

Assessment of Knowledge, Attitude and Practices Regarding Breastfeeding among Mothers Having Children Below 1 Year

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Abstract

A study to assess the knowledge, attitude and practice regarding breastfeeding among the mothers having children below 1 year. The objectives of the study are to assess the level of knowledge, attitude and practices regarding breastfeeding in mothers having children 1 year, to find out the relationship between knowledge attitude and practices with selected demographic data/variables and to determine correlation between knowledge, attitude and practices. Quantitative research approach and descriptive research design were used. Convenient sampling technique was used to select the 60 subjects. Permission of data collection was taken from head of the department of paediatrics, GMCH Sec-32 Chandigarh. The data was analyzed by using descriptive and inferential statistics. Results of the studies were presented in the form of figures and tables. The study findings revealed that 83.33% mothers had average knowledge regarding breastfeeding, 13.3% mothers had good knowledge and 3.3% mothers had poor knowledge. The study also shows that 88.3 % mothers had positive attitude and 11.7% mothers had negative attitude regarding breastfeeding. The practices were adequate in 91.7% mothers and 8.3% had inadequate practices of breastfeeding. Among all socio-demographic variables, only occupation and parity has significant relationship with attitude score. Only type of family has significant relationship with practice score. The findings revealed non-significant correlation ($r=0.058$, $p=0.636$) between knowledge and attitude, statistically significant positive correlation ($r=0.290$, $p=0.038$) between knowledge and practices, non-significant correlation ($r=0.110$, $p=0.396$) between attitude and practices. This project was carried out by students of final year of B.Sc.(N) Ashish, Ashu, Balraj, Dency, Gaganjot, Harsimran at GMCH-32.

Keywords: Breast feeding, Mothers of under five children, Knowledge, Attitude and Practices.

Introduction

“It isn’t an option, but every mother’s responsibility to feed their future with liquid of love without shame.”

-Ashu Dhiman

Breastfeeding is a basic human activity, vital to infant and maternal health and of immense economic value to households and societies.¹

The WHO recommends that for first 6 months of life, infants should be breastfed to achieve optimal growth, development and health. Thereafter, infants should receive nutritionally adequate and safe complementary to breastfed upto 2 years or more.²

Exclusive breastfeeding is defined as infant feeding with human milk without addition of any other liquids or solids. The benefits of breastfeeding to both mother and baby have long been recognized.³

In INDIA, breastfeeding appears to be influenced by cultural, social and economic factors. In 1991, breastfeeding promotion network of India (BPNI) was born to protect, promote and support breastfeeding.⁴

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Further, Govt. of India has undertaken rural health mission, which intends to implement Integrated Management of Neonatal and Childhood Illness (IMNCI) through existing health care delivery system.⁵

Need

Breastfeeding is one of the most common and effective way to assure child health and survival. Exclusive breastfeeding for first six months is very important to attain optimal growth. After which, nutritious complimentary food must be started and meanwhile continue breastfeeding up to the age of two years or as per WHO recommendations.

Effective breastfeeding technique can be implemented only if the mother is equipped with through counseling that is usually done after the birth of baby. Effective breastfeeding can be influenced with the attitude and pattern of practice followed by the mother.

There are many benefits of breastfeeding but it depends on breastfeeding initiation, its duration and age at which the breastfed child is weaned. There are mothers who choose formula feed due to their busy working schedule .for such infants there is increased risk of morbidity , childhood obesity , diabetes etc. For such mothers, there is increased risk of retained gestational weight gain, breast cancer, ovarian cancer, diabetes etc.

To dig deeper we structured and framed some questions to assess knowledge and practice related to breastfeeding. An attitude scale is used to understand attitude of mothers regarding breastfeeding and to know whether the mothers are comfortable in feeding their kids in public as and when the baby demands.

Framed questions also intended to assess the breastfeeding practices which included questions on pre-lacteal feed, to know whether is followed and do they think this old tradition is beneficial for kid. To know whether the mother is careful enough to stick to exclusive breastfeeding and thereafter to start complementary food. Questions on duration, frequency, position etc are there to know practice and knowledge related to breastfeeding among post natal mothers.

Problem Statement

Assessment of knowledge, attitude and practice regarding breastfeeding among mothers having children below one year.

