

## KNOWLEDGE ABOUT EXCLUSIVE BREASTFEEDING: METHODOLOGY AND FINDINGS

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### ABSTRACT

*Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants; it is also an integral part of the reproductive process with important implications for the health of mothers. As a global public health recommendation, infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health.*

**Keywords:** Knowledge, Exclusive Breast Feeding, Primigravida, Primipara, Mothers.

### Introduction

Exclusive breastfeeding reduces infant mortality due to common childhood illness such as diarrhea or pneumonia, and helps for a quicker recovery during illness.

### Methodology

This study was conducted on primipara and primigravida mothers. The descriptive research approach was used with 500 samples and convenient sampling technique was used. Data was collected by using structured knowledge questionnaire.

### Objectives of the Study

- To assess the knowledge regarding exclusive breastfeeding among primi para mothers
- To find out the relationship between knowledge regarding exclusive breastfeeding and selected demographic variables.
- To compare the knowledge regarding exclusive breast feeding between primipara and primigravida mothers.
- To prepare a self-instructional module on exclusive breastfeeding

### Results & Findings

The data obtained was analyzed and presented in 4 different sections:

**Section I:** Description of demographic characteristics

**Section II:** Analysis of level of knowledge of the primi para mothers regarding exclusive breastfeeding

**Section III:** Association between the level of knowledge regarding exclusive breastfeeding and selected demographic variables.

**Section IV:** Comparison of knowledge of primipara and primigravida.

**Table 1: Distribution of Primipara Mothers According to their Demographic Variables**

**N = 500**

S. No.	Variables	Categories	Frequency	Percentage %
1	Age	20 years & Below	75	13.00
		21-25 years	315	63.20
		26 - 30 years	90	17.90
		31 & above	20	5.90
2	Religion	Hindu	251	50.20
		Muslim	130	26.00
		Christian	119	23.80
		Others	00	00.00

3	<b>Education</b>	Lower Secondary	125	25.00
		Higher Secondary	230	46.00
		Graduate	115	23.00
		Postgraduate	30	06.00
4	<b>Employment</b>	Housewife	380	76.00
		Labour	20	04.00
		Govt. employee	50	10.00
		Pvt Employee	50	10.00
5	<b>Monthly Income</b>	>2,500	369	72.00
		2501-5500	69	14.90
		5501-12,000	55	11.10
		Above 12,000	07	02.00
6	<b>Place of Residence</b>	Panchayath	344	68.60
		Municipality	154	30.90
		Corporation	02	0.50
7	<b>Obstetrical score</b>	Primi gravida	298	66.60
		Primi para	202	40.40
8	<b>Previous knowledge</b>	Yes	244	47.90
		No	256	52.10

## Section II: Analysis of level of knowledge of the Primipara mothers regarding exclusive breast feeding

### Part A: Level of knowledge of Primipara mothers regarding exclusive breast feeding.

**Table 2: Level of Knowledge of the Primipara Mothers Regarding Exclusive Breast Feeding**

**N = 500**

S. No.	Level of Knowledge	No. of Mothers	% of Mothers
1.	Poor	313	63.33
2.	Average	141	27.78
3.	Good	46	8.89

Assessment of the level of knowledge of Primipara mothers showed that 63.33% of the Primipara mothers had poor knowledge regarding exclusive breast feeding, 27.78% had average knowledge and 8.89% of the Primipara mothers had good knowledge regarding exclusive breast feeding.

### Part B: Analysis of overall knowledge score of Primipara mothers regarding exclusive breast feeding.

**Table 3: Description of overall knowledge score, mean, median, SD and mean percentage of Primipara mothers regarding exclusive breast feeding.**

**N = 500**

Knowledge	Percentage	Range of Score	Mean Score	Median Score	S.D.	Mean %
Less than Median	47.67	...	16.79	17	5.25	46.94
More than median	52.33					

Table 3 represents the overall mean score of primi mothers was 16.79, median was 17, and standard deviation 5.25 and the overall mean percentage 46.94%. This indicates that primi mothers have less knowledge regarding exclusive breastfeeding.

