value in human nutrition and development.

Objective

To assess the knowledge regarding breast feeding among the post-natal mother during Covid-19 pandemic at selected hospital in Delhi. To assess the attitude regarding breast feeding among post-natal mother during Covid-19 pandemic at selected hospital in Delhi.

To seek association of knowledge and attitude of post-natal mothers regarding breast feeding during Covid-19 pandemic with selected demographic variables like age, religion, parity, educational status, occupation etc.

Methodology

To draw the sample from 50 post-natal mothers who were admitted in post-natal ward at selected hospital of Delhi. Purposive sampling technique was used . Data were collected through interview schedule to assess the knowledge of post-natal mothers regarding breast feeding during covid -19 panedemic.

Result

The result was showed that the majority of post-natal mothers were having moderate knowledge regarding breast feeding while nearly half of the post-natal mothers had neutral attitude regarding breast feeding during Covid-19 pandemic and there was significant association of occupation of mothers with knowledge regarding breast feeding during Covid-19 pandemic.

Conclusion

The study concludes that the result majority of the post-natal mother were having moderate knowledge regarding breast feeding during Coving-19 pandemic half of the post natal mothers had neutral attitude regarding breast feeding Covid-19 pandemic.

Keywords

Areola, colostrum,exclusive breast feeding, engorgement IJCRT, expressed breast milk.

Existing evidence in form of print or electronic literature are constantly considered as highest need in each investigation. This evidence which created by previous research and presented in form of published or non-published documents always guides a researcher to move on right track based on pre-determined aim of present study. Previous organized research is providing a good example of research methodology which further guides an investigator to implement in appropriate way.

Summary

3.2 - Research design

Tthe study was Non-experimental Descriptive research design.

Setting of the Study:

The setting of this study was Lal Bahadur Shastri Hospital ,

Sample

In the present study, the samples was 50 post-natal mothers who are breast-feeding during Covid-19 pandemic admitted in post-natal at Lal Bahadur Shastri Hospital of Delhi

Sample Selection Criteria/ Eligibility Criteria

Inclusion criteria for sampling:

Post-natal mothers who were of any parity

Has successfully delivered baby by either vaginal or caesarean delivery Known to English or Hindi language

Exclusion Criteria for sampling: Post-natal mothers who was having any complication during post-natal period.

Sampling techniques

Researcher used Purposive Sampling techniques

Sample size

The sample size was 50 post-natal mothers who are breast-feeding during Covid-19 pandemic at Lal Bahadur Shastri Hospital of New Delhi.

Ethical consideration: The ethical rules:are followed. Ethical permission was taken from the Institutional Ethics Committee of Jamia Hamdard, New Delhi to conduct the research. A written informed consent was taken from each study subject. They were assured of anonymity and confidentiality of the information provided during the study. The consent also gave the right to the subject to withdraw from the study at any point of time.

Selection of Tools: The aim of gathering and summarizing data was to transform into meaningful information in order to identify and measured variables, escribe behaviour, and compute empirical evidences that are objective, reliable and valid.

DESCRIPTION OF TOOL

There is total 30 questions were placed with an intention to assess the knowledge level of post-natal mothers regarding breast feeding during Covid-19.

Its scoring remain as follows: Each question carries one mark and each correct answer will lead to successfully disposed of one mark, based on it the score range as follows:

Maximum Score: 30

Minimum Score: 00

SCORE INTERPRETATION

Range of score	Knowledge Level
0-14	Inadequate Knowledge
15-22	Moderate Knowledge
23-30	Adequate Knowledge

Its scoring remains as follows:

Maximum Score: 75

Minimum Score: 15

SCORE INTERPRETATION

Range of score	Attitude level
15-25	Favourable attitude
26-55	Neutral attitude
56-75	Unfavourable attitude

Plan for data analysis

Data ware analyzed using relevant descriptive and inferential statistics.

ORGANIZATION AND PRESENATION OF DATA

This data were entered in a master datasheet, organized and analyzed in terms of objectives of the study. Descriptive and inferential statistics were used to analyze the data.

SECTION 1

DEMOGRAPHIC SAMPLE CHARACTERISTICS

This section includes analysis of demographic characteristics of total 50 subjects. The demographic characteristics are described in terms of age, religion, education, type of family, members in the family occupation, husband occupation, husband occupation, family monthly income, gravida, mode of delivery, gender of the baby.

