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## A Study To Assess The Knowledge On Breast Feeding Technique Among Postnatal Mothers At Selected Hospitals Of Ghaziabad (UP)

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### Abstract

**Statement:** A descriptive study to assess the knowledge on breast feeding technique among postnatal mothers at Santosh hospital Ghaziabad (zUP)

**Objectives:** To assess the post-test knowledge on breast feeding techniques among postnatal mothers. To determine the level of awareness among postnatal mothers regarding breast feeding techniques. To find out the association between breast feeding techniques knowledge score with their selected demographic variables.

**Methodology:** Research approach adopted was experimental research, a post-test only design. Population was 30 postnatal mothers at Santosh hospital Ghaziabad (UP). Purposive sampling technique was used for data collection.

**Result:** In the present study 53.3% postnatal mothers were having very good knowledge, 26.7% had good knowledge, 10% of mother were having average level of knowledge and again 10% mothers had inadequate knowledge of breast-feeding technique.

**Keywords:** Postnatal mothers, breast-feeding technique, knowledge,

Introduction-

**“Mothers milk time tested for millions of years is the best nutrient for babies because it is nature’s perfect food”.**

Robert’ s. Mendelssohn

Breast feeding is the feeding of an infant or young child with breast milk directly from female human breast i.e. via lactation rather than from a baby bottle or other containers. Breastfeeding provides a unique bonding experience for mother and child. It helps in stimulating most of the senses and close body contact allows the baby to recognize its mothers smell. The baby is blessed to hear and feel the sound of her heartbeats which is like the intrauterine environment. Breast milk is considered a complete super food for the baby. It is easily digestible and well absorbed by the gut of newborn.

Breast feeding promotes health and helps to prevent diseases. Formula feeding also known as artificial feeding is associated with more deaths from diarrhea and other gastrointestinal problems in infants in both developing and developed countries. The breast feeding is the optimal source of nutrition for newborns. The human milk is specific, and it provides all essential nutrients necessary for the better growth and development of the newborn babies.

It provides protection against infection and facilitate mother infant bonding and promotes better brain growth. Breast feeding helps in involution of uterus, delays pregnancy and lower risk of breast and ovarian cancer. They should be provided with demand breast feeding and there is no restriction of the number of feeds and duration of sucking time. Successful lactation is determined by early initiation of breast feeding and continuation of lactation and again that is determined by positioning during breast feeding adopted by mother. Positioning during breast feeding is the key get latch on.

There is no right position available for breast feeding. Comfortable positioning for breast feeding is imperative. Breast engorgement and nipple sores are not normal sequel of feeding, rather than the most common causes of soreness is incorrect positioning and attachment at the breast for feeding. Mother's poor knowledge about the correct breast-feeding attachment, and correct positioning technique & negative attitude towards breast feeding, particularly in developing countries, may influence practice of effective and successful breast feeding. Attention to the correct breast-feeding techniques in early stage may prevent many later problems.

### **Problem statement:**

A study to assess the knowledge on breast feeding technique among postnatal mothers at selected hospitals of Ghaziabad (UP)

### **Objectives:**

- 1) To assess the post-test knowledge on breast feeding techniques among postnatal mothers.
- 2) To determine the level of awareness among postnatal mothers regarding breast feeding techniques.
- 3) To find out the association between breast feeding techniques knowledge score with their selected demographic variables.

**Inclusion criteria:**

- 1) Postnatal mothers with breast feeding infants between 0-6 months.
- 2) Postnatal mothers who are willing to participate.
- 3) Mothers who can understand either Hindi or English.
- 4) Postnatal mothers who are present during data collection.

**Exclusion criteria:**

- 1) Mother who are not willing to participate in study.
- 2) Who are not available during data collection
- 3) Who are unable to read and speak English and Hindi.
- 4) Mothers who are having contraindication for breast feeding.

**Description of the Tool:**

Tool was divided into two parts, part A and part B

**Part A:** Demographic data of postnatal mothers which consisting of 10 questions.

**Part B:** Semi-structured questionnaire consists of 30 questions related to knowledge regarding breast feeding techniques.

