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A Descriptive Study to Assess the Knowledge and Attitude Regarding Importance of Breast Feeding Among Primigravida Mothers at a Selected Hospital, Amritsar With a View to Develop Health Education Pamphlets

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Abstract

Breast feeding is the best and natural feeding and breast milk is best milk. It is perfect food for infants and fulfils the requirements for the six months of life. Breast milk is packed with disease fighting substances that protect your baby from illness Breast milk offers benefits for both mother and baby. Mothers should know about importance, benefits, techniques, contraindications. The self-structured questionnaire and Likert scale was used to assess the knowledge and attitude regarding the importance of breast feeding among primigravida mothers. The data were gathered and analyzed by using statistical techniques such as mean, mean percentage, standard deviation and Chi-square. The results of present study revealed that mean score of knowledge of primigravida mothers is 17.61 and attitude is 48.51. The corelation between knowledge and attitude score is 0.89.

Keywords: attitude, breastfeeding, knowledge, primigravida mothers

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INTRODUCTION

Breast feeding is safest, cheapest and best protective food for infant's superiority of human milk is due to its superior nutritive and protective value. It is perfect food for infants and fulfils the requirements for the 6 months of life. It prevents malnutrition and allows the child to develop properly.[1]

Breast feeding a child, until the age of 6 months, has been recommended by the WHO, which should be continued until other nutritious supplements are provided to the child at the age of 2 years and beyond. More than 120 countries celebrate the World Breast Feeding Week, from 1 to 7 August, which is an initiative taken to improve the health of babies around the world, by promoting breast-feeding among women.[2]

Breast feeding also has tremendous benefits for the mother, as proven by various research studies, as increase in oxytocin level stimulates postpartum uterine contractions, thereby minimizing blood loss and encouraging rapid uterine toning. Breast feeding, during the postpartum period between 3 and 12 months, results in an increase in the rate of weight loss in most nursing mothers. It also presents some amount of protection with respect to early return of fertility. Mothers who breast-feed their child are a lot healthier, which in turn, results in them being more energetic and, hence spending less energy as well as money on pediatric care. Breastfeeding mothers have also reported certain psychological benefits, such as increased self-confidence as well as a greater sense of association with their

infants. Although lack of breastfeeding increases the mother to the risk of getting urinary tract infections, pre/post-menopausal breast cancer, ovarian cancer, and osteoporosis.[3]

With the upcoming arrival of mother new baby, there are many decisions to be made especially for first time. Nothing is more than important deciding which form of nutrition is the best for mother and her baby; numerous government and private industry association today recognize and promote the importance of exclusively providing breastmilk to babies in first 12 months of life.[3]

World Health Assembly of WHO in 2001 made resolution that exclusive breast feeding for the first 6 months is most appropriate. Human milk is the best option for nutrition up to 1 year of age breast milk consists of a number of micronutrients that are bioavailability, means these nutrients are available in qualities and quantities that make them easily digestible for the newborn and absorbed for growth and energy.[4]

According to different studies, there are long-term and improved benefits of breastfeeding on intelligence and other conditions, such as obesity, asthma, and eczema. It also prevents the chances of infants getting multiple sclerosis, acute appendicitis, and tonsillectomy. At the same time, they stand a greater chance of experiencing improved parenting as well as reduced child neglect/abuse. Breastfed babies are also said to have better and improved neurological development, cholesterol level, and blood pressure. Although artificially fed babies are at a higher risk of developing gastrointestinal and respiratory infections, necrotizing enterocolitis, late onset sepsis in preterm babies, urinary tract infections, allergic diseases, type 1 and type 2 diabetes, obesity, childhood leukemia, SIDS, etc.[3]

NEED FOR THE STUDY

UNICEF, the United Nations agency that focuses on the health of children, compiles statics on breast feeding rate around the world in 2008, percentage of infants exclusively breastfed in region east/southern Africa as 42%, middle east/north Africa as 29 %, west/central Africa as 22%, South Asia as 45%, Central Europe as 27%, and developing countries as 37%.[5]

