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Usha Rani
Department of Nursing, NIMS
University, Jaipur, Rajasthan,
India

T Bhattacharjee
Department of Nursing, NIMS
University, Jaipur, Rajasthan,
India

A study to assess the knowledge and practice regarding techniques of breast feeding among primipara mothers in selected hospital of Delhi with a view to develop self-instructional module

Usha Rani and T Bhattacharjee

Abstract

Breast feeding, the most natural way of infant feeding to satisfy nutritional and psychological needs of the baby. Non-experimental descriptive research design was adopted for this study. The purpose of this study is to assess the knowledge and practice of primipara mothers regarding breast feeding technique with a view to develop self-instructional module. According to the Objectives of the study the data collected by from sample who met sampling criteria by using non-probability convenient sampling. The knowledge and practice were assessed by using breastfeeding knowledge questionnaire, infant feeding and breast feeding practice checklist respectively the present pilot study was carried out among 20 primipara mothers. During data collection procedure the ethical considerations like formal permission from authorities, written consent from sample and confidentiality etc. The study revealed that the knowledge of primipara mothers regarding breastfeeding was not adequate and that was reflected on their practice of breastfeeding. Primary care givers need to implement strategies to educate primi mothers about breastfeeding to enhance good breastfeeding practice thereby reducing infant mortality and morbidity.

Keywords: Pilot study, knowledge on breastfeeding, practice of breastfeeding, primipara mothers, self instructional module

Introduction

Breast feeding provides nutritionally superior feed for the baby and is needed for survival and healthy growth it not only improves bonding and cognitive development^[8, 9, 10]. Globally, 60% of infant and young child deaths occur due to inappropriate infant feeding practices. Two thirds of infectious disease related deaths are attributable to sub optimal breast feeding practices^[11]. Inappropriate infant feeding practice could have negative effect on child growth and development, especially in developing countries, where accessibility of basic health services is not sufficient. Although breastfeeding is nearly universal in India, very few children are put to the breast immediately after birth. Ninety-six percent of children under age five have ever been breastfed, but only one-quarter of last-born children who were ever breastfed started breastfeeding within one hour of birth, as is recommended.

In spite of many awareness programs for pregnant and lactating women in particular and public in general, we still see many faulty breast feeding practices and hence there is an increased need to find the factors hampering breastfeeding. Hence the present study was undertaken The Knowledge And Practice Regarding Techniques Of Breast Feeding Among Primi Para Mothers In Selected Hospital Of Delhi With A View To Develop Self Instructional Module

Objectives of the Study

1. To assess the knowledge of primi para mothers regarding breast feeding technique.
2. To assess the practices of primi para mothers regarding breast feeding technique.
3. To determine the association between the demographic variables with knowledge and practice regarding breast feeding technique
4. To develop self-instructional module based on technique of breast feeding
5. To check the effectiveness of the module.

Correspondence

Usha Rani
Department of Nursing, NIMS
University, Jaipur, Rajasthan,
India

Materials and Methods

This pilot study has been carried out in 20 primipara mothers within age group below 25 years to 25-30 years

Hypothesis

H₀₁: There is no significant difference between knowledge and practice of primi para mothers regarding breast feeding technique.

H₀₂: There is no significant association between knowledge and practice of primi para mothers regarding breast feeding techniques with selected demographic variables.

Assumption

- It is assumed that most of the primi para mothers may have some knowledge regarding techniques of breast feeding.
- It is assumed that proper breast feeding technique will prevent breast feeding complications.

Research Methodology

Research approach: Quantitative approach

Research Design: Non experimental descriptive research design

Population & Sample

- **Setting of the study:** post natal ward in selected hospital at Delhi
- **Population:** Primi para mothers
- **Sample Size:** 20 Primipara mothers who are present at the time data collection
- **Sampling Technique:** non-probability convenient sampling
- **Sampling criteria:**

Inclusion criteria: Primipara mothers and breast feeding infants.

