



A Study To Assess The Knowledge And Attitude Regarding Breast Feeding Among Primipara Mothers And Lactating Mother At Selected Urban Community Health Centre Of Bhopal (M.P.)

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Abstract:Breastfeeding is a natural and cost-effective method of providing optimal nutrition to infants under 24 months, essential for their healthy growth and development. The World Health Organization (WHO) highlights its numerous benefits for both the mother and child, including reduced risks of breast cancer, cardiovascular diseases, and rheumatoid arthritis in mothers, while also fostering a close maternal-infant bond. This study aimed to assess the knowledge and attitude regarding breastfeeding among primipara and lactating mothers in a selected urban community health center in Bhopal, Madhya Pradesh. A non-experimental descriptive research design was employed, with a sample of 30 postnatal mothers selected using a purposive sampling technique. Data was collected using a self-structured knowledge questionnaire and attitude scale. The findings revealed that 63.3% of participants had an average level of knowledge, while 26.7% had poor knowledge and only 10% exhibited good knowledge. Regarding attitude, 66.7% demonstrated a poor attitude, 20% had a fair attitude, and 13.3% had a good attitude toward breastfeeding. Chi-square analysis indicated a significant association between knowledge levels and the type of family, whereas other demographic factors such as age, religion, family income, area of residence, exposure to breastfeeding, and mode of delivery showed no significant association. In conclusion, the study highlights that while primipara and lactating mothers possess an average level of knowledge about breastfeeding, their attitude towards it remains suboptimal. These findings emphasize the need for enhanced educational interventions and awareness programs to improve breastfeeding practices and promote maternal and infant health.

Index Terms- : Breastfeeding, Primipara Mothers, Lactating Mothers, Knowledge, Attitude, Maternal Health, Infant Nutrition, Community Health.

I. INTRODUCTION

Breastfeeding is widely recognized as the most natural and beneficial method of infant feeding, providing essential nutrients and immune protection necessary for optimal growth and development. According to the World Health Organization (WHO), exclusive breastfeeding (EBF) for the first six months of life can prevent infections, reduce child mortality, and promote long-term health benefits for both infants and mothers. Despite these advantages, many primipara mothers (first-time mothers) face significant challenges in initiating and sustaining breastfeeding due to a lack of knowledge, experience, and adequate support. Breastfeeding difficulties such as latching issues, breast engorgement, misinterpretation of infant cues, and post-cesarean discomfort can hinder successful breastfeeding practices. Additionally, societal misconceptions, cultural beliefs, and inadequate breastfeeding education contribute to the low prevalence of exclusive breastfeeding, particularly in developing regions. Studies indicate that timely breastfeeding

education and counseling by healthcare providers, especially during antenatal and postnatal visits, play a crucial role in improving breastfeeding initiation and continuation rates. This study aims to assess the knowledge and attitude regarding breastfeeding among primipara and lactating mothers in a selected urban community health center in Bhopal, Madhya Pradesh. Understanding the existing gaps in breastfeeding awareness and perceptions can help develop targeted interventions to enhance maternal knowledge, promote positive breastfeeding attitudes, and ultimately improve public health outcomes.

Review of literature:- Several studies have been conducted to assess the knowledge of breastfeeding among mothers and the effectiveness of various educational interventions. Kaur Harleen et al. (2023) evaluated the impact of a structured teaching program (STP) on lactating mothers using PPTs. The findings revealed a statistically significant improvement in post-test knowledge scores ($p < 0.001$), indicating the effectiveness of the intervention. Similarly, Pandya Tejas J and Patel Kanan H (2021) assessed the knowledge of primipara mothers through a video-assisted teaching program. Their study highlighted poor pre-test knowledge (95%) but a significant improvement in post-test scores (74%), confirming the effectiveness of the intervention. A study by SumanMounKhatkar and Sonia Devi (2020) conducted in Haryana revealed that 53.33% of postnatal mothers had average knowledge, while 46.67% demonstrated good knowledge, with no significant correlation between demographic factors and knowledge levels. Additionally, Priscilla K et al. (2021) assessed breastfeeding problem management knowledge among postnatal mothers at a tertiary care hospital, showing a significant improvement in post-test scores (88.58% vs. 44.67%), with a high statistical significance ($p < 0.001$). Another study by Ms. Ripka Gamit et al. (2021) at Shri Vinoba Bhawe Civil Hospital further supported the effectiveness of structured teaching, showing a substantial increase in post-test knowledge levels ($t = 20.6864$, $p < 0.05$). Lastly, Anoop T (2016) evaluated the impact of a self-instructional module on neonatal care among primipara mothers. Results indicated a significant increase in post-test knowledge scores (mean score 22.6 vs. 14), demonstrating that self-instructional modules can enhance maternal knowledge and practices related to newborn care. Collectively, these studies confirm that structured educational programs play a crucial role in improving breastfeeding knowledge among mothers.

Research Objectives:-

1. To assess the level of knowledge regarding breast feeding among primipara mothers and lactating mother
2. To assess the level of attitude regarding breast feeding among primipara mothers and lactating mother
3. To associate between level of knowledge and attitude regarding breast feeding among primipara mothers and lactating mother with their selected demographic variable
4. To associate between attitude regarding breast feeding among primipara mothers and lactating mothers.

Hypothesis:-

H1- There will be no significance association between knowledge and attitude regarding breast feeding among primipara mothers and lactating mother with their selected demographic variables

H2- There will be significance association between knowledge and attitude regarding breast feeding among primipara mothers and lactating mother with their selected demographic variables

Research Methodology :- The present study adopted a Non-Experimental Descriptive Research Design to assess the knowledge and attitude regarding breastfeeding among primipara and lactating mothers in an urban community health center in Bhopal (M.P.). The study population included primipara and lactating mothers, with a target population from Kolar CHC, Bhopal, and an accessible population comprising those residing in the same area. A sample size of 30 mothers was selected using Non-Probability Purposive Sampling. The data collection tools included a demographic questionnaire and an interview schedule with 30 items assessing knowledge and attitude. The scoring system classified knowledge and attitude into poor, average, and good levels. The content validity of the tool was established through expert reviews, and reliability was tested using the split-half method, yielding a coefficient of 0.88, indicating high reliability. A pilot study was conducted on five mothers at a government hospital in Bhopal to refine the tools before the main study. Ethical clearance was obtained, and written consent was secured from participants. Data

collection was carried out over one month, with each participant taking approximately 20 minutes to complete the questionnaire. Data were analyzed using descriptive and inferential statistics, including frequency and percentage distributions, as well as Chi-square tests to assess associations between socio-demographic factors and knowledge levels. The study systematically evaluated breastfeeding knowledge and attitudes, providing a structured approach to improving maternal education.

