

Knowledge and Attitude towards Breastfeeding among Mothers

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ABSTRACT

Background: Breast feeding is crucial for the growth and development of the infant. It is the best food and it gives all the nutrients need for healthy development for new-born and infants.

Methods: A descriptive study was conducted to assess the knowledge and attitude regarding breastfeeding among mothers. Data were collected at SGRD hospital, Amritsar, Punjab. Convenience sampling technique was employed to obtain sample of 116 mothers who visited pediatric OPD and postnatal ward. A self- structured questionnaire was used for the collection of data and likert's scale was used to assess attitude.

Results: The present findings revealed that half of the mothers 50.9% were found to be having average score followed by 45.7% having good score and only 3.4% of mothers were having excellent score. The mothers were having negative attitude is 66.4%, positive attitude 25.9% and followed by neutral attitude 6.9%.

Conclusion: The study concluded that half of mothers had an average knowledge 59(50.9%) and negative attitude 77(66.4%) towards breastfeeding. Therefore Health professionals must well explain about breastfeeding.

Keywords: Mothers, breast feeding, knowledge and attitude,

INTRODUCTION

Nutrition is one of the very basic necessities for all species to live, survive and sustain life. Breast milk is the most nutritious food for infants because it meets their nutritional needs, protects them from diseases, improves their overall health, meets all of their physiological and psychological needs during the first 6 months of life, and is economical. ^[1] Ingestion of human milk provides protection against a wide range of diseases, such as diabetes, and stimulates cognitive development. ^[2,3]

United Nation's Children Fund (2002) recommend that all infants be fed only breast milk for the first 6 months of life and that breastfeeding continue for at least 2

years with the addition of nutritional supplements beginning in the sixth month. ^[4] In India about 2.4 million children die each year of which two-thirds are associated with infant feeding practices which are inappropriate. In India, only 44.6% mothers initiate breastfeeding within one hour of birth in spite of the fact that about 78.7% deliver in institutions. Further 64.9% babies are exclusively breastfed during first six months. ^[5, 6] According to NFHS-3, exclusive breast feeding is 50% and 25% initiated breast feeding within one year. ^[7]

Breast feeding is a mother privilege and a baby right from the beginning of human civilization, generation after generation have grown up on mother milk nature complete diet for the newborn.

Breastfeeding has a number of benefits to both mother and baby, which infants formula lacks. Breastfeeding also benefits mothers in many ways, act as a natural contraception to mother. [8,9] There have been studies on knowledge, attitude and practices towards breastfeeding in India but there is need to access the extent of practice of breastfeeding and impact of current policies. [10-13] The knowledge attitude and practice of exclusive breastfeeding has been prejudiced by cultural, demographic, social, biophysical and psychosocial factors. [14,15]

Objectives

1. To assess the knowledge and attitude regarding breast feeding among mothers.
2. To find out the association of the knowledge and attitude regarding breast feeding with selected demographic variables.

MATERIALS AND METHODS

The quantitative research approach was adopted with a descriptive design to assess the knowledge and attitude regarding Breast Feeding among mothers .The study was conducted at SGRD Hospital, Amritsar. The researcher recruited 116 mothers through convenience sampling with inclusion criteria who attended paediatric OPD and postnatal ward and exclusion criteria, those who were not willing to participate. The data were collected from mothers in March 2018.The research instrument was divided into three parts i.e. part A: Socio-demographic profile, part B: self-structured questionnaire to assess the knowledge on breastfeeding part C: likert scale to assess the attitude regarding breastfeeding. The criterion measure used in the study was extent of percentage on level of knowledge. Maximum obtainable percentage was 75 and divided into three categories i.e. excellent: >75, Good:50-75 and average:<50.Criterion measure for attitude also divided into three categories i.e. positive: 25.9, neutral:6.9, negative:66.4. Tool was prepared by extensive review of

literature and validated by experts of pediatric nursing and OBG nursing.

Ethical permission was obtained from research and ethical committee of institution. After gaining approval, permission was taken from medical superintendent of SGRD hospital for conduct research study. Confidentiality and anonymity were maintained during and after data collection.

RESULTS

Out of 116 mothers 45.7% lies in age group 22-25 years and 26-30 year,8.6% found among 31-35 years of age. As per educational status 44.8% mothers were educated senior secondary, 24.1% mothers were graduate, 9.5% mothers were illiterate. According to religion 62.9% mothers were Hindu, 30.2% were Muslim and 6.9% Christians. As per occupational status, 56% and 44% of mothers were employed and unemployed. According to family type 69.0% mothers belongs to joint family, and 31.0% mothers belongs to nuclear family. For family income, 41.4% mothers have income 5000-10000,27.6% mother have income less than 5000, 8.6% have mothers income was more than 15000, Related to habitat 55.2% the breast feeding mothers belongs to urban area,44.8% mothers belongs to urban area. Slightly less than half mothers 49.1% having 2 children, 44.4% mothers have only one child, 9% mothers have 4 children and remaining 0.6% mothers were having 3 children. As per sources of information on breastfeeding 62.9 and 4.3% , 17.2%,15.5% mothers get information from her family members, internet, television, and newspaper.

