



## A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE ON BREASTFEEDING AMONG POSTNATAL MOTHERS IN A SELECTED TERTIARY CARE HOSPITAL, KANCHIPURAM DISTRICT, TAMILNADU, INDIA.

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### ABSTRACT

The study aimed at assessing the knowledge and attitude on breastfeeding among the Postnatal Mothers using a descriptive study design, the sample size consisted of 30 postnatal mothers . The Research tool consisted of a structured interview schedule to elicit demographic variables and a structured questionnaire to assess knowledge on Breast Feeding and a Structured Opinionnaire to assess the attitude towards breastfeeding. Study findings revealed that 47 % of postnatal mothers had moderate level of knowledge on breast feeding (50-75 % score) while 37% mother had inadequate level of knowledge (less than 50 % score) and only 16% mothers had adequate level of knowledge on breast feeding ( greater than 75 % score ). With regard to the Attitude towards breast feeding, the following positive attitude was observed viz., 50 % of the mothers felt that breast feeding is not difficult, similarly 50 % of them expressed that breast feeding is not embarrassing in public, 50 % of them did not agree that breast feeding can make one weak, 50 % disagreed breast feeding could disfigure the mother, 50 % agreed that breast feeding can be continued when babies are having diarrhea, 100% of them agreed breast feeding to provide mental satisfaction and 60 % disagreed that bottle feed can make the baby fat and healthy.

**KEYWORDS :** Postnatal, Knowledge, Attitude, Breastfeeding.

### INTRODUCTION

Breast feeding is a way of ensuring healthy growth and development of the new born whether delivered normally or through caesarean section. Exclusive breast feeding regimen is to give breastfeeding with in half and hour of birth and give only breast milk up to 6 months. A community based data obtained by **K.N.Agarval 1981** showed that 10% of the urban and 1% of the rural mothers put their babies to breast within 24 hours and 90% of the urban and 99% of the rural mothers started breastfeeding between 48-72 hours after birth.

Breast milk is the most precious gift for the baby, breast milk contains many nutrients and immune substances. Women need to be provided with accurate information regarding supplements which has to be taken during breast feeding ,length of feeding, weaning ,diet and physiology of breastfeeding etc... Only then health service and care can be made more meaningful and also help women to experience successful breastfeeding.

### TITLE:

A descriptive study to assess the knowledge and attitude on breastfeeding among postnatal mothers in a selected tertiary care hospital, Kanchipuram District, Tamil Nadu, India.

### OBJECTIVES OF THE STUDY

- To assess the knowledge on breastfeeding among the post natal mothers.
- To assess the attitude towards breastfeeding among the post natal mothers.

### METHODOLOGY

A quantitative research approach with a descriptive design was used in the study. The study was conducted in a selected tertiary care hospital, the population included the postnatal mothers . A convenience sampling technique was used to select 30 samples with the following inclusion criteria viz., postnatal mothers who were willing to participate in the study and those who could understand and read Tamil or English.

### RESEARCH TOOL

A structured interview schedule was used to elicit sample profile in relation to age, religion, type of family, educational status, employment status and family income, mode of delivery, number of the child. A Structured Self administered Questionnaire was used to assess the knowledge on breast feeding and a structured opinionnaire to assess the attitude towards breastfeeding.

### STUDY FINDINGS

**Table 1 : Descriptive Statistics for Demographic profile on Breastfeeding Among Postnatal mothers.**

Variables	Frequency & Percentage (%)
<b>Religion</b>	
Hindu	26 (88%)
Christian	2 (6%)
Muslim	2 (6%)
Others	-
<b>Educational status</b>	-
Uneducated	
Primary education	-
Middle school	4 (13%)
High sec school	13 (44%)
Diploma	3 (16%)
Under graduate	6 (20%)
Post graduate	4 (13%)
<b>Employment status</b>	
Employed	22 (74%)
Un employed	8 (26%)
<b>Family income</b>	-
<5000	
5000-10000	9 (30%)
10000-20000	5 (17%)
20000-50000	16 (53%)
>50000	-

<b>Types of family</b>	15 (50%)
Nuclear family	
Joint family	15 (50%)
Extended family	-
<b>Types of feeding</b>	
Breast feeding	30 (100%)
Expressed feeding	-

**Table 1** describes that majority of the samples to an extent of 88% were hindus, nearly 44 % of them were educated upto higher secondary, 74% of the samples were employed ,The monthly income of 53 % of them was between ` 20,000 - 50,000 and with regard to type of family the samples were equally distributed between nuclear and joint family, 50 % in each and 100 % of the samples practiced breastfeeding.

**Table : 2 Descriptive Statistics of Attitude towards Breast Feeding**

S. NO	STATEMENT	AGREE	UNDECID	DISAGRE
		NO. & %	ED NO. & %	E NO. & %
1	Breast feeding is difficult.	15 (50 %)	-	15 (50 %)
2	Breast feeding is embarrassing in public.	15 (50 %)	-	15 (50 %)
3	Breastfeeding is more convenient than bottle feeding	18 (60 %)	-	12 (40%)
4	The mother becomes weak as she breast feeds.	23 ( % )	5 (16 % )	2 (50 % )
5	Breast feeding interferes with the daily routine of the mother.	25 (84% )	-	5 (16% )
6	Breastfeeding disfigures the mother.	13 (43% )	-	17 (57 % )
7	Babies can bottle feed when there is in adequate breast milk.	20 (67 % )	2 (6 % )	8 (27 % )
8	Breast feeding can be continued when the babies having diarrhea.	15 (50 % )	10 (34 % )	5 (16% )
9	Breastfeeding provides a sense of mental satisfaction.	30 (100 % )	-	-
10	Bottle feeds make the baby fat and healthy.	12 (40% )	-	18 (60 % )

Table 2 describes the attitude towards breast feeding which is summarized as

- 50 % of the Postnatal mothers were of the opinion that breast feeding is difficult,
- 50 % of the Postnatal mothers expressed Breast feeding as embarrassing in public
- 60 % of them were of the opinion that breast feeding is more convenient than bottle feeding
- 77 % of the Postnatal mothers felt that breast feeding can cause weakness
- 83 % of the Postnatal mothers felt that breast feeding interferes with their daily routine.
- 57% of the Postnatal mothers did not agree that breastfeeding disfigure the mothers.
- 67% of the Postnatal mothers were express their opinion can give bottle feed when there is inadequate breast milk.
- 50% of them were of the opinion that Breast feeding can be continued when the babies having diarrhea.
- 100% they agree Breastfeeding provides a sense of mental satisfaction.
- 60% of the postnatal mothers differed on the opinion that bottle feeds makes the baby fat and healthy.

## CONCLUSION

Though the study reveals that 47% of the postnatal mothers have moderate level of knowledge on breast feeding however with regard to attitude towards breast feeding, it is observed that the postnatal mothers have both positive and negative attitude toward

s breastfeeding, This finding reveals that there still exists misconception with regard to breast feeding. The study findings emphasize on the need to educate the mothers on various aspects of breast feeding so that the mothers will be empowered to make informed decisions with regard to breastfeeding their newborns.

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