Result :- The study analyzed the knowledge and attitude regarding breastfeeding among primipara and lactating mothers using ****descriptive and inferential statistics****. The ****Chi-square test**** was conducted to assess the association between knowledge levels and selected demographic variables. The results indicated a significant association between knowledge and the type of family, while other variables such as age, religion, family income, area of residence, exposure to breastfeeding education, and mode of delivery were not significantly associated with knowledge levels. The hypothesis testing revealed that the null hypothesis (H1), which stated no significant association, was rejected while the alternative hypothesis (H2), suggesting a significant association, was accepted at a 0.05 significance level. These findings highlight that certain socio-demographic factors may influence breastfeeding knowledge, emphasizing the need for targeted educational interventions. The results were systematically analyzed and interpreted to provide meaningful insights for improving maternal breastfeeding awareness.

IV. RESULTS AND DISCUSSION

FREQUENCY AND PERCENTAGE DISTRIBUTION OF THE PRIMIPARA MOTHERS AND LACTATING MOTHERIN

TERMS OF DEMOGRAPHIC VARIABLES

Table-4.1: Frequency & percentage distribution of selected demographic variables.

n = 30

S. No.	Demographic Variable	Particular	Frequency (F)	Percentage (%)
1	AGE IN YEAR	21 - 25	6	20
		26 – 30 year	18	60
		More than 31 year	6	20
2	RELIGION	Hindu	22	73.3
		Muslim	6	20
		Christian	2	6.7
3	INCOME OF THE FAMILY	5000 to 10000Rs.	6	20
		10001 to 15000Rs.	18	60
		15001 to 20000Rs.	6	20
4	TYPE OF FAMILY	Nuclear family	9	30
		Joint family	17	56.7
		Extended family	4	13.3
5	AREA OF RESIDENCE	Rural	18	60
		Urban	12	40
6	EXPOSURE TO BREASTFEEDING EDUCATION	Family member	5	16.7
		Health personnel	10	33.3
		Social media	11	36.7
		News paper	4	13.3
7	MODE OF DELIVERY	Normal vaginal delivery	19	63.3
		Episiotomy	3	10
		Labor induction	1	3.3
		LSCS	7	23.3

- Regarding to majority of the age in year of primipara mothers and lactating mother 18 (60 %) were in the age group of 26 – 30 year, whereas 6 (20%), in the age group 21 – 25year and more than 30 year.

- Regarding to majority of the religion of primipara mothers and lactating mother 22 (73.3%) belonging to the Hindu family whereas 6 (20%) belonging to the both Muslim family and 2(6.7%) belonging to the Christian family
- Regarding to majority of the Income of the family ofprimipara mothers and lactating mother 18 (60%) had got income 10001 – 15000 and 6 (20%) had got income 5000 to 10000 and 15001 to 20000.
- Regarding to majority of the type of family ofprimipara mothers and lactating 17 (56.3%) belong to joint family, whereas9(30%) belong to the nuclear family and 4 (13.3%) belong to the extended family.
- Regarding to majority of the area of residence ofprimipara mothers and lactating18 (60 %) belong to rural area & 12 (40 %) belong to theurban area.
- Regarding to majority of the exposure to breast feeding of primipara mothers & lactating11 (36.7%) got exposure through Social media whereas 10(33.3%) got exposure through health personnel whereas 5(16.7%)got exposure through family members& 4(13.3%) got exposure through news paper.
- Regarding to majority of the mode of delivery of primipara mothers & lactating19 (63.3%) have conducted a normal vaginal delivery, whereas 7 (23.3%)have conducted a LSCS, whereas 3(10%) have conducted an episiotomy and 1 (3.3 %)have conducted anLabor induction

Section I - Description of demographic variables of Study Participants.