Table 1 a

Frequency and percentage distribution of postnatal mothers by their demographic data i.e. age, religion, educational status, family type, family size and occupation.

n=50

S.NO	SAMPLE CHARACTERSTICS	FREQUENCY	PERCENTAGE
1	Age (in years) a) 18-23 b) 24-30 c) 31-35 d) More than 35	14 26 9 1	28.0% 52.0% 18.0% 2.0%
2	Religion a) Hindu b) Muslim c) Christian d) Sikh	34 14 0 2	68% 28% 0.0% 4.0%
3	Educational status a) No formal education b) Can read and write c) Primary level (up to 5th class) d) Secondary level(6th to 10th class) e) Senior secondary level(12th class) f) Graduation and above	1 0 8 19 20 2	2.0% 0.0% 16.0% 38.0% 40.0% 4.0%
4	Type of family a) Joint family b) Nuclear family c) Others	27 23 0	54.0% 46.0% 0.0%
5	Family size a) 2-3 b) 4-5 c) 5 -6 d) >6	16 25 8 1	32.0% 50.0% s16.0% 2.0%

6	Occupation		
	a) Housewife	42	84.0%
	b) Labourer	2	4.0%
	c) Self-employed	3	6.0%
	d) Private-job	3	6.0%
	e) Government job	0	0.0%

Table 1 b

Frequency and percentage distribution of postnatal mothers by their demographic data i.e. husband's occupation, family monthly income, gravida, mode of current delivery and gender of baby
n=50

S.NO	SAMPLE sCHARACTERSTICS OF DEMOGRAPHIC PROFILE	FREQUENCY	PERCENTAGE
7	Husband's occupation		
	a) Unemployed	1	2.0%
	b) Laborer	7	14.0%
	c) Self-employed	19	38.0%
	d) Private-job	23	46.0%
8	Monthly family income (in INR)		
	a) <10000	36	72.0%
	b) 10,000 to 20,000	13	26.0%
	c) 20,001 to 30,000	1	2.0%
	d) >30,000	0	0.0%
9	Gravida		
	a) 1st	29	58.0%
	b) 2nd	17	34.0%
	c) 3rd	3	6.0%
	d) More than 3	1	2.0%
10	Mode of delivery		
	a) Normal delivery	30	60.0%
	b) Caesarean delivery	20	40.0%
11	Gender of delivered baby		
	a) Male	25	50.0%
	b) Female	25	50.0%

Section – II a: Frequency and percentage distribution of knowledge score of post natal mothers on breast feeding during Covid-19 pandemic
Table 2

n=50

Level of knowledge	Range of score	Frequency	Percentage
Inadequate knowledge	0-14	0	0.0%
Moderate knowledge	15-22	45	90.0%
Adequate knowledge	23-30	5	10.0%
Total		50	100.0%

This section describes the findings related to assessment of knowledge of post- natal mother regarding breast feeding during Covid-19 pandemic. Data were analyzed using descriptive statistics.

Frequency and percentage distribution of post-natal mother by the level of knowledge regarding breast feeding and mean, median, and standard deviation of level of knowledge regarding breast feeding.

Table 3

Mean Median and Standard Deviation of knowledge scores of post natal mothers on breast feeding during Covid-19 pandemic.

n=50

Variable	Possible range of score	Obtained range of score	Mean	Median	Std. Deviation
Knowledge Score	0-30	15- 26	19.120	19	2.3180

Section – II b: Finding related to attitude of post-natal mother regarding breast feeding during Covid-19 pandemic.

•This section describes the findings related to assessment of attitude of post- natal mother regarding breast feeding during Covid-19 pandemic

Table 4

Frequency and percentage distribution of attitude score of post natal mothers on breast feeding during Covid-19 pandemic

n=50

Level of Attitude	Range of score	Frequency	Percentage
Unfavorable	15-25	1	2.0%
Neutral	26-55	49	98.0%
Favorable	56-75	0	0.0%

Table 5

Mean Median and Standard Deviation of attitude scores of post natal mothers on breast feeding during Covid-19 pandemic

n=50

Variable	Possible range of score	Obtained range of score	Mean	Median	Std. Deviation
Attitude Score	15-75	24- 51	34.120	33.5	6.2094

PART IV

Finding related to the association between the knowledge and attitude with selected demographic variables.

The data is this section illustrates the relationship of the knowledge of post-natal mother with selected demographic variables such as age, religion, education, family member, type of family, self-occupation, occupation, family monthly income, gravida, mode of delivery, and gender of the baby.

