



KNOWLEDGE OF POSTNATAL MOTHERS REGARDING BREASTFEEDING TECHNIQUES

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Abstract- Breast milk is one of the greatest gifts a mother can give to her baby. Breast feeding should be initiated within first half to one hour of birth or as soon as possible¹. It is one of the physical acts which is necessary as well as beneficial for both mother and the infant.² So, breast feeding deserves encouragement from all concerned in the welfare of children. ¹The aim of the present study was to assess the knowledge of postnatal mother regarding breast feeding techniques A cross sectional study was done to assess the knowledge of breast-feeding techniques among postnatal mother and 63 mothers were selected through consecutive sampling technique and data were collected by using structured knowledge questionnaire in HIHT, Dehradun. Result shows that the maximum possible range of knowledge score was 26, range of obtained score was between 3-22 and the obtained mean \pm SD were (15.06 \pm 3.90) and median was 15. Arbitrary category scoring of knowledge revealed that the majority of postnatal mothers (55.56%) had good level of knowledge at pretest level, (42.86%) mother showed average level of knowledge (1.58%) mother had poor level of knowledge regarding breast feeding techniques and there was statistical significant association with the type of delivery and previous knowledge of postnatal mothers except other variable such as age, education, occupation, parity, type of family, dietary pattern and area of residence has no statistical significant association with the pretest level of knowledge score.

Keywords: Breast feeding techniques, postnatal mother, knowledge.

1. INTRODUCTION

Breastfeeding allows mother and her baby to emotionally bond in a special way that cannot be matched, since breastfeeding meets both the nutritional and nurturing needs.³ Breast feeding offers many benefits. It helps the babies to get the proper nutrition and can help the mother recover from pregnancy and delivery.⁴

Breast milk is absorbed quickly and cause less stomach upset, constipation and diarrhea than formula feed. Breastfeeding reduced the risk of ear infection, food allergies, celiac disease, respiratory infections and obesity.⁵

Benefits of the breast feeding for the mother include, involution of uterus, weight loss, less postpartum depression, lactational amenorrhea and long-term benefits may include the decrease risk of breast cancer, cardiovascular disease and rheumatoid arthritis.⁴

Colostrum (early breast milk) is the prefer starter food for the baby. This yellowish creamy substance is found in the breast during pregnancy and for few days after delivery.

Colostrum contains antibodies to protect the newborns against diseases and infections. It also has a mild laxative effect, encouraging the passing of the baby's first stool.⁶

Health professional recommend that that breast feeding begin within the first hour of a baby's life and it can be given every second hourly and also as on demand.

2. RESEARCH METHODOLOGY

A cross sectional study was done to assess the knowledge of breastfeeding techniques among postnatal mother and 63 mothers were selected through consecutive sampling technique who fulfilled the inclusion criteria from Himalayan Hospital Dehradun, Uttarakhand, India. Data was collected by using sociodemographic characteristics of the study participants and structured interview schedule by using structured knowledge questionnaire prepared by researchers regarding the knowledge of breastfeeding techniques among postnatal mother in HIHT, Dehradun. Demographic variables consist of 9 questions and 26 questions related to different aspects breast feeding techniques with response categories of yes or no that measures poor level of knowledge, average level of knowledge and good level of knowledge about breast feeding technique. Minimum score was 0 and maximum score was 26. The score 3-8 shows poor knowledge, score 9-14 shows average level of knowledge and score 15-22 shows good level of knowledge regarding breast feeding technique.

3. RESULT AND DISCUSSION

Most of the mothers (51%) were at the age of 19-26 years and (41%) were qualified graduation. Majority of mothers (92%) home maker. Nearly more than half (51%) were Primipara mothers. Less than half (40%) mothers were having normal vaginal delivery. Nearly half (49%) mothers were from nuclear family, (60%) mothers were vegetarian. More than half (51%) mothers were from rural area. Most of the mothers (65%) were having previous knowledge regarding breast feeding technique.

Table No. 1 Level of knowledge of mothers regarding breast feeding techniques

N=63

Variable	Maximum Possible score	Range obtained score	Mean \pm D	Median
Knowledge Score	26	3-22	15.06+3.90	15

Table No. 2 shows that maximum possible range of knowledge score was 26, range of obtained score was between 3-22 and the obtained mean+ SD were (15.06+3.90), median was 15.

Level of knowledge about breastfeeding technique of postnatal mothers according to arbitrary category.

