



## A STUDY OF BREASTFEEDING FEEDING PRACTICE'S OF MOTHERS OF CHILDREN LESS THAN 2YEARS & FACTORS INFLUENCING BREASTFEEDING

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### KEYWORDS :

#### AIM OF THE STUDY

To study the various demographic factors affecting breastfeeding practices of mother's of children less than 2 years.

#### INCLUSION CRITERIA

1. Mothers of children less than 2 years of age presenting to pediatric department.
2. Absence of significant medical illness in the mother or baby in which breastfeeding is contraindicated.

#### EXCLUSION CRITERIA

1. Adopted child
2. Any child whose mother has expired.
3. Mother with chronic systemic illness .
4. Baby with birth weight < 2.5 kgs / preterm
5. Babies needing admission in NICU due to some perinatal complications
6. Mothers on certain drugs where breast feeding is contraindicated

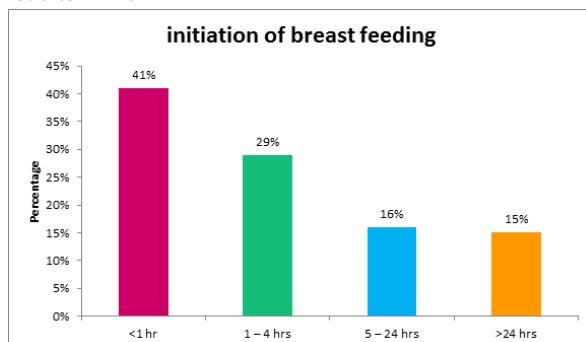
#### OBSERVATIONS AND RESULTS

**Table 1: Distribution of mothers according to initiation of breast feeding**

Initiation of breast feeding	Frequency	Percentage
<1 hr	86	40.95%
1 – 4 hrs	60	28.57%
5 – 24 hrs	33	15.71%
>24 hrs	31	14.76%
Total	210	100.00%

Only 40.95% of mothers had initiated breast feeding within 1 hour of delivery followed by

28.75% fed within 1 – 4 hrs 15.71% fed within 5 – 24 hrs and 14.76% fed after 24 hrs



**Table2: Distribution of mothers according to reasons for not initiating breast feeding within 1 hr of birth**

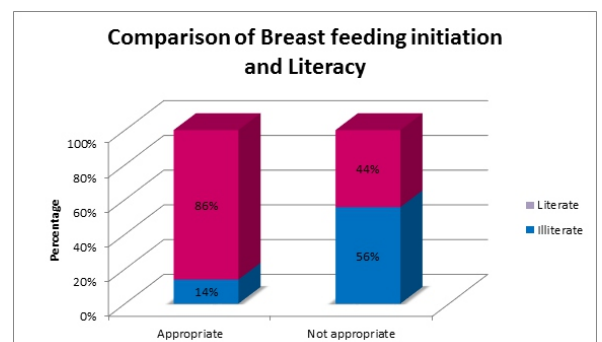
Reasons	Frequency	Percentage
No milk secretion	26	20.97%
Religious belief	23	18.55%
Difficulty in sucking	20	16.13%
Maternal surgery	34	27.42%
Did not know	21	16.94%
Total	124	100%

Among 210 mothers, 124 mothers did not initiated breast feeding within 1 hour of delivery and among them, the reasons found that no milk secretion in 20.97%, religious belief in 18.55%, difficulty in sucking in 16.13%, maternal surgery in 27.42% and unknown reasons in 16.94% of mothers

**Table3: Relation between literacy and appropriate initiation of breast feeding**

Literacy	Breast feeding initiation		Total	
	Appropriate	Not appropriate		
Illiterate	23 13.9%	25 55.6%	48	22.9%
Literate	142 86.1%	20 44.4%	162	77.1%
Total	165	45 100%	210	100%