Objectives

- To assess the level of knowledge regarding breastfeeding among mothers having children below one year.
- To assess attitude regarding breastfeeding among mothers having children below 1 year.
- To assess practices regarding breastfeeding among mothers having children below 1 year.
- To find out relationship between knowledge, practice and attitude with selected demographic variables.
- To determine correlation between knowledge, practice and attitude.

Assumptions

- Post natal mothers have inadequate knowledge about breastfeeding.
- Post natal mothers are unaware of proper techniques of breastfeeding.
- Postnatal mothers will vary in breastfeeding practice according to socio cultural factors.

Limitations

- Only 60 mothers visiting the pediatrics OPD has been selected for study.
- Data collection was limited to 7 days.
- Mothers having children above 1 year is not included in the study.

Materials and Methods

This research approach indicates the broad based procedure for correction of data in a particular area. In the view of nature of problem and to accomplish the objectives of the study, a quantitative research approach

is selected, as the study is designed to assess knowledge, attitude and practices regarding breastfeeding among mothers having children below 1 year visiting paediatric OPD, GMCH Sector 32, Chandigarh.

RESEARCH DESIGN

It is non-experimental - descriptive research design.

RESEARCH SETTING

The study was conducted in the pediatric OPD of GMCH, Sector 32, Chandigarh.

RESEARCH POPULATION

In the present study, research population comprise of post-natal mothers having children below 1 year who are visiting in paediatric OPD of GMCH Sec-32 Chandigarh.

SAMPLE SIZE

The study was conducted on 60 postnatal mothers having children below 1 year.

SAMPLING TECHNIQUE

In the present study, convenient sampling technique was used to select the available samples from the target population.

Inclusion Criteria

- Mothers of children below 1 year.
- Mothers whose baby was born between 37 to 42 weeks of gestation.
- Mothers who are willing to participate in the study.

Exclusion Criteria

- Mothers who do not want to participate in the study
- Mothers having children with major birth defects such as congenital heart disease, cleft palate and lip.

TOOLS AND TECHNIQUES

The tool developed on the basis of:-

- Review of literature
- Consultation with experts in the fields.

The tool has following parts:-

1. Socio demographic variables:-

Age of mother, residential area, education status, occupation, parity and type of family.

2. Questionnaire to assess the knowledge and practices regarding breastfeeding.

Scoring criterion for knowledge:

- Good - >17
- Average - 9 - 16
- Poor - 1 - 8

Scoring criterion for practice:

- Adequate - 6 - 11
 - Inadequate - 0 - 5
- #### 3. Attitude scale

Scoring criterion for attitude scale-

- Positive - 16 & above
- Negative - <16

Analysis and interpretation

SECTION 1

Frequency and percentage distribution of level of knowledge, attitude and practices among mothers having children below one year regarding breast feeding.

As per the frequency and percentage distribution of level of knowledge among mothers having children below one year regarding breast feeding. Out of 60 mothers, 8 scored between 17-21 out of 21 marks i.e., they had good knowledge regarding breast feeding; 50 scored between 9-16 out of 21 marks i.e., they had

average knowledge; 2 scored between 1-8 out of 21 marks i.e., they had poor knowledge;

Secondly, according to the frequency and percentage distribution of attitude among mothers having children below one year regarding breast feeding. Out of 60 mothers, 53 scored between 16-24 out of 24 marks i.e., they had positive attitude; 7 scored between 1-15 out of 24 marks i.e., they had negative attitude; regarding

breast feeding.

The frequency and percentage distribution of practice among mothers having children below one year regarding breast feeding. Out of 60 mothers, 55 scored between 6-11 out of 11 marks i.e., they adequate practice 5 scored between 1-5 out of 11 marks i.e., they had inadequate practice regarding breast feeding.

Section - 2

Table 1: Correlation between knowledge and attitude regarding breast feeding.

N=60

Variables	Mean ± SD	r value	p value
Knowledge	11.93 ± 2.239	0.058	0.636 NS
Attitude	20.90 ± 2.898		

NS= Non Significant ($p > 0.05$)

Table 1 reveals the correlation of knowledge with attitude. The findings revealed statistically significant weak positive correlation ($r = 0.058$, $p = 0.636$) between knowledge and attitude. Mother with good knowledge will have positive attitude.