Table 6 a

Computation of Fisher's exact value to find association of knowledge of post-natal mothers regarding breast feeding during Covid-19 pandemic.

n= 50

S.No.	Variables	Moderately adequate	Adequate	P value
1	Age group in years			
	18-23	14	0	
	24-30	23	3	0.358
	31-35	7	2	
	>35	1	0	
2	Religion			
	Hindu	30	4	
	Muslim	14	0	0.073
	Christian	0	0	
	Sikh	1	1	
3	Education			
	No formal	1	0	
	Can read and write	0	0	
	Primary	8	0	0.335
	Secondary	17	2	
	Senior secondary	18	2	
	Graduation and above	1	1	
4	Type of family			
	Joint family	25	2	0.508
	Nuclear family	20	3	
5	Family members			
	2 to 3	14	2	
	4 to 5	23	2	0.943
	5 to 6	7	1	
	More than 6	1	0	

Table 6 b

Fisher's exact test to find association of knowledge of post-natal mothers regarding breast feeding during Covid-19 pandemic with selected demographic variables (Occupation, husband's occupation, family monthly income, gravida, mode of current delivery and gender of baby).

n= 50

S.No.	Variables	Moderately adequate	Adequate	P value
1	Occupation			
	Home maker	41	1	
	Labourer	1	1	0.001*
	Self employed	2	1	
	Private job	1	2	
2	Husband's occupation			
	Unemployed	1	0	
	Labourer	6	1	
	Self employed	17	2	0.959
	Private job	21	2	
	Government job	0	0	
	Business and others	0	0	
3	Monthly family income			
	10000	32	4	
	10001-20000	12	1	0.888
	20001-30000	1	0	
	>30000	0	0	

4	Number of times conceived			
	Once	26	3	
	Twice	15	2	0.917
	Thrice	3	0	
	More than 3	1	0	
5	Mode of delivery			
	Normal Vaginal delivery	27	3	1.000
	Caesarean section	18	2	
6	Gender of new born			
	Male	23	2	
	Female	22	3	0.637

Table 7 a

Fisher's exact test to find association of attitude of post-natal mothers regarding breast feeding during Covid-19 pandemic with selected demographic variables (age, religion, education status, family type, family size).

n= 50

S.No.	Variables	Unfavourable	Neutral	P value
1	Age group in years			
	18-23	1	13	
	24-30	0	26	0.453
	31-35	0	9	
	>35	0	1	
2	Religion			
	Hindu	0	34	
	Muslim	1	13	0.269
	Christian	0	0	
	Sikh	0	2	
3	Education			
	No formal	0	1	
	Can read and write	0	0	
	Primary	0	8	0.821
	Secondary	0	19	
	Senior secondary	1	19	
	Graduation and above	0	2	
4	Type of family			
	Joint family	1	26	0.351
	Nuclear family	0	23	
5	Family members			
	2 to 3	0	16	
	4 to 5	1	24	0.796
	5 to 6	0	8	
	More than 6	0	1	

Table 7 b

Fisher's exact test to find association of attitude of post-natal mothers regarding breast feeding during Covid-19 pandemic with selected demographic variables (Occupation, husband's occupation, family monthly income, gravida, mode of current delivery and gender of baby).

n= 50

S.No.	Variables	Moderately adequate	Adequate	P value
1	Occupation			
	Home maker	1	41	0.978
	Labourer	0	2	
	Self employed	0	3	
	Private job	0	3	
2	Husband's occupation			
	Unemployed	0	1	0.754
	Labourer	0	7	
	Self employed	0	19	
	Private job	1	22	
	Government job	0	0	
	Business and others	0	0	
3	Monthly family income			
	10000	1	35	0.820
	10001-20000	0	13	
	20001-30000	0	1	
	>30000	0	0	
4	Number of times conceived			
	Once	1	28	0.864
	Twice	0	17	
	Thrice	0	3	
	More than 3	0	1	
5	Mode of delivery			
	Normal Vaginal delivery	1	29	0.409
	Caesarean section	0	20	
6	Gender of new born			
	Male	1	24	0.312
	Female	0	25	

CHAPTER -5

DISCUSSION

This chapter deals with major findings of the study, conclusions drawn from the study, discussion, limitations and recommendation for future research in the field of nursing. The present study was descriptive survey design in nature and was conducted with the aim to assess the knowledge and attitude regarding breast feeding among post-natal mother in a selected hospital of Delhi.

The objectives of the study were:

I.　To assess the knowledge regarding breast feeding among the post-natal mother during Covid-19 pandemic at selected hospital in Delhi.