chi square = 34.728\*\*\* df = 1 p < 0.0001

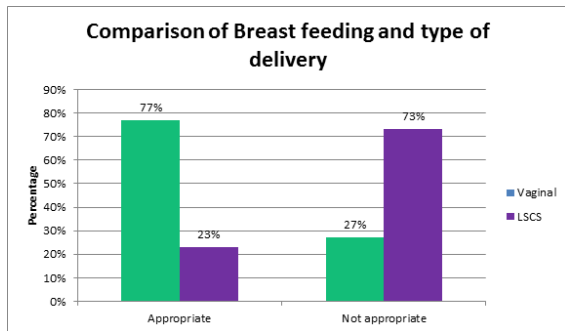


Among 210 study subjects, 165 mothers initiated breast feeding appropriately (within 1 hr in case of vaginal delivery and 4 hrs in LSCS). Appropriate breast feeding initiation was high among literates (86.1%) compared to illiterates (13.9%) and this difference was found to be statistically significant with P value < 0.0001, chi square 34.72 and DF as 1.

**Table4: Relation between type of delivery and appropriate initiation of breast feeding**

Type of delivery	Breast feeding initiation				Total	
	Appropriate		Not appropriate			
Vaginal	142	77.2%	7	26.9%	149	71.0%
LSCS	42	22.8%	19	73.1%	61	29.0%
Total	184	100%	26	100%	210	100%

Chi square – 27.9411 df-1 pvalue<0.001



Among those who initiated breast feeding appropriately, 77% of mothers had vaginal delivery compared to 27% of mothers who did not. The proportion of LSCS (73%) was high among mothers who did not initiate breast feeding appropriately and this association was found to be statistically significant with significant P value.

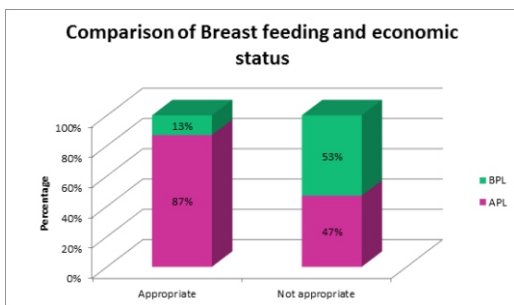
**Table5: Relation between economic status and appropriate initiation of breast feeding**

Economic status	Breast feeding initiation				Total	
	Appropriate		Not appropriate			
APL	156	86.7%	14	46.7%	170	81.0%
BPL	24	13.3%	16	53.3%	40	19.0%
Total	180	100%	30	100%	210	100%

Chi square – 26.821df-1 p value<0.001

The proportion of APL 81%) was high among mothers who did not initiate breast feeding appropriately and this association was found to be statistically significant.

**Table6:**



**Table6: Relation between gender of children and appropriate initiation of breast feeding**

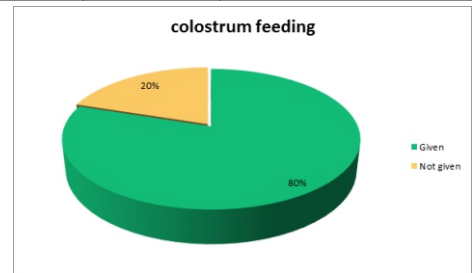
Gender	Breast feeding initiation				Total	
	Appropriate		Not appropriate			
Male	66	62%	55	53%	121	57.6%
Female	40	38%	49	47%	89	42.4%
Total	106	100%	104	100%	210	100%

Chi square 54.409df-1 p value<0.0021

Appropriate Breast feeding initiation was more common among male children (62%) compared to female children (38%) and this difference was found to be statistically significant with significant p value <0.001, chi square 54.409 and DF-1.

**Table7: Distribution of mothers according to colostrum feeding**

Colostrum	Frequency	Percentage
Given	168	80%
Not given	42	20%
Total	210	100%

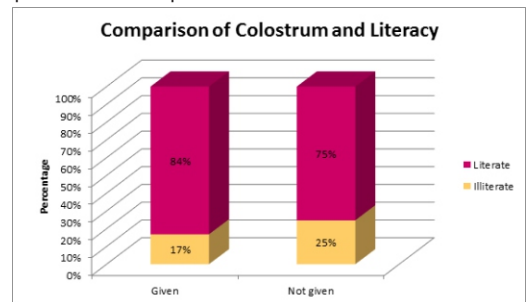


Out of 210 mothers, 80% of mothers had given colostrums to their babies and 20% of mothers did not give colostrum.