- who are willing to participate
- mothers who can understand either Hindi or English

Exclusion Criteria: Mothers who have undergone caesarean section

-mothers who are not available at the time of study

Tools for data collection: Structured questionnaire

Tool 1- Part A: Proforma for collecting demographic Data

Part B: A Structured questionnaire to assess the knowledge and practice of primipara mothers regarding breast feeding technique.

Selected Variables

Research Variables: Knowledge and practice of mothers regarding breast feeding

Demographic variable: Age, Sex, Religion, Educational status and occupation.

Statistical Techniques to be employed

Methods of data analysis and interpretation

Data will be analyzed according to the objectives of the study using descriptive and inferential statistics and will be presented in the form of tables, graphs and diagrams.

Duration of the study: 6 -8weeks

Does the study require any investigation or intervention to be conducted on the patient or other human being or animals? If so please describe briefly? No

Has ethical clearance been obtained from your institution in case of the above?

Yes, Ethical clearance has been obtained from the institutions ethical committee.

Delimitation

- The study will be conducted on selected hospital in Delhi
- The study population will be all primipara mothers admitted at the time of data collection.

Description of Tools

Sec I: Sociodemographic variables of primipara mothers consist of 15 items collected by structured questionnaire on sample characteristics like age of the mother, religion, educational status, occupation, monthly family income, type of family, no. of family members, parity, medium of cooking, housing pattern, types of family, supporting persons available in the family, having helping persons for household work, exposure of the mother to breastfeeding education, source of information and whether the father supports breastfeeding the baby.

Sec II: Structured questionnaire on knowledge of breastfeeding, consisting of 30 items. Each right response carries 1 mark and each wrong response carries zero mark. (Total)

Sec III: Observational checklist for assessing practice of breastfeeding technique among primi mothers, which consists of 09 items rated as yes or no Each 'yes' carries a score of one and 'no' carries a score of zero.

Validity

The prepared instruments along with the statement, objectives, hypotheses and operational definition were submitted to four experts in the field of Nursing, two gynecologists, one neonatologist and one expert in the field of statistics for developing an appropriate tool. The items of the tool were scrutinized, selected and checked for any overlapping. The tools were finalized with the valuable suggestions of the experts.

Method of Data Collection

Permission was sought from the Medical Superintendent and Head of the department of Gynae & ObG Hospital of Delhi. The investigator introduced herself to the respondents, established rapport, explained about the purpose of the study and the willingness of the participants was ascertained. The respondents were assured the anonymity and confidentiality of the information provided by them. The investigator explained about the purpose of the study and a written informed consent was obtained. Data was collected from 20 samples by using structured questionnaire on breastfeeding on knowledge, & checklist for assessing practice of breastfeeding.

Results, Discussion and Conclusion

1. Description of Sociodemographic Variables

Age wise distribution includes 60% in below 25 yrs, and remaining is between 25-30 age group. 45% are educated till

primary school education, 75% mothers are housewife. Most of the sample 45% are having family income 7000 and above and 35% are having five and above family members. Most of the mothers are having LPG gas for cooking and 70% are

living in pucca house. 50% are having health knowledge source from family and friends 55% are belong to Nuclear family. 85% are used ANC services with 80% belong to Normal vaginal delivery.

Table 1: Assessment of level of knowledge regarding correct written responses of mother regarding technique of breast feeding through questionnaire

S. No	Level of knowledge	Frequency (n=20)	Percentage
1	Good knowledge	1	5%
2	Average knowledge	19	95%
3	Poor knowledge	0	0
4	Mean score	17.35	
5	Standard Deviation	2.104163	

Interpretation: Table shows that out of 20 samples mother are having Average knowledge and 5% are having

good knowledge with mean score 17.35 and SD 2.10.