According to centers for disease in control and prevention (COC), a nationwide survey conducted in 2008, 74% were breastfed at birth, 43% were 19.35 month of age 74% were breastfed at birth, 43% were breastfed at 6 month, 21% were breastfed at 12 moths, 32% were exclusively breastfed at 3 month, and 12% were exclusively breastfed at 6 months.[6]

Breastfeeding promotion Network of India (BPNI) (2002) said that infants, aged between 0 and 5 months who have not been breast fed stand a greater chance of dying from complications due to diarrhea, as compared with babies who have been exclusively breastfed. In order to reduce infant and childhood mortality and improve health and development of infants and young children, the 10th 5 years plan of government of India (2003–2007) has set a target to increase exclusive breastfeeding rate around 40.5% and increase rate of 50% from the current level of about 15% and increase rate of complementary feeding from 33.5 to 75%.[7,8]

According to a researcher conducted in India indicates that 50% infant occurs within a neonatal period, in countries like India major killers are malnutrition, acute respiratory infections, and diarrhea. Breast feeding reduces infection and is an important aspect to prevent infant deaths. Exclusive breastfeeding is still not practiced but most of mothers, so promotion of breastfeeding is necessary.[9]

In our state (Punjab), number of mother who breastfed the child in rural areas is 30% and in urban area is 25% out of 552 women in total. In rural areas 94% of mothers who fed colostrum to the child and in urban areas are 97%. Mothers who started breastfeeding within 1 hour of birth in rural areas are 18%. In rural areas 55.2% mothers who started breastfeeding within one day.[5]

MCH ACTION PLAN 2014-17 forecasting strategic approach to reduce morbidity in children especially newborn set the target for coverage of key interventions. Target to achieve early initiation of breastfeeding (<1 hour) by 2015 is 50% and by 2017 is 75%. Target to achieve exclusive breastfeeding till 6 months of age by 2015 is 65% and by 2017 is 90%. Target to achieve complementary feeding semisolids (6–9 months) (%) by 2015 is 65% and by 2017 is 95%.[10]

OBJECTIVES

1. To assess the knowledge regarding the importance of breast feeding among primigravida Mothers
2. To assess the attitude regarding the importance of breast feeding among primigravida Mothers
3. To correlate the attitude and knowledge score regarding the importance of breast feeding Among primigravida mothers
4. To associate the attitude and knowledge regarding the importance of breast feeding among Primigravida mothers with selected demographic variables

RESEACH METHODOLOGY

The research study design selected for this study was nonexperiment descriptive design. The study was collected from SGRD hospital of Amritsar. Sample compromised of primigravida mothers who were attending the OPD of SGRD hospital. The sample size compromises of 100 primigravida mothers. Nonprobability, purposive sampling technique was used. The tool consists of a self-structured knowledge questionnaire and Likert scale. It is divided into three parts.

(i) Part I: This part consists of questions related to demographic data and consists of five items.

(ii) Part II: This part of the tool consists of items related to the knowledge on importance of breastfeeding. It consists of 30 items and those are sentences completion type multiple choice questions that helping in assessing their knowledge.

(iii)Part III: This part of the tool consists of items related to the Likert scale on importance of breastfeeding. It consists of 20 statements and 5 options for strongly agree, agree, uncertain, disagree, strongly disagree to helping assessing their attitude.

RESULTS

Assessing the level of knowledge of samples regarding importance of breastfeeding (Table 1).