**Table 8: Relation between literacy and colostrums feeding**

Literacy	Colostrum				Total	
	Given		Not given			
Illiterate	28	17%	20	24.7%	48	22.9%
Literate	140	84%	22	75.3%	162	77.1%
Total	168	100%	42	100%	210	100%

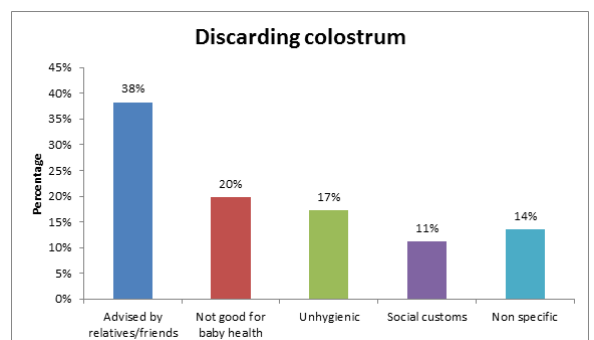
chi square = 0.011 df=1 p=0.42



Among mothers who had given colostrum to their babies, 17% were illiterates and among who did not give, 24.7% were illiterates. This association was not found to be significant with insignificant p value 0.42.

**Table9: Distribution of mothers according to reasons for discarding colostrum**

Reasons	Frequency	Percentage
Advised by relatives/friends	16	38.27%
Not good for baby health	8	19.75%
Unhygienic	7	17.28%
Social customs	5	11.11%
Non specific	6	13.58%
Total	42	100.00%



Among 210 mothers, 42 mothers did not give colostrums to their babies and among them, the reasons found that Advised by relatives/friends in 38%, Not good for baby health in 20%, Unhygienic in 17%, Social customs in 11% and Non specific in 14%.

**Table10: Distribution of mothers according to breast feeding pattern**

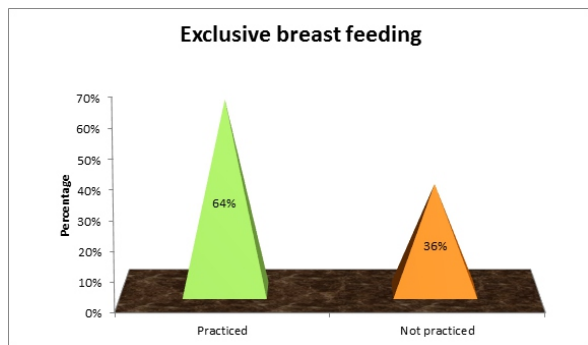
Pattern	Frequency	Percentage
On demand	191	90.95%
Scheduled	19	9.05%
Total	210	100%

Demand feeding was found in 90.95% of mothers

**Table11: Distribution of mothers according to practice of exclusive breast feeding**

Exclusive breast feeding	Frequency	Percentage
Practiced	101	64.33%
Not practiced	56	35.67%
Total	157	100%

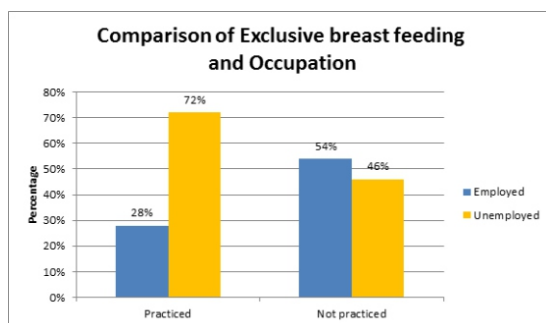
Among 210 children, 157 children age was more than 6 months and among them, exclusive breast feeding was found in 64.3% only



**Table12: Relation between occupation and exclusive breast feeding**

Occupation	Exclusive breast feeding		Total	
	Practiced	Not practiced	Frequency	Percentage
Employed	28	30	58	27.6%
Unemployed	73	26	99	47.1%
Total	101	56	157	75%

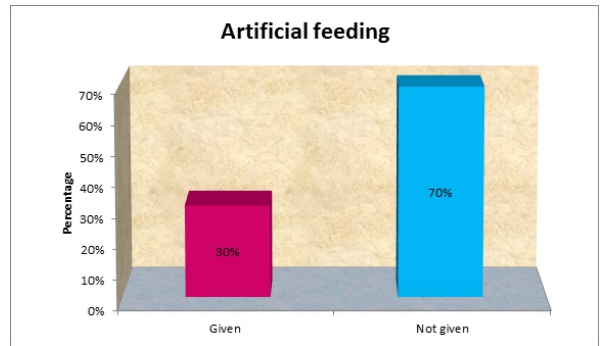
chi square = 10.33 df = 1 p < 0.001



Among exclusive breast fed children 28% of their mothers were employed and among non exclusive breast fed children, 72% of their mothers were unemployed and this difference was statistically significant with significant P value.