1. Distribution of sample age Group .

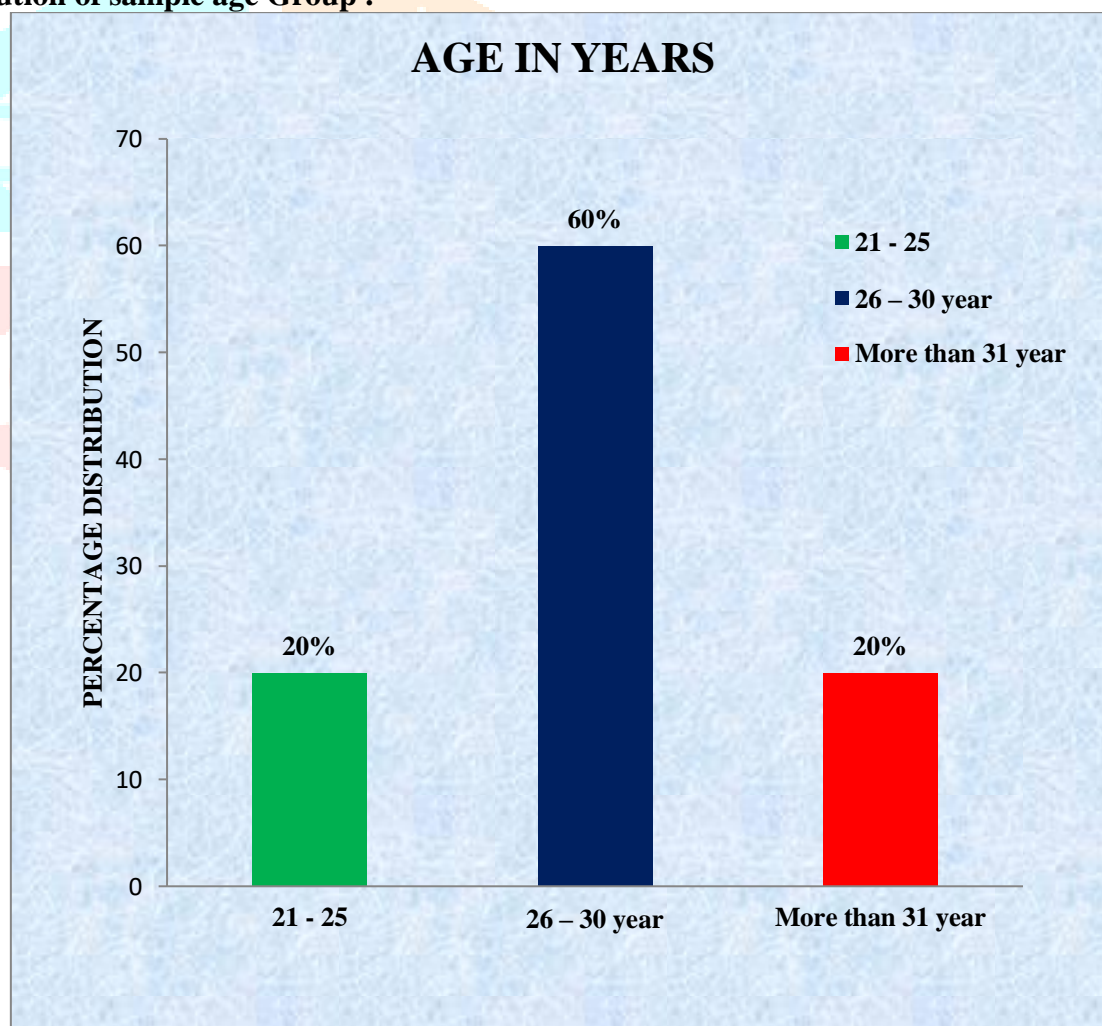


Figure- 4.1.1: Bar diagram showing percentage distribution of primiparamothers and lactating mother according to their age in years

The diagram depicts that majority of the age in year of primipara mothers and lactating mother 18 (60 %) were in the age group of 26 – 30 year, whereas 6 (20%), in the age group 21 – 25 year and more than 30 year.

2.Distribution of sample according to Religion.

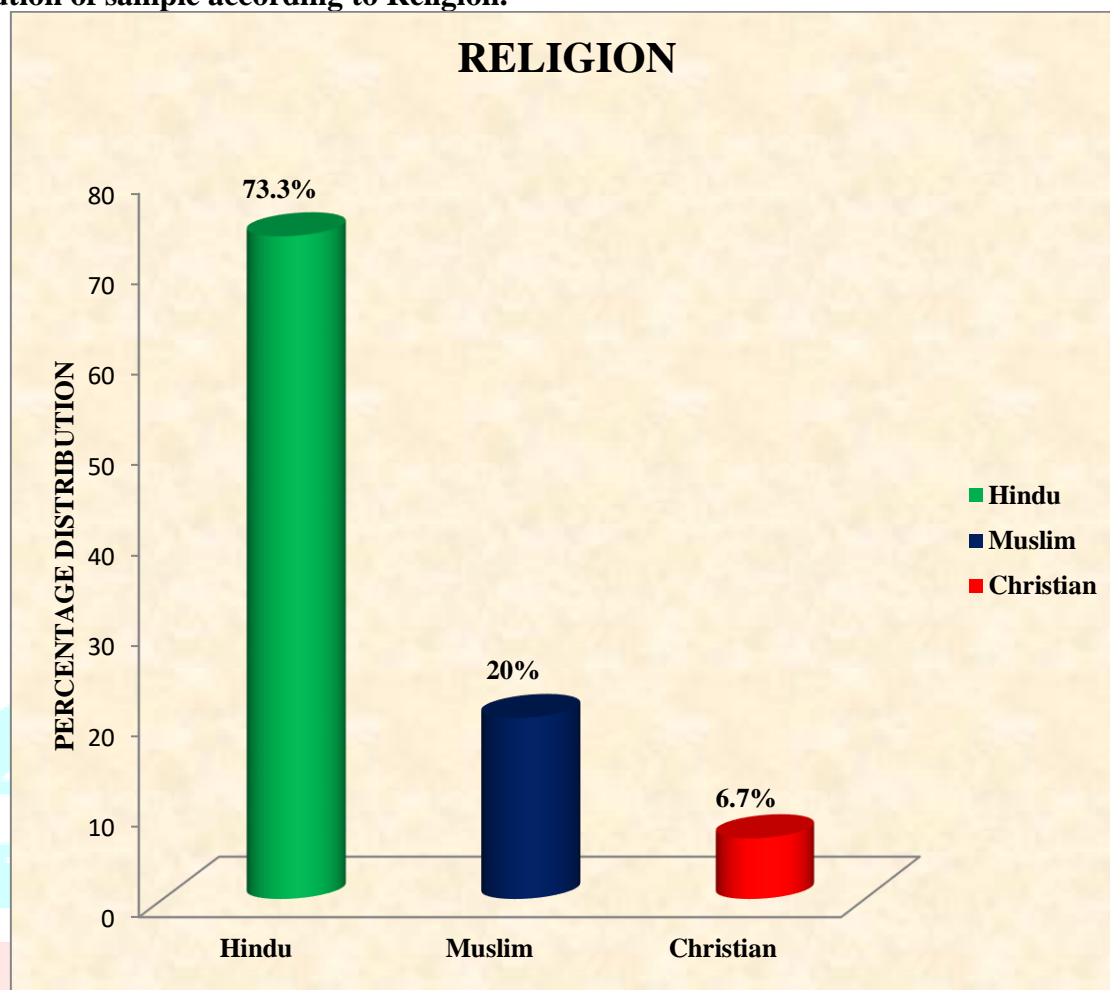


Figure-4.1.2: Cylindrical diagram showing percentage distribution of primipara mothers and lactating mother according to their religion

The cylindrical depicts that majority of the religion of primipara mothers and lactating mother 22 (73.3%) belonging to the Hindu family whereas 6 (20%) belonging to the both Muslim family and 2 (6.7%) belonging to the Christian family.