Table 1. *Assessing the Level of Knowledge of Samples Regarding Importance of Breastfeeding. N = 100*

Categories	Grading of Knowledge Score	Frequency (f)	Percentage (%)	Mean	SD
Inadequate (<33%)	0–10	5	5	17.61	4.67
Mode Moderately adequate (33–66%)	11–20	69	69		
Adequate (>66%)	21–30	26	27		

Table 2. *Assessing the Level of Attitude of Primigravida Mothers Regarding Importance of Breastfeeding*

Categories	Grading of Attitude Score	Frequency (f)	Percentage (%)	Mean	SD
Unfavorable	1–32	20	20	48.54	18.90
Moderately favorable	33–74	74	74		
Favorable	75–100	6	6		

Table 1 depicts that majority (69%) of primigravida mothers had moderately adequate knowledge regarding importance of breastfeeding followed by (26%) and (5%) inadequate and adequate knowledge regarding importance of breastfeeding. it is observed that the respondents had the mean of 17.61 and standard deviation 4.67 (Table 2).

Table 3 depicts that majority (74%) of the primigravida mothers had moderately favorable attitude toward importance of breastfeeding followed by (6%) and (20%) of them had favorable and unfavorable attitude toward importance of breastfeeding.

It is observed that the respondents had the mean of 48.54 and standard deviation 18.90.

Table 3. *Collation Between Knowledge and Attitude of Primigravida Mothers Regarding Importance of Breastfeeding*

Variables	Mean	SD	*r*
Knowledge	17.61	4.67	0.89
Attitude	48.54	18.90	

This table depicts that mean knowledge score was 17.61 with standard deviation of 4.67 and mean attitude score was 48.54 with deviation of 18.90. The correlation coefficient in between knowledge and attitude was 0.89 (Table 4).

Table 4. *Association Between Knowledge of Primigravida Mothers Regarding the Importance of Breastfeeding and Selected Demographic Variables*

Sl. No.	Demo Character	Frequency	Grading and Percentage Knowledge Score						X2 Value	df	Table Value
			Inadequate <33%		Moderately Adequate (33–66%)		Adequate >66%				
			F	%	F	%	F	%			
1	Age in years 19–22 23–26 27–30	 17 33 30	 3 1 1	 3 1 1	 13 30 26	 13 30 26	 1 2 23	 1 2 23	22.53	4	9.49
2	Education Primary Matric 10 + 2 Graduation	 20 21 29 30	 1 1 2 1	 1 1 2 1	 10 12 24 23	 10 12 24 23	 9 8 3 6	 9 8 3 6	11.87	6	12.59
3	Religion:- Sikh Hindu Muslim Christian	 34 30 31 5	 2 1 1 1	 2 1 1 1	 28 18 20 3	 28 18 20 3	 4 11 10 1	 4 11 10 1	8.52	6	12.59
4	Type of family: Nuclear Joint	 52 48	 3 2	 3 2	 30 39	 30 39	 19 7	 19 7	6.76	2	5.99
5	Source of information Family Neighbor Relatives Health personnel	 33 30 27 10	 2 1 1 1	 2 1 1 1	 24 23 20 2	 24 23 20 2	 7 6 6 7	 7 6 6 7	12.63	6	12.59

Table 5. *Association Between Attitude of Primigravida Mothers Regarding the Importance of Breastfeeding and Selected Demographic Variables*

Sl. No.	Demo Character	Frequency	Grading and Percentage Attitude Score						X2 Value	df	Table Value
			Inadequate (1–32 score)		Moderately Adequate (33–74 score)		Adequate (75–100 score)				
			F	%	F	%	F	%			
1	Age in years 19–22 23–26 27–30	 17 33 30	 2 2 16	 2 2 16	 14 30 30	 14 30 30	 1 1 4	 1 1 4	10.96	4	9.49
2	Education Primary Matric 10+2 Graduation	 20 21 29 30	 8 8 2 2	 8 8 2 2	 10 12 25 27	 10 12 25 27	 2 1 2 1	 2 1 2 1	18.82	6	12.59
3	Religion: Sikh Hindu Muslim Christian	 34 30 31 5	 8 8 2 2	 8 8 2 2	 24 20 28 2	 24 20 28 2	 2 2 1 1	 2 2 1 1	8.9	6	12.59
4	Type of family: Nuclear Joint	 52 48	 6 14	 6 14	 42 32	 42 32	 3 3	 3 3	4.5	2	5.99
5	Source of information: Family Neighbor Relatives Health personnel	 33 30 27 10	 9 8 1 2	 9 8 1 2	 23 21 24 6	 23 21 24 6	 1 1 2 2	 1 1 2 2	12.87	6	12.59

This table shows that majority (69%) of primigravida mothers had moderately adequate knowledge regarding importance of breastfeeding followed by (26%) and (5%) inadequate and adequate knowledge regarding importance of breastfeeding.