**Table13: Distribution of mothers according to artificial feeding**

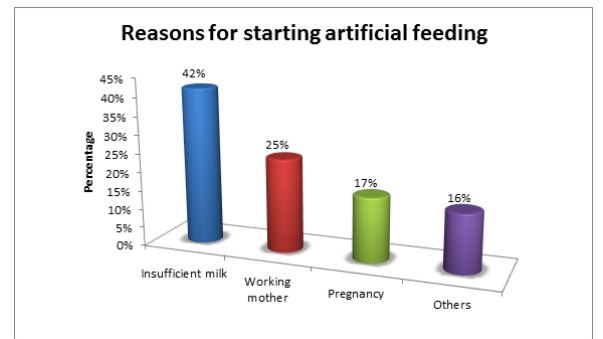
Artificial feeding	Frequency	Percentage
Given	64	30.48%
Not given	146	69.52%
Total	210	100.00%



Among 210 children, 30% of children received artificial feeding

**Table14: Distribution of mothers according to reasons for starting artificial feeding**

Reasons	Frequency	Percentage
Insufficient milk	27	42.19%
Working mother	16	25.00%
Pregnancy	11	17.19%
Others	10	15.63%
Total	64	100%

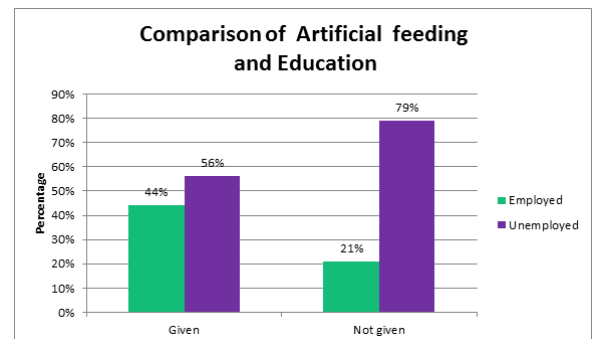


Among 210 children, 64 children received artificial feeding and among them the reasons were Insufficient milk in 42.19%, Working mother in 25.0%, Pregnancy in 17.19% and others in 16%

**Table15: Relation between occupation and artificial feeding**

Occupation	Artificial feeding		Total	
	Given	Not given	Frequency	Percentage
Employed	28	30	58	27.6%
Unemployed	36	116	152	72.4%
Total	64	146	210	100%

chi square = 11.982 df = 1 p < 0.001



Among children who had received artificial feeding 44% of their mothers were employed and 56.3% were unemployed.

Among children who had not received artificial feeding, 20.5% of

their mothers were employed and 79.5% were unemployed

**Table 16: Distribution of mothers according to breast feeding of the baby during illness**

Breast feeding during illness	Frequency	Percentage
Yes	131	62.38%
No	79	37.62%
Total	210	100.00%

In this study, 62.3% of mothers breast fed their babies during illness

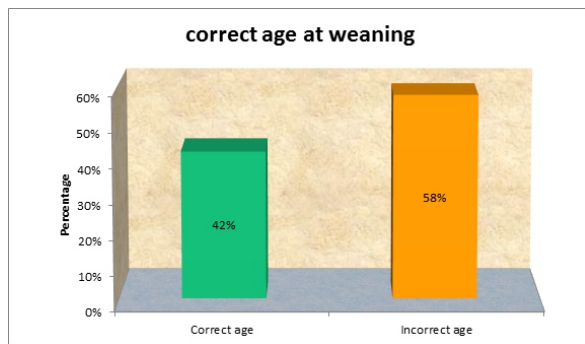
**Table 17: Distribution of children according to their age at weaning**