3. Distribution of sample according to Income of Family.

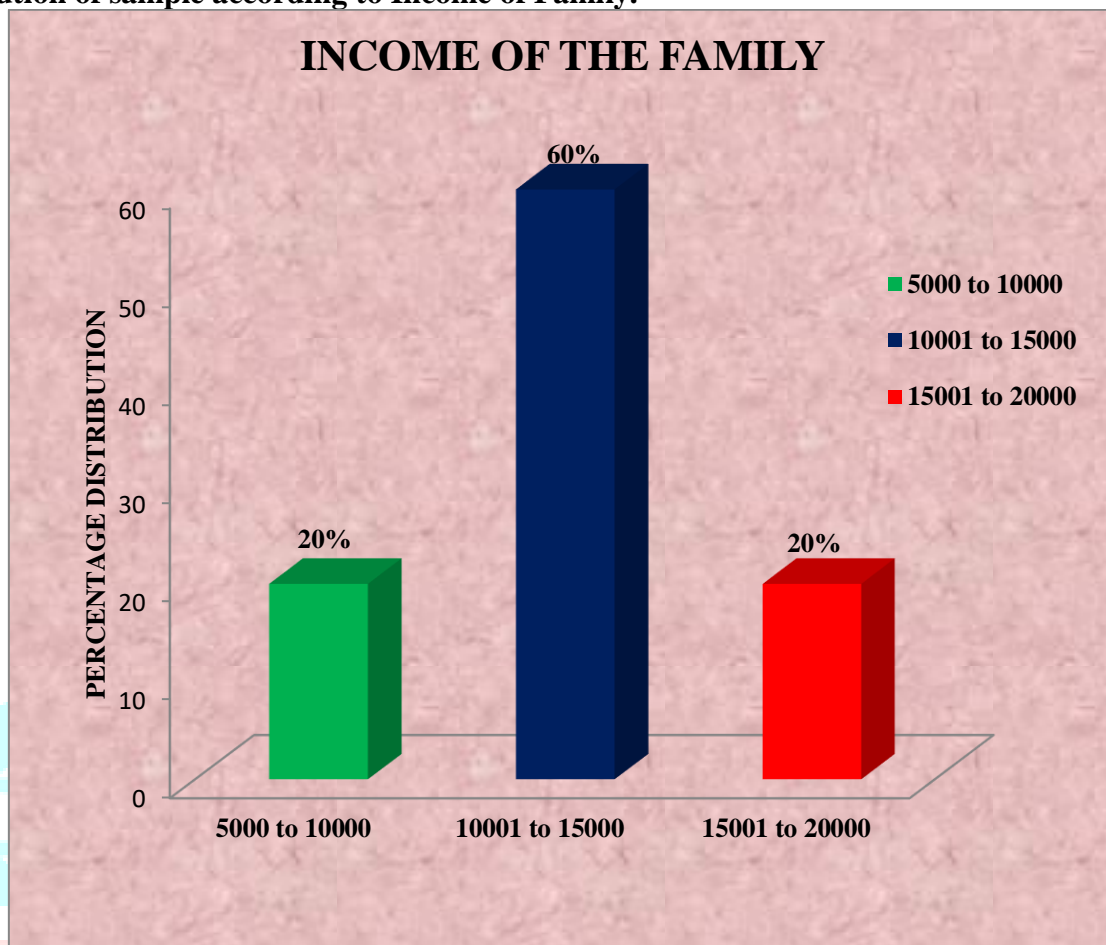


Figure-4.3.1: Column diagram showing percentage distribution of primipara mothers and lactating mother according to their income of the family. The Column depicts that majority of the Income of the family of primipara mothers and lactating mother 18 (60%) had got income 10001 – 15000 and 6 (20%) had got income 5000 to 10000 and 15001 to 20000.

