



Breastfeeding Practices Among Rural Mothers-Case Study Of Loni Village.

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ABSTRACT

Background: - Breast milk is a natural food for infant. Breast milk is the only insurance for the security of the new born. Inadequate nutrition is an underlying cause of death of more than 2.6 Million children. Keeping in view important of breast feeding, the present study was conducted with 100 rural mother of infant Loni village.

Objective:-To assess the breastfeeding practices among rural mother.

Materials & methods:-An interview schedule was developed before collection of data. Background information about the family was recorded for each mother.

Result:- The study findings revealed that 60% of the mothers had feed colostrums of their babies on the first day. Prelacteal feed were given up to 42% infant. The majority of the mother (43%) started breast feeding their infant within 1 hour after the child birth.

Exclusively breast feeding practices was followed by 60%mothers but 40% mothers were nonexistent of exclusive breast feeding due to various reason. Most of the mothers (92%) were fed Supplementary feed to infant along with breast milk between 6 months to 1 year age. Maximum mother (42%) told reason for starting supplementary-milk as "Inadequate breast milk".

Conclusion: This study finding revealed that there is need to educate or inform to mothers for the benefits of the colostrums feeding and efforts should be enhance to increase the percentage of breast feeding within 1 hours of delivery and also need to create awareness about exclusively breastfeeding

KEYWORDS : colostrums, prelacteal feeding, exclusive breastfeeding, supplementary feeding

INTRODUCTION

Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development. Virtually all mothers can breastfeed, provided they have accurate information, and the support of their family, the health care system and society at large. Colostrums, the yellowish, sticky breast milk produced at the end of pregnancy, is recommended by WHO as the perfect food for the newborn, and feeding should be initiated within the first hour after birth. Exclusive breastfeeding is recommended up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond⁽¹⁾.

Early and exclusive breastfeeding helps children survive, but it also supports healthy brain development, improves cognitive performance and is associated with better educational achievement at age 5. Breastfeeding is the foundation of good nutrition and protects children against disease⁽²⁾.

Malnutrition is an underlying cause of death for 2.6 million children each year, and it leaves millions more with lifelong physical and mental impairments. Worldwide, more than 170 million children do not have the opportunity to reach their full potential because of poor nutrition in the earliest months of life⁽³⁾.

The beneficial effects of breastfeeding depend upon correct breastfeeding practices. Initiation of breastfeeding after birth is considerably delayed in India, and in most cases the valuable colostrums is discarded before putting to breast⁽⁴⁾.

Prelacteal feeds such as honey, sugar-water, jaggery water, castor oil, goat's milk are commonly given in many developing countries including India which carries potential risk of infection and aspiration⁽⁵⁾

Child mortality is that closely linked with malnutrition and inappropriate infant feeding. No substitute has even been developed that matches the numerous advantages of breastfeeding.

Keeping in view important of breast feeding the present study has been undertaken to assess the breastfeeding practices followed by lactating mother in the rural area of Loni village.

OBJECTIVES

The objectives of the project are as follows-

- To assess the breastfeeding practices among rural mother.
- To assess the awareness of colostrums feeding.
- To ascertain time of initiation of breastfeeding.
- To assess the prevalence of exclusive breastfeeding practices.
- To find out the practice of prelacteal feeding.
- To evaluate the practice of supplementary feeding.

MATERIAL AND METHODS

The study was conducted in Loni village Ta-Rahata Dist- Ahmednagar Maharashtra. 100 rural lactation women were select for purpose study. For collection of data interview technique was used. Data were collected with the help of structured interview schedule and questions were asked to the lactating mother.

RESEARCH AND DISCUSSION

Table no.1 Distribution of mothers according to colostrums feeding.

Particulars	Infant (no. 100)
Colostrums fed to infant on the first day	
Yes	60
No	40

Table no.1 showed that 60 %of mother had fed colostrums to their babies. The rest had discarded it as they thought it to be immature dirty milk and harmful for their infant. Here is the need to educate or inform to mothers for the benefits of the colostrums feeding.

The present study findings were comparable with Wadde.S.K, Vedpathak V.L.Yadav V⁽⁶⁾, Lalita Bahl and R. K. Kaushal⁽⁷⁾, Rathore A. S. and Ramesh P.⁽⁸⁾ observed prevalence of colostrums feeding as 91.18%,91.7%,91.33% respectively. The healthy practice of colostrums feeding was followed as comparable with our study findings.

Table no.2 Distribution of mothers according to prelacteal feeding practices.

Particulars	Infant (no. 100)
Prelacteal feeds	
Given	42
Not given	58

Table no.2 showed that prelacteal feed were given up to 42% infant. Prelacteal feed include plain water, sugar and honey water, ajwain water, jaggery water castor oil, cow milk etc. The present study observations were comparable with WaddeS.K., Vedpathak V.L., Yadav V⁽⁶⁾, B.Purnima,Bhale and Shikhar Jain⁽⁹⁾, Kishor and B. S. Garg ⁽¹⁰⁾and V. R. Parmar et al ⁽¹¹⁾ who found prevalence of prelacteal feeding as 40.2%,43.96%, 45% and 42% respectively.