**Results:**

Part A: Demographic data of postnatal mothers-

**Section I-** Frequency and percentage distribution of postnatal mothers according to their sociodemographic variables-

**Table -1****N=30**

S.No.	Socio-demographic Profile	Frequency	Percentage (%)	
1.	Age in Years	15-20 years	6	20
		20-25 years	12	40
		25-30 years	9	30
		35 -40 years	3	10
2.	Age of marriage	20-25	24	80
		25-30	06	20
		30-35	0	0
3	Religion	Hindu	18	60
		Muslim	6	20
		Christian	6	20
		Others	0	0
4	Education	Illiterate	6	20
		Secondary	9	30
		S. Secondary	12	40

		Graduation and above	0	0
5	Occupation	Housewife	15	50
		Govt. Job	9	30
		Pvt. Job	6	20
		Any other... Specify	0	0
6	Type of family	Nuclear family	12	40
		Joint Family	6	20
		Extended Family	6	20
7	Monthly income of family	Less than Rs. 5000	9	30
		Rs 5001-10,000	3	10
		Rs 10,001-15,000	9	30
		More than Rs. 15,000	9	30
8	Source of information	Radio	0	0
		TV	21	70
		News paper	6	20
		Internet	3	10
9	Number of children	One	3	10
		Two	21	70
		Three	6	20
		More than three	0	0
10	Food Habits	Vegetarian	17	56
		Non- Vegetarian	13	44

**Section II:** Frequency and percentage distribution of knowledge level of postnatal mothers about breast feeding techniques-

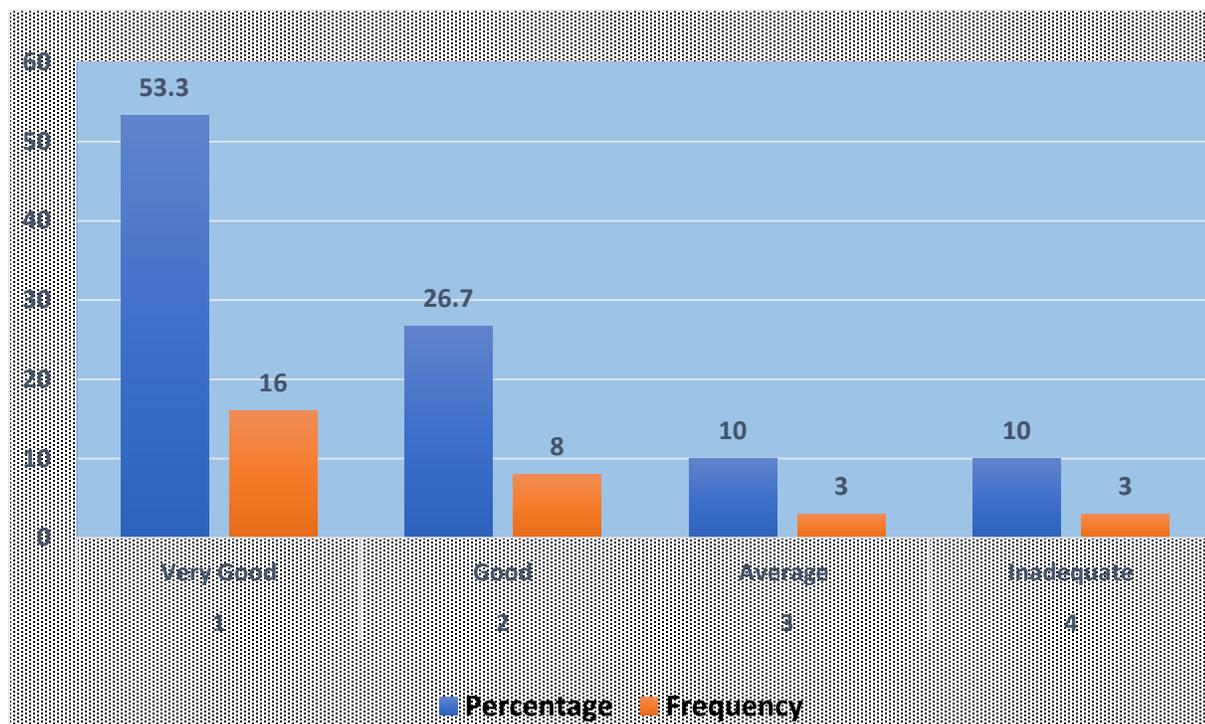


Figure:1

As mentioned in figure 53.3 % mothers were having very good knowledge about the breast feeding techniques, 26.7 % having good knowledge, in 10% were had average and again 10 % had inadequate knowledge of breast feeding techniques.

