

## A STUDY TO ASSESS THE KNOWLEDGE REGARDING EXCLUSIVE BREAST FEEDING AMONG PRIMIPARA MOTHERS IN POSTNATAL UNITS OF SELECTED HOSPITALS IN JAIPUR

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### ABSTRACT

*"Mothers are not dropped from heaven. They are born as undervalued, neglected girls and grow as exploited uneducated children. We must look at the suffering and disadvantages, would be mother has experienced. She must become self confident and self reliant and for that she needs to be educated and employed". In there cent evidence by Lancet (2003) universal practice (90%) of exclusive breastfeeding for the first 6 months and continued non-exclusive breastfeeding for 6-11 months could save about 13-15% death in children under 5 years of age in India.*

**KEYWORDS:** *Primipara, Mothers, Knowledge, Exclusive Breastfeeding, Postnatal Units.*

### Introduction

"Mothers are not dropped from heaven. They are born as undervalued, neglected girls and grow as exploited uneducated children. We must look at the suffering and disadvantages, would be mother has experienced. She must become self confident and self reliant and for that she needs to be educated and employed".

Breast Feeding Promotion Network of India (BPNI) (2002) says, infants aged 0-5 months who are not breast fed have seven fold and fivefold increased risk of death from diarrhea compared with infants who are exclusively breastfed. At the same age, nonexclusive breast feeding results in more than two-fold increased risk of dying from diarrhea. Infants aged 6-11 months who are not breast-fed also have an increased risk of such deaths.

According to Morley D (2003) artificial feeding continues to be an important cause of infant mortality. In a collaborative re-analysis of data the risk of death among non-breast fed infants under 2 months of age was found to be 6 times that of infants who were breastfed and bottle fed infants are at 14 times higher risk of diarrhea.

In the recent evidence by Lancet (2003) universal practice (90%) of exclusive breast feeding for the first 6 months and continued non-exclusive breast feeding for 6-11 months could save about 13-15% death in children under 5 years of age in India.

It also records that breast feeding comprising of the EBF among children under 6 months and continued non-exclusive breast feeding among children 6-11 months of age is considered as level 1 preventive intervention, which means that, it is capable of saving 13% of the 10 million under five deaths in developing countries. Achieving tenth plan goals of EBF in India could lead to saving around 300,000 babies each year. If level 1 or 2 interventions were universally available, 63% of child deaths could be prevented. According to Miriam H. Lobbok, "breast feeding is the single most preventive intervention, capable of saving more than a million additional lives annually".

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To reduce infant and childhood mortality and improve health and development of infants and young children, the 10th five year plan of Government of India (2003-2007) has set a target, to increase EBF rate to 80% during first 6 months from the current level of around 40%, and increase rate of initiation of breast feeding within one hour to 50% from the current level of about 15% and increase rate of complementary feeding from 33.5% to 75%.

### **Need & Scope**

Breast feeding is an ancient practice of most women in the country. Breast feed is best feed for babies. Since, it is the unique source of nutrition that plays an important role in the growth, development and survival of infants.

The mother of today has adapted to the recent trends of life style replacing traditional ones. There are many changes, one of this is changes in cultural diversity and the majority of mothers (68.3%) breast feed on the day of delivery and 31.6% of mothers rejected colostrum as bad for the child, whereas 81.3% considered it is good.

Despite the benefits of exclusive breast feeding for the health of mothers and children, its practice has markedly declined throughout developing world. The prevalence of breastfeeding initiation was 98.2% and 22.2% of mothers practiced it exclusively. It is recommended that the breast feeding should be initiated preferably within 6 hours of birth. Generally, newborn babies in India receive first breastfed only after first forty eight to seventy two hours of birth (WHO, 1998).

There is declining trend in initiation of exclusive breastfeeding. In a study done by Kumari S (1998) only 26.35% initiated feeding with breast milk; and 16.9% had been given colostrum. Honey, which has been used traditionally as a first feed, was given in 26.78% of the babies. The next popular feed other than breastfeeding was plain water, which was given in 21.36% of babies. 12.53% of babies were fed glucose water. Most of the mothers fed the babies within 24 hours, but around 30.31% of mothers breastfed the babies only after 24 hours.

A major reason for the early use of formula is mothers perceived difficulty with breast feeding rather than maternal choice. Kearney, Cronenwett and Barrett (1990) found that the breastfeeding problems reported in the first week postpartum were sleepy infant (85%), sore nipples (66%), leaking breasts (59%), infant spitting up (49%) and the mother feeling sad (44%).