In order to find that Association between knowledge of primigravida mothers regarding the importance of breastfeeding and selected demographic variables Chi-square is used to 5% level of significance and the results are given in Table 5. It is noted that the calculated value (*p* 0.05) for age, type of family, source of information is significant at 5% level. From the analysis, it is concluded that there is significant association found between the demographic variables of age, type of family, source of information of the respondents, and level of knowledge regarding importance of breastfeeding.

This table shows that majority (74%) of the primigravida mothers had moderately favorable attitude toward the importance of breastfeeding followed by (6%) and (20%) of them had favorable and unfavorable attitude toward importance of breastfeeding.

In order to find that association between attitude of primigravida mothers regarding the importance of breastfeeding and selected demographic variables Chi-square is used to 5% level of significance and the results are given in table. It is noted that the calculated value (*p* 0.05) for age, education, source of information is significant at 5% level. From the analysis,

it is concluded that there is significant association is found between the demographic variables of age, education, source of information of the respondents, and level of attitude regarding importance of breastfeeding.

IMPLICATIONS

Nursing practice

- Present study would help to nurses to understand the knowledge, attitude of pregnant women regarding importance of breastfeeding. Student nurses can be posted in the community or hospital setting during their training programmes to obtain skills in meeting the needs of pregnant women and lactating mothers Nursing education
- In school of nursing and college of nursing, the teachers should emphasize and motivate the students to give planned health education, discussion, debates regarding importance of breastfeeding in clinical area as well as in classroom.
- In addition to primigravida antenatal mothers and primigravida postnatal mothers can also be given information regarding importance of breastfeeding. This will help to increase the knowledge of mother and maintain the health of baby.

Nursing Administration

Nurse, as a key administrator, has a key role in an organization for the staff development programme, by educating the nurse personnel and in policy making such as mass health education measures in the community regarding importance of breastfeeding. Nursing is a rapidly growing profession. In this period of growth of advanced technology, recent advances in promotion of breastfeeding there is always need for providing the knowledge regarding breastfeeding. So, it is the main responsibility of the nursing administration authorities to initiate, conduct, and carry out education programmes in various maternity wards, community areas, and hospital for the benefits of pregnant and lactating mothers regarding importance of breastfeeding.

Nursing Research

Research enables to nurse to build on existing knowledge, there is a great need of nursing research in the areas of community setting, MCH clinics, and hospitals.

The essence of research to build body of knowledge in nursing. The findings of present study serve as the basis for professionals and the students to conduct for the studies.

RECOMMENDATIONS

(1) A similar study can be tried on different setting and samples.
(2) A study can be replicated with larger samples.
(3) A comparative study can be conducted by comparing the knowledge and attitude of antenatal and postnatal mothers regarding importance of breastfeeding.
(4) An experimental study can be conducted to analyze the effectiveness of STP towards importance of breastfeeding in primigravida mothers.

CONCLUSION

The present study shows that majority of primigravida mothers had moderately adequate knowledge and majority of the primigravida mothers had moderately favorable attitude toward importance of breastfeeding. Correlation between attitude and knowledge score regarding the importance of breast feeding among primigravida mothers of overall Knowledge score was 17.61% and attitude score was 48.54%. The calculated coefficient was 0.89(**). There is significant association found between level of knowledge and selected demographic variables such as age, type of family and source of information at 0.05 level of significance regarding importance of

breastfeeding. And there is significant association found between level of attitude and selected demographic variables such as age, education, and source of information at 0.05 level of significance regarding importance of breastfeeding.

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