As per clinical profile out of 116 mothers, 67.2% mothers were delivered at tertiary hospital, 19.8% at PHC/CHC and remaining 12.9% at home. According to reason of termination of breastfeeding, 56.0% mothers terminate breast feeding due to health related problems, 25.0% due to job related problems, and 19.0% because of education problems. As per gravida, 52.6% were second gravid, 23.3% in third gravid,

12.9% in fourth gravid, 6.0%, in fifth gravid and 2.6% for both first and sixth gravid. According to type of delivery 56.9% mothers delivered by L.S.C.S and 43.1% mothers delivered normal. For the maturity of baby, 63.8% were born at full term and 36.2% were preterm.

Table 1: The level of knowledge and attitude regarding breast feeding among mothers. N=116

Sr. No.	Level of knowledge	f	%	Attitude	f	%
	Excellent	4	3.4	Positive	30	25.9
	Good	53	45.7	Neutral	8	6.9
	Average	59	50.9	Negative	77	66.4
Mean SD		14.11±4.25		34.83±8.76		

Table 1 represents out of 116 mothers found that half of mothers 59(50.9%) were found to be having average score followed by 53(45.7%) having good score and only 3.4% of mothers were having excellent score. The calculated mean and standard deviation was 14.11±4.25. The negative attitude, frequency is 77(66.4%), positive attitude, frequency is 30(25.9%), the neutral attitude frequency is 8(6.9%). The mean and standard deviation is 34.83±8.76.

Table 2: Association between level of knowledge, attitude regarding breastfeeding with demographic variable among mothers. N=116

Sr. No.	Demographic Variables	Knowledge	Attitude
		χ^2 df p-value	χ^2 df p-value
1.	Age (in years)	4.730 4 .316 ^{NS}	1.739 4 .784 ^{NS}
2.	Education status	10.387 6 .109 ^{NS}	2.510 6 .867 ^{NS}
3.	Religion	1.257 4 .869 ^{NS}	6.250 4 .181 ^{NS}
4.	Occupation Status	2.394 2 .880 ^{NS}	18.949 2 .004 ^{**}
5.	Types of Family	.123 2 .940 ^{NS}	.623 2 .732 ^{NS}
6.	Family income (Rs./Month)	5.578 6 .472 ^{NS}	2.350 6 .885 ^{NS}
7.	Habitat	.444 2 .801 ^{NS}	1.297 2 .523 ^{NS}

NB. df= Degree of freedom, NS= Non-significant, **= Significant at p<0.005

Table 2 depicts that only occupation status found highly significant (p<0.005) with

attitude Others all socio-demographic variables are non-significant with knowledge and attitude at p value 0.05..

DISCUSSION

The study was conducted to assess the knowledge and attitude regarding Breast Feeding among mothers at SGRD Hospital, Amritsar. The results revealed that 50.9% were found to be having average knowledge score followed by 45.7% having good score and only 3.4% of mothers were having excellent score about breast feeding. This is congruent with findings from other studies conducted by Sandhya J et al (2018) conducted a descriptive study on breast feeding in Krishna hospital (karad) major findings were 11(31.42%) having good knowledge, 22(62.85%) having average knowledge and 2(5.71%) having poor knowledge. [16] Girish S, M. Gandhimathi shown that 16(32%) of the primipara mothers were having good knowledge on breastfeeding, 23(46%) were having average knowledge and 11(22%) of them were having poor knowledge on breastfeeding. [17]

In this study, results showed that level of attitude of breastfeeding among mothers reveals that 30(25.9%) had positive attitude and 8(6.9%) had neutral attitude and 77(66.4%) had negative attitude. Similar study was conducted by Sandhya J. et al. (2018) on breastfeeding reveals that the attitude of the mother majority of 20(57.14%) having average attitude of breastfeeding and 4(11.42%) having good attitude and 11(31.42%) having negative attitude about breastfeeding. [16] Girish S, M. Gandhimathi (2015) shown that 39(78%) and 11(22%) of the primipara mothers were having very favourable and favourable attitude towards breastfeeding respectively. [17]

The present study findings revealed that there was no significant association of knowledge regarding breastfeeding with selected variables such as age, educational status, religion, occupation status, type of family, family income, habitat, total number

of children and sex of youngest child. There was significant association between attitude of breastfeeding with occupational status of mother i-e ($\chi^2 = 18.940$) at p value 0.05. Girish S, M. Gandhimathi (2015) found there was significant association between practice and age of mothers and exposure to breastfeeding education. [17]

CONCLUSION

Breast feeding is crucial for the growth and development of the infant. Breast milk is the ideal food and it gives all the nutrients need for healthy development for new born and infants. On the basis of finding of the study, the present study concluded that half of mothers had an average knowledge 59(50.9%) and negative attitude 77(66.4%) towards breastfeeding. There is an urgent need to include breastfeeding counseling by appropriately trained counselors. Health professionals should provide coaching based on the knowledge to pregnant mothers need to successfully breastfeed and promote the health of children. So that mothers can improve upon in knowledge and attitude about breastfeeding.

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