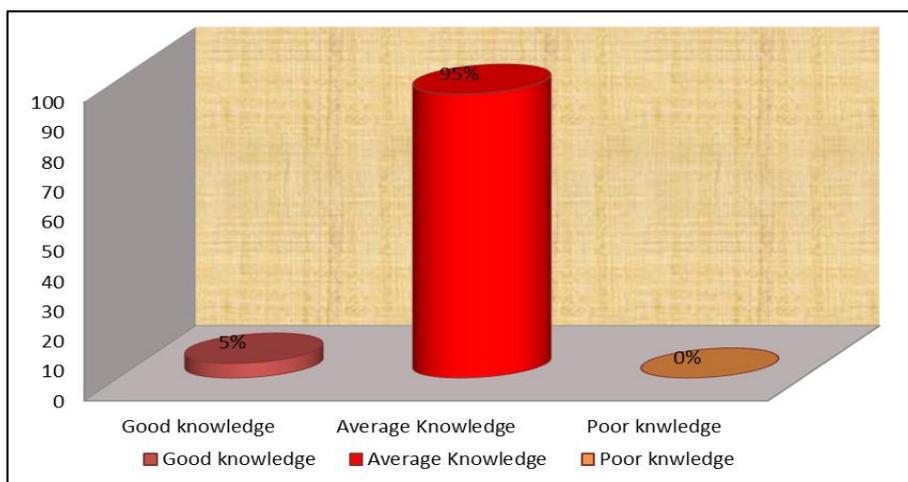


Fig 1: Level of knowledge regarding correct written responses of mother regarding technique of breast feeding

Table 2: Assessment of Practice regarding custom or habit of doing breast feeding technique by primi para mothers.

S. NO	Level of knowledge	Frequency (n=20)	Percentage
1	Good knowledge	8	40%
2	Average knowledge	11	55%
3	Poor knowledge	1	5%
4	Mean score	5.95	
5	Standard Deviation	1.465435	

Interpretation: Table shows that out of 20 samples 55% mothers are having average Practice, 40% mother are having good Practice and 5% are doing poor practice regarding breast

feeding technique and mean score of practice are 5.95 and SD 1.46.

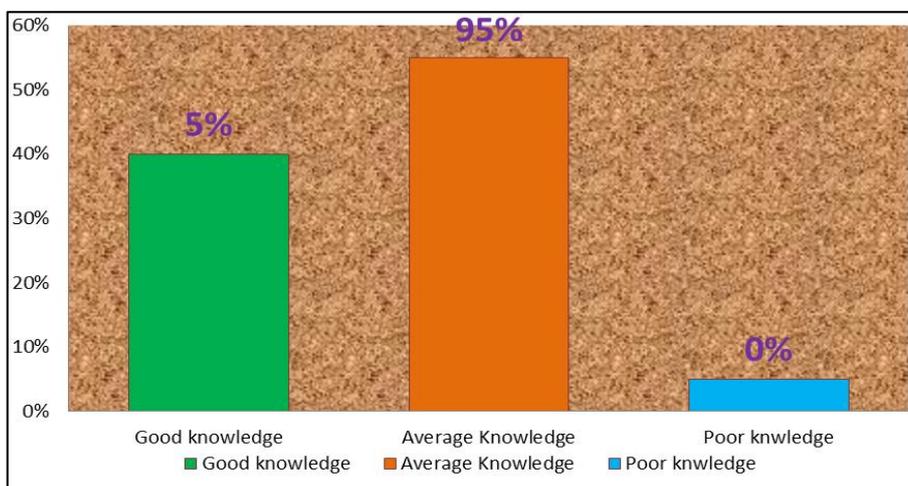


Fig 2: Practice regarding custom or habit of doing breast feeding technique

Table 3: Association of Knowledge and practice regarding Breastfeeding Technique with Selected demographic variables

S. No	Parameters	DF	fisher's exact Statistic	Knowledge and practice regarding Breastfeeding Technique			Significance
				Table value	P Value	P Value	
1.	Age	6	0.978947	12.59	0.986398	>0.05	NS
2.	Education	6	0.73655	12.59	0.993668	>0.05	NS
3.	Occupation	6	0.100877	12.59	0.999979	>0.05	NS
4.	Monthly income of the family	6	1.75614	12.59	0.940705	>0.05	NS
5.	Number of the family members	6	1.304887	12.59	0.971388	>0.05	NS
6.	Parity	2	0	5.99	1	>0.05	NS
7.	Medium of Cooking	4	0.016959	9.48	0.999964	>0.05	NS
8.	Housing pattern	2	1.75614	5.99	0.415584	>0.05	NS
9.	Source of health Information	4	0.552632	9.48	0.968179	>0.05	NS
10.	Types of family	4	0.411244	9.48	0.981546	>0.05	NS
11.	Types of delivery	4	0.063158	9.48	0.999512	>0.05	NS
12.	ANC Services	2	0.035759	5.99	0.98228	>0.05	NS
13.	Information on Breast Feeding Awareness among the respondents heard about EBF	2	0.73655	5.99	0.691927	>0.05	NS
14.	EBF information sources	2	0.978947	5.99	0.612949	>0.05	NS
15.	Have you receive training on EBF	2	0.063158	5.99	0.968914	>0.05	NS