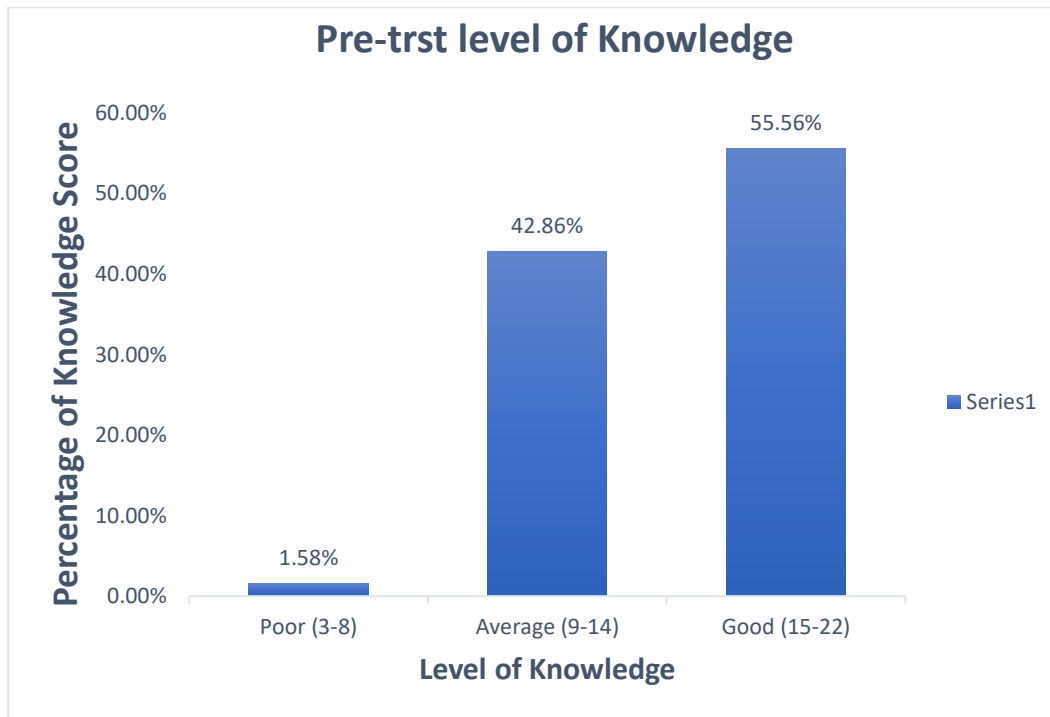


Figure No.1 Percentage of level of Level of knowledge about breastfeeding technique of postnatal mothers.

Figure No. 1 Describe that majority of postnatal mothers (55.56%) had good level of knowledge at pretest level, (42.86%) mother showed average level of knowledge (1.58%) mother had poor level of knowledge regarding breast feeding techniques.

Association between selected demographic variables with pre-test level of knowledge score of the postnatal mothers

S.N.	Demographic variables	At and above Median (15)	Below Median (15)	X2 Value
1	Age in years			
	(a) 19-26	17	15	0.843
	(b) 27-35	20	11	
2	Education			
	(a) Educated	35	21	0.004
	(b) No formal education	2	5	
3	Occupation			
	(a) Working	2	3	1.721
	(b) Non-working	24	34	
4	Parity			
	(a) 1-2	29	29	NA
	(b) 3-4	0	5	
5	Type of delivery			
	(a) NVD	10	15	5.99*
	(b) Caesarean section	27	11	
6	Type of family			
	(a) Nuclear	14	17	0.38
	(b) Joint	12	20	
7	Dietary pattern			
	(a) Vegetarian	25	13	1.95
	(b) Non vegetarian	12	13	
8	Area of residence			
	(a) Rural	17	15	0.843
	(b) Urban	20	11	
9.	Previous knowledge			
	(a) Yes	17	5	5.59*
	(b) No	19	22	

df₁=3.84 at the level of p<0.05

(*Significant)

Table No. 2 shows that type of delivery & previous knowledge were having statistical significant association with the pretest level of knowledge score and other variables such as age, education, Occupation, parity, type of family, dietary pattern and area of living were having no statistically significant association with pretest level of knowledge score at the level p<0.05.

CONCLUSION

Based on the findings of the study, it is concluded that most of the mothers (53.96%) had good knowledge, less than half (41%) mothers have average knowledge and 1.58% have poor knowledge in pretest knowledge score regarding breast feeding techniques.

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