II.　To assess the attitude regarding breast feeding among post-natal mother during Covid-19 pandemic at selected hospital in Delhi.

III.　To seek association of knowledge and attitude of post-natal mothers regarding breast feeding during Covid-19 pandemic with selected demographic variables like age, religion, parity, educational status, occupation etc.

Major findings of the study

The frequency and percentage computation of the study subjects showed that showed that 14(28.0%) out of 50 subjects were in the age group of 18-23 years, 26(52.0%) were in the age group of 24-30, 9(18.0%) were in the age group 31-35, and 1(2.0%) were in the age group more than 35. Subject were Hindu religion 34(68.0%) out of 50 study subject, 14(28.0%) were Muslim, 0(0%) were Christian, 2(4.0%) were Sikh. Subject were educational status 1(2%) were no formal education, those were can read and write 0(0.0%), were primary up to 5th class 8(16.0%), secondary level 6th to 10th class 19(38.0%), were senior secondary level 12th class 20(14.0%), or graduation and above 2(4.0%). Subject were living in joint family and 27(54.0%) subjects were living in nuclear family out of 50 subjects, 23(46.0%) and others 0(0.0%). Family size were 2-3 members 16(32.0%), were 4-5 members in family 25(50.0%), were 5-6 members in the family 8(16.0%) and were more than 6, 1(2.0%). Self-occupation of the subject were housewife 42(84.0%), were labourer 2(4.0%), were study subject of self employed 3(6.0%), were private job 3(6.0%), were under government job 0(0.0%). Husband's occupations of the subject were unemployed 1(2.0%), were labourer 7(14.0%), and were self employed 19 (38.0%), and were private job 23(46.0%). Subject were monthly family income less than 10,000 36(72.0%), were 10,000 to 20,000 13(26.0%), were 20,000 to 30,000 1(2.0%) and more than 30,000 0(0.0%). Subject were gravida out of 50, once time 29(58.0%), second time 17(34.0%), third time 3(6.0%), more than 3, 1(2.0%). Mode of delivery were subject normal delivery 30(60.0%), and caesarean delivery 20(40.0%). Genders of the delivered baby were male 25(50.0%), and were female 25(50.0%).

Conclusion drawn for the study

The major conclusions drawn on the basis of the findings of the study were as follows:

The mothers had moderate knowledge regarding breast feeding during Covid-19 pandemicThe mothers had neutral attitude regarding breast feeding during Covid-19 pandemicThere were significant association between knowledge regarding breast feeding during Covid-19 pandemic with occupation of mothers.

NURSING IMPLICATION

The findings and discussion of the study recognize many implications in the following field. The implication are important that considering their is lack of awareness related to breast feeding technique. The findings of the study had several implications for nursing practice, nursing education, nursing administration, nursing research and general education.

NURSING PRACTICE

In nursing practice the nurse midwives role on breast feeding during the first few feed in two fold first she must ensure that the baby adequately feed at the breast.

NURSING ADMINISTRATION

Nursing administration to facilitate program in community to improve the knowledge and attitude of post-natal mother regarding breast feeding and to give health education given during intra-natal period while natal visit and demonstrate to the breast feeding technique and assist any complication in intra-natal period like crack and flat nipple any abnormalities in breast related complication.

NURSING RESEARCH

Promote more research on the effective breast feeding technique to improve the nursing skills along with practice during the pandemic situation. A further comparative research study to be conducted on breast feeding technique during Covid-19 pandemic.A research study can be performs to assess the effectiveness of breast feeding technique on post-natal mother those sufferer from Covid-19. The skilled nursing officer or auxiliary nurse midwives attain awareness program and trained it.

LIMITATION

If the mother severely ill with Covid-19 or suffer from other complications that prevent you from caring for your infant or continuing direct breast feeding, express milk to safely provide breast milk to her infant. If the mother too unwell to breast feed or express milk, you should explore the possibility of relactation, restarting breast feeding after gap or using donor milk which approach to use will depend on culture.

RECOMMENDATION

Based on the study following recommendation are made: Qualitative study could be conducted. Comparative study can be conducted rather then private or government hospital.

DISCUSSION OF THE FINDINGS

- The findings of the present study shows that majority of mothers had neutral attitude towards breast feedings. The present study findings is inconsistent with the findings of the study done by Yahya NF, Teng NM, Shafiee N and Juliana N which shows that out of the total 248 mothers, majority had a positive attitude towards breast feeding.
- The findings of the present study shows that majority of mothers were having moderate knowledge and neutral attitude towards breast feeding during Covid-19 pandemic.

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