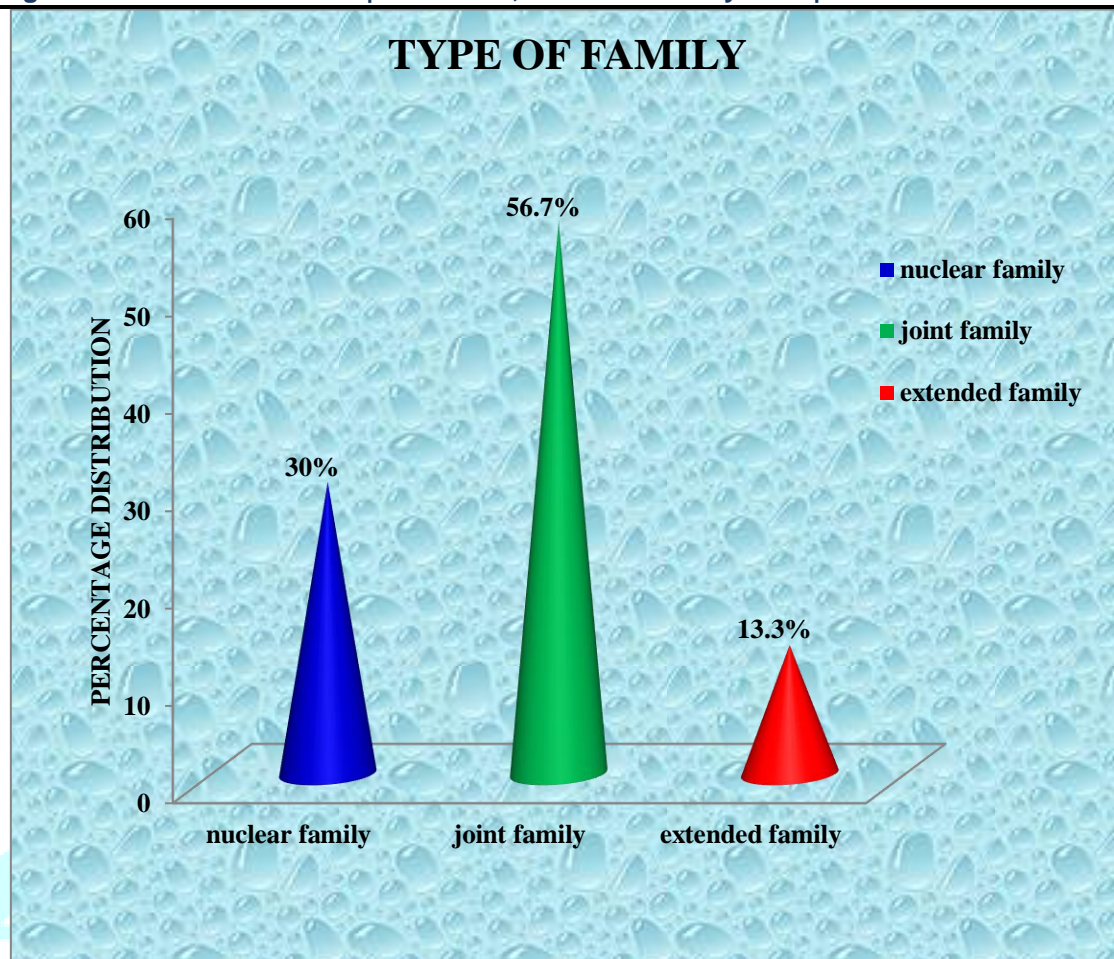


Figure-4.1.4: Cone diagram showing percentage distribution of primipara mothers and lactating mother according to their income of the family

The Cone depicts that majority of the type of family of primipara mothers and lactating mother 17 (56.3%) belong to joint family, whereas 9 (30%) belong to the nuclear family and 4 (13.3%) belong to the extended family

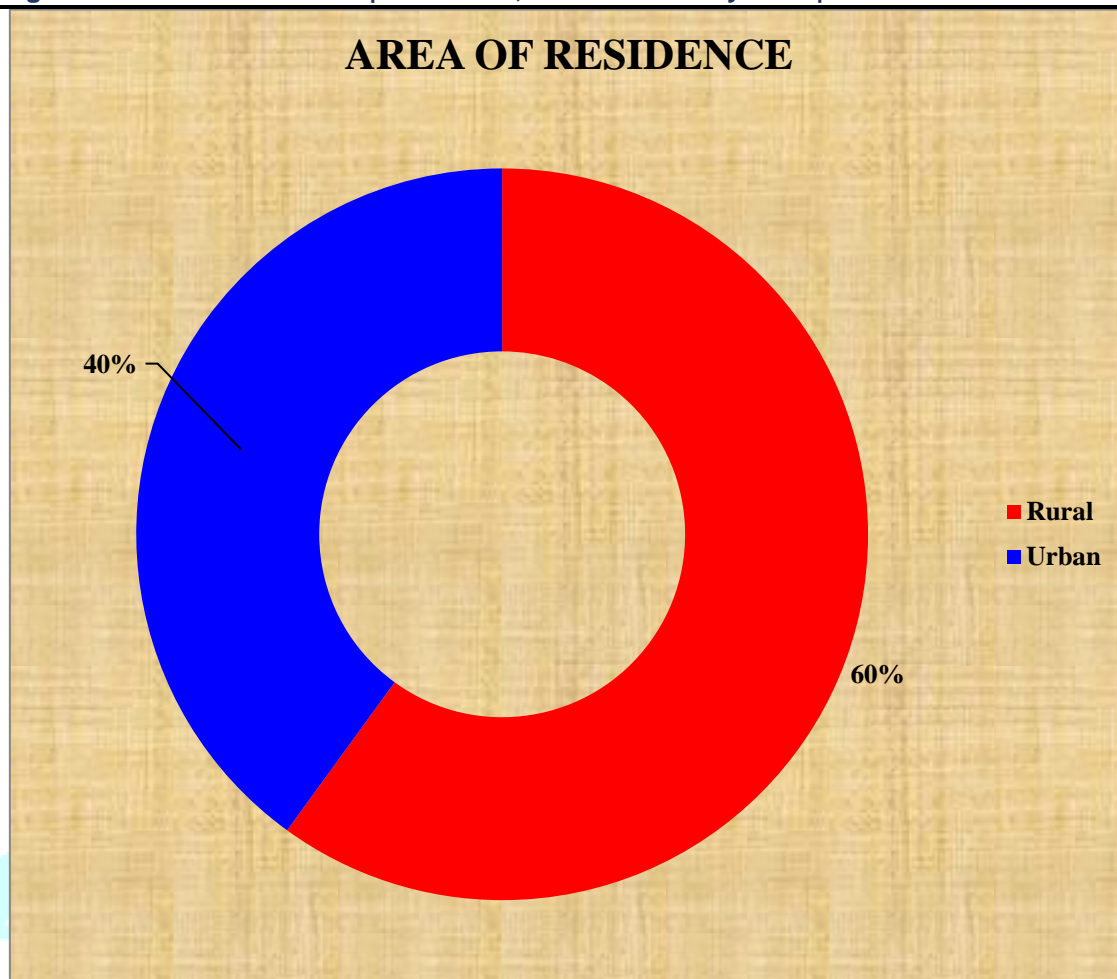


Figure-4.1.5: Doughnut diagram showing percentage distribution of primipara mothers and lactating mother according to their income of the family

The Cone depicts that majority of the area of residence of primipara mothers and lactating 18 (60 %) belong to rural area & 12 (40 %) belong to the urban area.