### Section III: Mean, Median, Mode, and standard deviation of knowledge of postnatal mothers-

Table-2

N=30

Variables	Mean	Median	Mode	SD
Knowledge	46.36	46	47	10.7511

### Section IV: Association of the post test knowledge level of postnatal mothers regarding breastfeeding techniques with their demographic variables.

Table:3

N=30

Demographic variable	Degree of freedom	Chi square	P. value	Level of significance
1. Age group	3	0.46	0.92	Non-significant
2. Religion	3	2.00	0.57	Non-significant
3. Type of family	2	2.5	0.27	Non-significant
4. Education status	3	3.66	0.59	Non-significant
5. Monthly family income	1	0.91	0.33	Non-significant

6. Occupation	2	2.83	2.43	Non-significant
7. Age of marriage	2	2.97	0.22	Non-significant
8. Number of children	3	0.80	0.04	Significant

Table 3 depicts the association between demographic variables and knowledge score. It is found that the demographic variable (number of children) is significant to the knowledge score of postnatal mothers.

### **Implication:**

The findings of the study have implication not only related to the field of nursing but also other relevant and important allied areas. In health care team nurses play a very vital role in providing health education to the target group of society. The researcher has the knowledge regarding the breast feeding. Therefore, this study has an important implications in :

1. Nursing education
2. Nursing Practice:
3. Nursing research
4. Nursing administration

### **Nursing Education:**

With more and more priority according to the knowledge of postnatal mothers regarding breast feeding techniques. The primary task is to help the budding nurses to masters at basic level of knowledge and update content as ongoing future. The result of the study enables the nurses to prepare themselves to provide the health education more effectively based on cultural and social background of postnatal mothers. The proper dissemination of information regarding breast feeding techniques is essential to help postnatal mothers by utilization of services available.

### **Nursing Practice:**

Hospital nurses can utilize the findings of this study to impart health education breast feeding techniques. The teaching can also be extended to all pregnant woman attending antenatal clinics in different hospital settings. Health workers should provide knowledge breast feeding techniques in rural than the urban areas to help postnatal mothers to improve their knowledge regarding breast feeding techniques.

### **Nursing Research:**

The findings of this study serve as basis for professional nurse to conduct further studies on breast feeding techniques. The present study might open the new avenues for explaining may other issues in the hospital as well in community by nurse researchers. This is not only to find out knowledge of postnatal mothers but also the problem faced by rural mothers due to lack of health services available in these areas. This also comparing the knowledge of rural and urban postnatal mothers regarding breast feeding techniques. Such knowledge would in turn enables nurses to be more sensitive to the varied needs of the postnatal mothers and render services to their circumstances.

### **Nursing Administration:**

The findings of the study will assist nurses who are in administration post in the community and hospital to educate postnatal mothers regarding breast feeding techniques. The nursing personal should be prepared to take up leadership roles in educating these mothers about breast feeding techniques.

### **Recommendation:**

A similar study on large size sample can be conducted to generalize the findings. A comparative study can be done in different community areas. The similar study can be conducted among rural and urban areas. A study can be undertaken with control group. A similar study can be conducted using standard teaching module for assessing the knowledge of postnatal mothers regarding breast feeding techniques.

### **Funding –**

There was no grant for this research from any funding agency in public, private, or nonprofit sectors.

### **Availability for data and materials –**

Not applicable

### **Declaration-**

Ethics approval and consent to participants.

The study was approved from institutional ethics committee, Medical Superintendent, Santosh Hospital, Ghaziabad (UP)

### **Competing interest-**

there is no potential conflict of interest.

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