### Part C: Analysis of area wise knowledge score of Primipara mothers regarding exclusive breast feeding.

**Table 4: Description of area wise Range of score, Mean, Median, SD, Mean percentage of knowledge scores of Primipara mothers regarding exclusive breast feeding**

**N = 500**

S.No.	Aspects of knowledge	No of items	Max score	Range of score	Mean	Median	S.D.	Mean %
1	Exclusive breast feeding	06	06	6-0	2.60	3	1.09	61.00
2	Colostrum	05	07	7-0	4.19	3	1.35	44.57
3	Advantages of EBF	03	03	3-0	3.98	4	2.2	42.20
4	Position & technique	05	05	5-0	3.90	3	1.72	50.50
5	Burping	02	02	2-0	1.46	2	0.69	72.00
6	Contra indications	01	01	1-0	0.04	0	0.2	5.00
7	BFHI	02	02	2-0	1.53	1	0.90	39.25

Table 4 indicates that the primi mothers had more knowledge 72% in the area of burping, 61% knowledge in the exclusive breastfeeding area, 50.5% knowledge in position and technique, 44.57% in the area of colostrum, 42.2% in advantages of breastfeeding, 39.25% in the area of baby friendly hospital initiative and less knowledge 5% in the area of contra indication of breastfeeding.

**Section III:** This section deals with association between level of knowledge and selected demographic variables of Primipara mothers by using inferential statistics.

**Table 5: Association between Level of Knowledge and Demographic Variables of Primipara Mothers**  
N = 500

S.No.	Variables	Categories	Level of Knowledge			$\chi^2$	df	Significance
			Poor	Average	Good			
1.	Age	20 years & Below	50	10	03	5.37	6	NS
		21-25 years	216	110	04			
		26 - 30 years	35	30	25			
		31 & above	12	6	4			
2.	Religion	Hindu	125	106	20	11.34	4	S
		Muslim	85	18	16			
		Christian	104	26	00			
3.	Education	Lower Secondary	75	44	6	63.03	6	S
		Higher Secondary	190	30	10			
		Graduate	35	60	20			
		Postgraduate	14	16	0			
4.	Employment	Housewife	250	100	30	25.14	6	S
		Labour	10	10	0			
		Govt. employee	30	16	4			
		Pvt Employee	25	20	5			
5.	Monthly Income	>2,500	250	100	19	27.11	6	S
		2501-5500	40	18	09			
		5501-12,000	24	25	6			
		Above 12,000	0	3	4			
6.	Place of Residence	Panchayath	220	90	34	6.54	4	NS
		Municipality	94	60	01			
		Corporation	01	0	0			
	Obstetrical score	Primi gravida	180	100	18	1.51	2	NS
		Primi para	134	50	18			
7.	Previous knowledge	Yes	170	60	14	11.65	2	S
		NO	144	90	22			

**Section IV :** Comparison of knowledge regarding exclusive breast feeding between primipara and primigravida.

		N	Mean Score	S.D.	Standard Error Mean
Knowledge	Primigravida	400	16.8962	5.00393	.43875
	Primipara	100	16.2388	5.9295	.6020

**(Independent Sample Test)**

t	df	Significance	Mean Difference	Standard Error Difference
.696	179	179.489	.5340	.787

Since the significance is very much greater than 0.05, we can conclude that the null hypothesis that there is no significant difference in the mean scores is accepted. So there is no difference in the knowledge between primi gravida and primi para mothers on exclusive breast feeding. Hence hypothesis is rejected.

### Conclusion

The study concluded that level of knowledge of primi mothers regarding exclusive breastfeeding was poor on the basis of findings. It is recommended that a similar study is replicated in another setting. It is also recommending that effectiveness of selfinstructional module can be assessed.

**References**

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