Table 2: Correlation between knowledge and practice regarding breast feeding.

N=60

Variables	Mean ± SD	r value	p value
Knowledge	11.93 ± 2.239	0.290	0.038*
Practice	2.18 ± 0.537		

*= Significant ($p < 0.05$)

Table 2- reveals the correlation of knowledge with practice. The findings revealed statistically significant positive correlation ($r = 0.290$, $p = 0.038$) between knowledge and practice. Mother with good knowledge will have adequate practice.

Table 3: Correlation between attitude and practice regarding breast feeding.

N=60

Variables	Mean ± SD	r value	p value
Attitude	20.90 ± 2.898	0.110	0.396NS
Practice	2.18 ± 0.537		

NS= Non Significant ($p > 0.05$)

Table 3- reveals the correlation of attitude with practice. The findings revealed statistically significant weak positive correlation ($r = 0.110$, $p = 0.396$) between attitude and practice. Mother with positive attitude will have adequate practice.

Discussion

The study findings revealed that 83.33% mothers had average knowledge regarding breastfeeding, 13.3% mothers had good knowledge and 3.3% mothers had poor knowledge. The study also shows that 88.3 % mothers had positive attitude and 11.7% mothers had negative attitude regarding breastfeeding. The practices were adequate in 91.7% mothers and 8.3% had inadequate practices of breastfeeding. Among all socio-demographic variables, only occupation and parity has significant relationship with attitude score. Only type of family has significant relationship with practice score. The findings revealed non-significant correlation ($r=0.058$, $p=0.636$) between knowledge and attitude, significant correlation ($r=0.290$, $p=0.038$) between knowledge and practices, non-significant correlation ($r=0.110$, $p=0.396$) between attitude and practices.

The present study is supported by a study conducted by Deenadayalan D, Theranirarajan E, Sangeetha P, KarthickA, Ramvivek V, Reka K on knowledge regarding breast feeding and support for breastfeeding among postnatal mothers in Tamil Nadu. The result showed that educated mothers tend to gain more support from the family members than, less educated/illiterate mothers.⁶

A study was conducted by Adrawa AP, Opi D, Candia E, Vukoni E, Kimera I, Sule I et al; assessment of the knowledge and practices of exclusive breast feeding amongst the breastfeeding mothers in Adjumani District, West Nile. The results showed that 385 breastfeeding mothers surveyed, 62.6 % (241/385) and 53.5% (206/385) knew the exact meaning and the recommended duration of exclusive breast feeding respectively.⁷

A study was conducted by Manerkar S. assessment of knowledge regarding breastfeeding among post natal mothers in postnatal ward of Shrimati Kashibai Nawle Medical College & Hospital, Nahre, Pune. Result showed that majority of mothers have previous knowledge

on breastfeeding (86.67%) and only 20% received knowledge on breastfeeding from health professional.⁸

A community based study was conducted on breast feeding knowledge and practice amongst mothers in a rural population of North India. The result showed that 30% and 10% exclusively breast fed till 4 and 6 months, respectively. There was good infant mother attachment in 42% and infants were held in correct position by 60% mothers. This Study is conducted by Kishore SS, Kumar P, Aggerwal AK.⁹

Conclusion

The conclusion drawn from the present study were:

- In the present study 60 subjects participated.
- The study findings revealed that 83.33% mothers had average knowledge regarding breastfeeding, 13.3% mothers had good knowledge and 3.3% mothers had poor knowledge.
- The study also shows that 88.3 % mothers had positive attitude and 11.7% mothers had negative attitude regarding breastfeeding.
- The practices were adequate in 91.7% mothers and 8.3% had inadequate practices of breastfeeding.
- The findings revealed non-significant correlation ($r=0.058$, $p=0.636$) between knowledge and attitude, significant correlation ($r=0.290$, $p=0.038$) between knowledge and practices, non-significant correlation ($r=0.110$, $p=0.396$) between attitude and practices.

Acknowledgements:-

Authors are thankful to the management of GMCH, Chandigarh.

Ethical Clearance : Taken from institutional ethical committee, Gmch, Chandigarh.

Source of Funding: Self

Conflict of Interest: Nil

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