Interpretation: Table shows that Knowledge and practice regarding Breastfeeding Technique are not significantly associated with demographic variables as P value is >0.05. It means knowledge and practice regarding Breastfeeding Technique are not affected by any demographic variables.

Discussion

A descriptive study was conducted to explore Knowledge and Practice Regarding Techniques Of Breast Feeding Among Primi Para Mothers In Selected Hospital Of Delhi With A View To Develop Self Instructional Module. The data was collected from 20 Primi Para Mothers by trained interviewers using a structured proforma. In addition to demo-graphic data, mothers were also asked about their knowledge on and the practices they follow. The knowledge of the mothers was 95% mother are having Average knowledge and 5% are having good knowledge with mean score 17.35 and SD 2.10. 55% mothers are having average Practice, 40% mother are having good Practice and 5% are doing poor practice regarding breast feeding technique and mean score of practice are 5.95 and SD 1.46. Knowledge and practice regarding Breastfeeding Technique are not significantly associated with demographic variables as P value is >0.05. It means knowledge and practice regarding Breastfeeding Technique are not affected by any demographic variables. There is still a need for programmes, which support and encourage breast-feeding particularly at a primary care level, focusing more on younger, less well-educated women and those from lower socioeconomic class [3].

Anuchithra S. conducted a study to assess the infant feeding attitude among the antenatal women in selected maternity hospital at Belgaum, Karnataka. She reported that 91.9% of antenatal women conveyed that breast milk is ideal food for the babies, 85.1% felt breast milk is more easily digestible, 21.4% opined that formula is healthier for an infant, 86.1% believed that breastfeeding is more convenient and 79% said breastmilk is cheaper. There was a significant association between infant feeding attitude and selected variables like age, educational qualification of self and spouse and employment status of self and spouse. She also reported that majority of the antenatal women have moderately positive attitude on infant feeding. This implies that further effort is

required by the health professionals, especially nurses, who take care of antenatal women closely in the hospital and in turn the community in educating and changing their behavior towards highly positive attitude which in turn helps to minimize infant morbidity and mortality rate [2, 5].

Women in rural areas have a very positive attitude towards initiation of breastfeeding. In a study conducted in the rural areas of Karnataka, almost all the women had initiated breastfeeding and continued to breastfeed beyond 9 months. Other studies conducted in rural areas show that almost all the mothers initiate breastfeeding. Urban areas in the other studies also show a similar pattern [4].

A study was conducted by Sushma Sriram *et al.* [6] on knowledge, attitude and practices of mothers regarding infant feeding in 2013. They found no association between knowledge and practice. Chidozie E. Mbada *et al.* conducted a study on evaluation of mother's knowledge, attitude and practices on breastfeeding and found that there is no association between knowledge, attitude and practice of breastfeeding with selected sociodemographic variables [7].

The above findings were supported with this study done on knowledge practice of breastfeeding among primipara mothers and showed that there is a need to enhance a little more knowledge and bring good practice towards breastfeeding.

Recommendations

- 1) The study can be replicated with the large group.
- 2) A comparative study can be conducted among rural and urban residents.
- 3) An experimental study can be conducted giving a structured teaching module on breastfeeding.

Conclusion

This study concluded that the knowledge of primipara mothers regarding breastfeeding was not completely adequate and this was reflected on the practice. There is need to develop instructional module for breastfeeding women. Hence the primary care givers need to implement strategies to enhance good practices of breastfeeding among mothers to reduce infant mortality and morbidity [8].

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