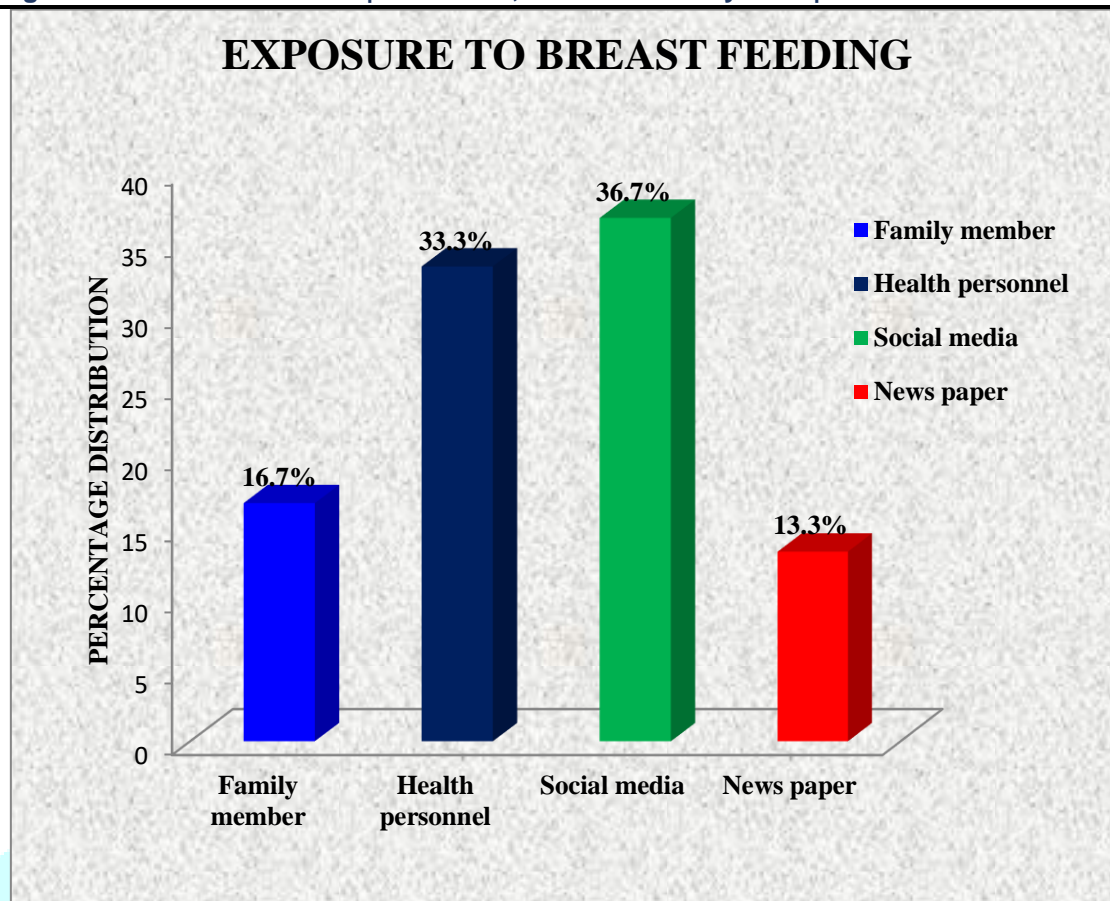


Figure-4.1.6: Column diagram showing percentage distribution of primipara mothers and lactating mother according to their exposure to breast feeding

The Column depicts that majority of the exposure to breast feeding of primipara mothers & lactating 11 (36.7%) got exposure through Social media whereas 10 (33.3%) got exposure through health personnel whereas 5 (16.7%) got exposure through family members & 4 (13.3%) got exposure through news paper.

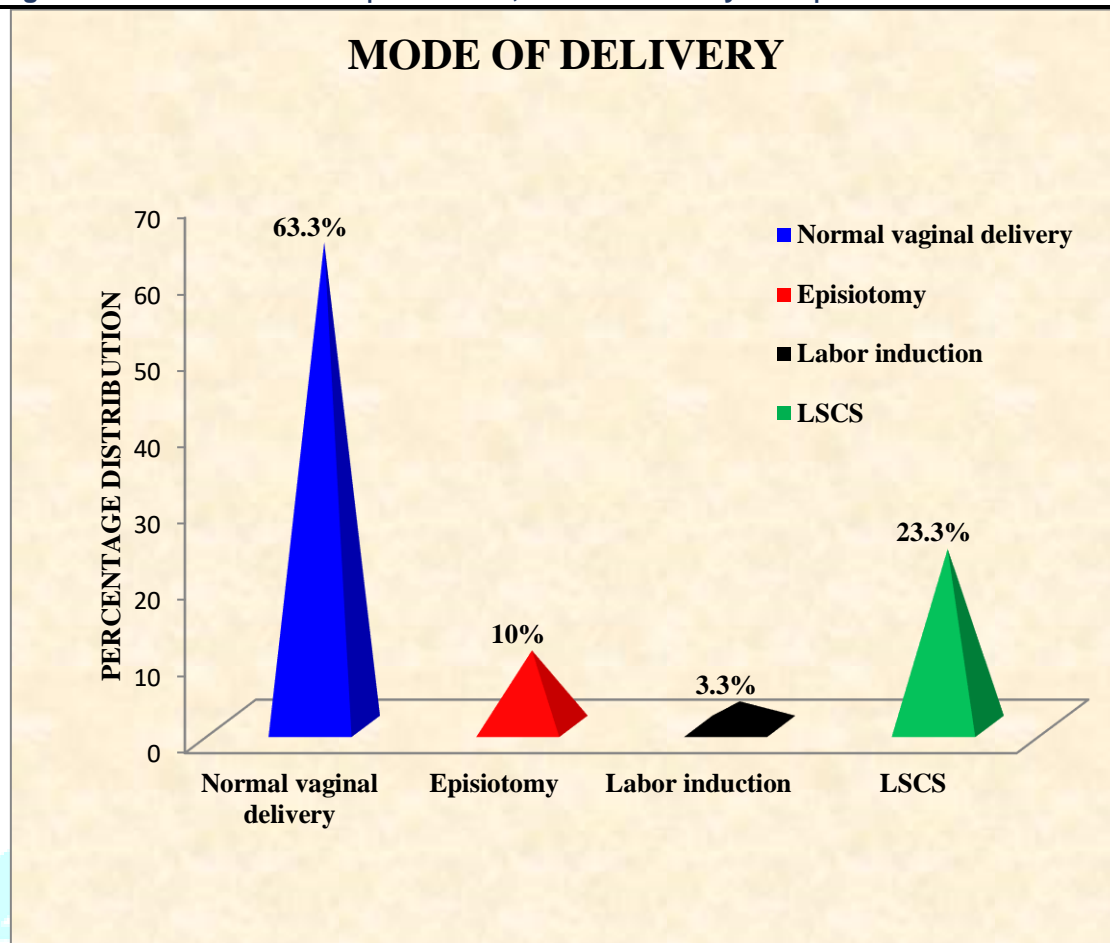


Figure-4.1.7: Pyramid diagram showing percentage distribution of primipara mothers and lactating mother according to their mode of delivery