Therefore the investigator strongly felt the need to assess the knowledge of primipara mothers regarding EBF and improve them to establish successful EBF among primipara mothers. Thus, there is a strong need to conduct a study which will help the primipara mothers to develop knowledge in exclusively breast feeding their babies.

### **Problem Statement**

A study to assess the knowledge regarding exclusive breast feeding among primipara mothers in postnatal units of selected hospitals in Jaipur with a view to develop an information booklet.

### **Objectives of the Study**

- To assess the knowledge regarding exclusive breastfeeding among primipara mothers.
- To find out the association between knowledge regarding exclusive breastfeeding and selected socio-demographic variables.

### **Hypothesis**

**H<sub>1</sub>:** There is a significant association between level of knowledge regarding exclusive breastfeeding and selected socio-demographic variables.

### **Assumptions**

- Mothers have some knowledge regarding exclusive breast feeding (EBF).
- Mothers have some level of confidence in EBF.
- Mothers who have more knowledge are more confident about EBF.

### **Operational Definitions**

- **Knowledge:** In this study it refers to accurate body of information received through verbal responses from the participating primipara mothers for knowledge items on breast feeding listed in the structured questionnaire.

- **Exclusive Breastfeeding:** Exclusive breastfeeding in this study means breast feeding as early as possible within one hour of birth and babies receiving only breast milk for the first six months.
- **Primipara:** In this study refers to those who have undergone normal delivery with the living baby and who have registered and delivered in a hospital.
- **Postnatal Units:** Unit where mother admitted after delivery.

### Review of Literature

A study was conducted by **Chatman LM, Salihu HM, Roofe ME (2004)** on 'Influence of knowledge and attitudes on exclusive breast feeding practice among rural Jamacian mothers', it was a cross sectional study conducted on 599 mother-child pairs.

**Chhabra P, Grover VL, Aggarwal OP, Dubey KK (1998)** investigated a pattern of breast feeding in an urban resettlement colony of Delhi. The study was carried out on mothers of 650 infants from 0 to 12 months and found that, breast feeding was maintained at a high level (more than 90%) throughout infancy, while EBF showed a rapid decline. At one month 74% and at 4 months 46% of infants were exclusively breast fed. The time interval between birth and first breast feed was 24-48 hours in most (48.9%) of the infants. Majority (76.9%) of the infants received pre-lacteal feeds. Hospitals born infants received their first feed earlier and were less likely to receive prelacteal feeds as compared to those born at home

A study conducted by **John T (2003)** on "breast feeding: It is important gift". The study revealed that the number of mothers initiating breast feeding 51.5% in 1990 declined to 32.5% in 2001. Current numbers of breastfeeding mothers are 75% in the early postpartum 50% up to 6 months and 25% at 1 year. The United States public health services established some goals regarding EBF, which resulted in 71% of mothers initiating breast feeding and 50% are still breastfeeding at 5 to 6 months

**Lande B, Andersen LF, Baerug A, Trygg KU, Lund-Larsen K (2003)** conducted a study on infant feeding practices and associated factors in the first 6 months of life. The study was conducted on 2383 Norwegian mothers. They found that, only 1% of the infants had never been breastfed. The proportion of breastfed infant was 96% at 1 month, 85% at 4 months and 80% at 6 months. The proportion of exclusively breastfed infants was 90% at 1 month, 44% at 4 months and 7% at 6 months. 20% of the infants were introduced to solid foods before the age of 4 months. At 6 months the mean breast feeding frequency was 6.5 times per 24 hours and 94% of the breastfed infants received breast milk 4 or more times per 24 hours.

**Taneja DR, Saha R, Dabas P. (2003)** conducted a "study to assess the infant feeding practices and the underlying factors in a rural area of Delhi. It was a cross sectional study carried out on 106 mothers of infants aged 6-9 months. They found that 90.6% of mothers breastfed up to 6 months. The percentage declined to 88.6% by 9 months. Only 26.4% of mothers exclusively breastfed their babies, as water was started in most infants in the first month itself. Thirty three percent of infants were predominantly breast fed as they were getting water and/or oral rehydration salt solution in addition to breast milk. In 40.6% infant's top milk or semisolids were started before 4 months of age in addition to continuing breastfeeding.

A study was conducted by **Benjamin, Wankwo, William BR (2002)** on exclusive breastfeeding as undermined by the use of other liquids in rural south Western Nigeria. By surveying 411 mothers of children aged 4-8 months, the results revealed that only 11% of women were practicing PBF (predominantly breast feeding) and 56% of mothers practiced other feeding behaviour along with breast feeding.

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