Table no.3 Distribution of mothers according to time of initiation of breastfeeding

Particulars	Infant(no.100)
Time of initiation of breast feeding	
Within 1 hours	43
Bet 1 hours to 12 hours	21
Bet 12 hours to 24 hours	17
After 24 hours	19

Table no.3 showed that 43% of mother started breast feeding their infant within 1 hour after delivery. 21% of mother breast fed their infant between 1 hour to 12 hours. 17 % mother breast fed between 12 hours to 24 hours and rest of after 24 hours.

Wadde SK,VedpathakVL, Yadav VB.⁽⁶⁾ observed 24.84% initiated breastfeeding within half hour. But 85.95% mothers initiated breastfeeding within 24 hours.

S. k. Bandopadhyay⁽¹²⁾ observed that 89.4% mothers initiated breast feeding within 24 hours while K.Madhu et al⁽¹³⁾ found 19% mothers initiated breastfeeding after 24 hours which was comparable with the present study.

Table no.4-Distribution of mothers according to Exclusive Breast Feeding.

Particulars	Infant(no.100)
Exclusive breast feeding	
Followed	60
Not followed	40

Table no.4 showed that Exclusively breast feeding practices were followed by 60%mothers but 40% mothers were nonexistent of exclusive breast feeding due to various reason i.e. misconception, negative advice coming mostly from elder, lactation failure in early day of breast feeding ,mothers goes out to work. however other researcher Wadde SK, Vedpathak VL, Yadav VB⁽⁶⁾ observed Only 28.43% mothers exclusively breast fed their babies upto 4 months. While D. K. Taneja et al ⁽¹⁴⁾ and A. A.Kameshwrarao ⁽¹⁵⁾ observed prevalence of exclusive breast feeding as 26.4% and 37% respectively. Exclusive breast feeding practice was found more in our study findings as comparable.

Tableno.5 Distribution of mothers according to Supplementary feeding to the infant along with breast milk

Particulars	Infant (no.100)
Supplementary milk /semi solid Given to infant along with breast milk	
Yes	92
No	08
Reason for starting supplementary-milk/semi solid	
Inadequate breast milk	42
Next Pregnancy	06
Mother sickness	07
Mother goes to work	30
No specific reason	15
When the mother or child is ill	
Yes	66
No	34

Age of introducing supplementary milk /semi solid	
less than 6 month age	22
6 month to 1 year age	92
Type of supplementary milk/semi solid given	
Cow milk	36
Buffalo milk	21
Goat milk	05
Semi solid(dal water, rice soup etc)	89

Table no.5 showed that 92% mothers were fed Supplementary milk/ semi solid to infant along with breast milk .Top milk and liquids like dal water or rice soup was used by mother along with breast milk. The main reason given for starting top milk/semi solid were inadequate breast milk (42%) , Mother goes to work out side(30%),and followed by next pregnancy and mother /child sickness.

The present study also shows that 22% mother started only supplementary milk to infant before 6 months of age in addition to continuing breast feeding. while 92% were started supplementary milk and semi solid to infant between 6 months to 1year age. The findings of present study also showed that the practice of semisolid like dal water, rice soup etc,(89%) was more common than giving top milks. These findings are in contrast with the findings of Dr. Arun Gupta, Dr.Y.P.Gupta⁽¹⁶⁾ observed 70 % of mothers were giving solid/semi-solid food to the children aged 6-9 months. 53% of mothers also gave cow/goat/ buffalo milk to children. Sweetened water, fruit juice, Tea/Coffee Powder milk, others were given 23.3%,12.2%,14.5%,13.4%,14.2% respectively.

D.K. Taneja etal,⁽¹⁴⁾ who reported that in 40.6% infants top milk or semisolids were started before 4 months of age in addition to continuing feeding. Most commonly (36.8%) they received diluted animal milk. The reasons for starting top milk in these infants were insufficient breast milk (66.7%), mother ill (15.4%), child ill (5.1%), normal to start at this age (2.6%) and others (10.3%).

The findings of Study D.K. Taneja et al, ⁽¹⁴⁾ also showed that the practice of giving top milk (animal milk 73.6%, milk powder 10.4%) or liquids like dal water, fruit juice or soup (55.7%) was more common than giving semisolids which were being given only to 50.0% infants at 6 months of age. Semisolids were not being given to 23.6% infants even at 9 months of age. Breast milk plus semisolids were being given to 65.1 % infants 6-9 months of age. Homemade semisolids were more popular (72.6%) than commercial ones (24.5%).

CONCLUSION&RECOMMENDATION

Only 60 % of mother had fed colostrums to their babies .Here is the need to educate or inform to mothers for the benefits of the colostrums feeding.

Most of mother initiated breast feeding after 1 hour of delivery but efforts should be enhance to increase the percentage of breast feeding within 1 hours of delivery through counseling during pregnancy and support and assistance at the time of birth.

Majority of mothers (60%) were given exclusively breast feeding but 40% mothers were nonexistent of exclusive breast feeding due to various reason. Efforts are needed in this direction to ensure and maintain exclusive breastfeeding for the first six months. These include information during pregnancy and early post-partum period and interpersonal counseling support by skilled healthcare providers or peer counselors.

It is encouraging to note that 92% mothers were started supplementary milk and semi solid to infant between 6 months to 1year. But most of liquid milk or other products provided during this period should be hygienic, solid mushy, homemade/ indigenous /family foods, to help prevent under nutrition in children.

Above points to the need to focus for health education and awareness creating

programmes about the importance of colostrums & exclusive breast-feeding, hazards of prelacteal feeds and appropriate weaning messages infiltrate in the rural area.

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