The Pyramid depicts that to majority of the mode of delivery of primipara mothers & lactating 19 (63.3%) have conducted a normal vaginal delivery, whereas 7 (23.3%) have conducted a LSCS, whereas 3 (10%) have conducted an episiotomy and 1 (3.3 %) have conducted an Labor induction

SECTION-B

ASSESS THE KNOWLEDGE REGARDING BREASTFEEDING AMONG PRIMIPARA MOTHERS AND LACTATING MOTHER

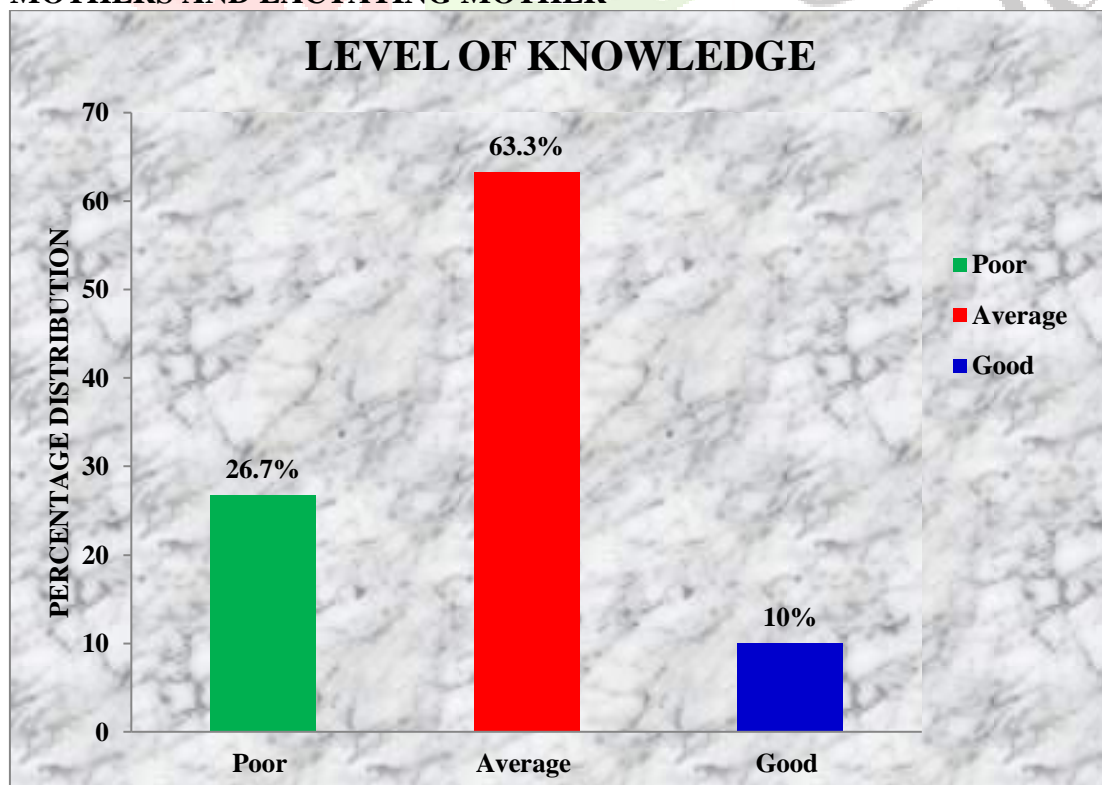


Figure-4.2.1 :Bar diagram showing percentage distribution of primipara mothers and lactating mother according to their level of knowledge

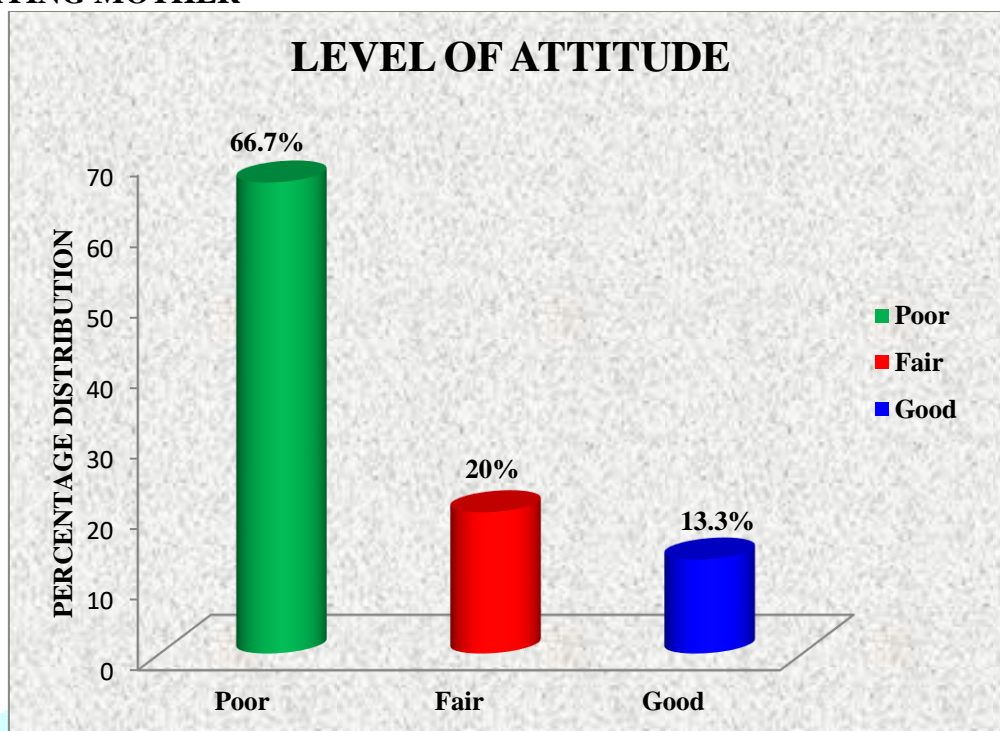
SECTION-C**ASSESS THE ATTITUDE REGARDING BREAST FEEDING AMONG PRIMIPARA MOTHERS AND LACTATING MOTHER**

Figure-4.3.1 :Bardiagram showing percentage distribution of primipara mothers and lactating mother according to their level of attitude

SECTION-D**ASSOCIATION OF KNOWLEDGE REGARDING BREAST FEEDING AMONG PRIMIPARA MOTHERS AND LACTATING MOTHER WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.**

Table-4.4.1: Chi square value showing Association of knowledge regarding breast feeding among primipara mothers and lactating mother with their selected demographic variables.

n – 30

Demographic variable	Pre test knowledge			Chi score χ^2	Df	Tabulated P value	Inference
	poor	average	good				
AGE IN YEAR							
less than 20	2	4	0	4.73	4	9.49	NS
21 – 30 year	5	12	1				
more than 30 year	1	3	2				
RELIGION							
Hindu	5	15	2	5.93	4	9.49	NS
Muslim	2	4	0				
Christian	1	0	1				
INCOME OF THE FAMILY							
5000 to 10000	2	3	1	1.62	4	9.49	NS
10001 to 15000	4	13	1				
15001 to 20000	2	3	1				
TYPE OF FAMILY							
joint family	2	6	1	11.96	4	9.49	S*
nuclear family	4	13	0				
extended family	2	0	2				

AREA OF RESIDENCE							
Rural	10	4	4	2.09	2	5.99	NS
Urban	4	4	2				
EXPOSURE TO BREAST FEEDING							
Family member	2	2	1	4.36	6	12.59	NS
Health personnel	3	7	0				
Social media	2	7	2				
News paper	1	3	1				
MODE OF DELIVERY							
Normal vaginal delivery	5	12	2	1.14	6	12.59	NS
Episiotomy	1	2	0				
Labor induction	0	1	0				
LSCS	2	4	1				

Designation: * indicates significant at the level of 0.05.

Table 4.3 represents the computed Chi-Square values of selected demographic characteristics that show association of level of knowledge with their selected demographic variable.

The data in table 4.3 depicted the computed chi square values of level of knowledge among primipara mothers and lactating mother with their selected demographic variables. In relation between primipara mothers and lactating mother knowledge in type of family, which shows these one were significant. On the other hand relation between primipara mothers and lactating mother knowledge in Age in Year, religion, income of family, area of residence, exposure to breast feeding and mode of delivery respectively which shows these demographic variables were not associated to level of knowledge among primipara mothers and lactating mother.

- H₁- There will be no significance association between knowledge and attitude regarding breast feeding among primipara mothers and lactating mother with their selected demographic variables

Vs

- H₂- There will be significance association between knowledge and attitude regarding breast feeding among primipara mothers and lactating mother with their selected demographic variables

So that significance association between knowledge and attitude regarding breast feeding among primipara mothers and lactating mother. The chi score test was carried out to find out the significance association between knowledge and attitude and it was found to be significant at 0.05 level respectively, hence null hypothesis (H₁) is unacceptable and the research hypothesis (H₂) accepted.

SUMMARY

This chapter deals with the analysis of data and interpretation of the findings. The data obtained are summarized in the data sheet using both descriptive and inferential statistics. The purpose of analysis is to summarize the findings. The information collected is translated into interpretable, convenient and descriptive term and interference is drawn from them using statistical method.

CONCLUSION

The role of the nurse is to educate the mother and to make the mother to breast feed her baby in postnatal period. Through this training programme primipara mothers and lactating mother can learn and understand better information regarding breast feeding and prevents the suffering of the newborn during primipara mothers and lactating mother. Therefore the investigator felt that, more importance should be given in educating and practicing the primipara mothers and lactating mother was effective improving the awareness regarding breast feeding. Hence the investigator found that there was a significant difference in the level of knowledge regarding breastfeeding.

DISCUSSION

This chapter deals with the discussion of the study with appropriate Literature review, statistical analysis and findings of the study based on objectives of the study. The aim of the study to assess the knowledge and attitude regarding breast feeding among primipara mothers and lactating mother at selected hospital of Bhopal (M.P.). (M.P.). 30 primipara mothers and lactating mother were the selected for this study using simple random purposive sampling technique was used to derive the samples.

MAJOR FINDING OF THE STUDY

- Majority of the age in year of primipara mothers and lactating mother 18 (60 %)
- were in the age group of 21 – 30 year,
- Majority of the religion of primipara mothers and lactating mother 22 (73.3%)
- belonging to the Hindu family.
- Majority of the Income of the family of primipara mothers and lactating mother 18 (60%) had got income 10001 – 15000.
- Majority of the type of family of primipara mothers and lactating 17 (56.3%)
- belong to joint family.
- Majority of the area of residence of primipara mothers and lactating 18 (60 %)
- belong to rural area.
- Majority of the exposure to breast feeding of primipara mothers & lactating 11 (36.7%) got exposure through Social media.
- Majority of the mode of delivery of primipara mothers & lactating 19 (63.3%)
- have conducted a normal vaginal delivery,
- Finding related to level of knowledge and attitude

II. ACKNOWLEDGMENT

We would like to express our heartfelt gratitude to **Prof. Soney Toppo, our Principal**, for her invaluable insights and contributions to this study. Her advice, encouragement, and unwavering support were instrumental in shaping the direction and execution of this research. We are also deeply indebted to our research guide, **Mrs. Sonu Assistant Professor & Mrs. Axiliya Rajan Nursing Tutor** for her essential support, guidance, and motivation throughout her research process. Her expertise and constructive criticism were critical to the successful completion of this study. Additionally, we extend our sincere thanks to all the faculty members for providing the necessary facilities and resources that facilitated the smooth conduct of this research. Their support and cooperation are truly appreciated.

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