Wearing	Frequency	Percentage
Less than 6 months	42	24.56%
At 6 months	68	39.77%
More than 6 months	61	35.67%
Total	171	100%

Among study subjects, 24.56% of mothers weaned their children before 6 months, 39.77% at 6 months and 35.67% more than 6 months

**Table 18: Distribution of children according to correct age at weaning**

Wearing	Frequency	Percentage
Correct age	72	42.11%
Incorrect age	99	57.89%
Total	171	100%

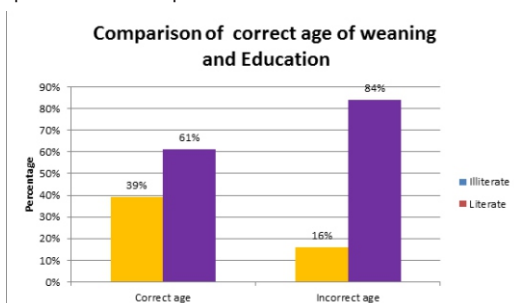


Out of 171 children, only 42.11% of children were weaned at correct age(6 months)

**Table 19: Relation between literacy and correct age of weaning**

Literacy	Weaning		Total	
	Correct age	Incorrect age		
Illiterate	28 38.9%	16 16.2%	44	21.0%
Literate	44 61.1%	83 83.8%	127	60.5%
Total	72 100%	99 100%	171	81%

Chi square – 11.267df-1 pvalue – 0.001



Only 16.2% of illiterate mothers weaned their babies at correct age whereas 38.9% of literate mothers weaned at correct age. This difference was statistically significant

**DISCUSSION**

**ANTENATAL VISITS:**

According to the present study It was observed that 16.7% of mothers had less than 3 antenatal visits and 83.3% had more than 3 visits.

According to the study done by Mansa et al in lucknow 85.5% of the beneficiaries surveyed were found to receive at least three antenatal care services from any health facility. Community health centre was the most common source for such care.

According to the studies done by Neeraj Agarwal et al 80% of the cases received nearly more than 3 visits.

According to the study done by NFHS in 1989-1999 maharashtra only 50% of the women received more than three visits for antenatal check up.

Study done by MESHARAM stated that among 351 mother's 103 (29%) had home delivery and 248(74%) has hospital delivery T. T injection coverage with iron and folic acid coverage:

In this study, 93.3% of mothers had taken complete dose of tetanus toxoid and 6.7% had not taken complete dose. In the present study, 75.2% of mothers had taken more than 100 IFA tablets and 24.8% had taken less than 100 IFA tablets.

According to the study done by Neeraj Agarwal et al 90.6% of the pregnant females had received two doses of tetanus toxoid, 66.8% of mothers. Though IFA was given to majority of the women in the present study, but only 53.1% had received it for three months. 47.5% of the mothers received 100 IFA tablets.

According to NHFS in Maharastra although 85 percent received iron/folic acid (IFA) tablets or syrup, only 72 percent received the recommended three-month course of IFA.

According to the study done by partha prathima et al in the rural areas of India IFA tablet was adequately consumed by 62% mother among the study population, whereas the remaining did not consume the adequate amount of folic acid tablets.

**Place of delivery:**

In this study, 98.0% of mothers had institutional delivery and 2.0% delivered in home.

According to the study done by Geeta S. Pardeshi, in the rural district of maharashtra according to the The National Rural Health Mission in 2009 Nearly 69% of the total number of deliveries (n=2,211) in 2008-2009 in rural and were conducted in ins-titutions whereas the remaining were conducted at home . The percentage of home deliveries conducted with an assisted by health personnel was 7% in 2005 and only 2% in 2009 as most of the mother's were aware of institutional deliveries.

**Prelacteal feeds:**

Among 210 children, 24% of children received pre lacteal feeds and 76% did not receive any prelacteal feeds.The common prelacteal feeds given were as follows: Sugar water (34.1%) was the most common pre lacteal feed followed by honey(31.2%),animal milk(23.6%), tinned milk(6.9%) and castor(4.2%) given to children.

According to the study done by . Misgan Legesse et al out of 623 mother's 242 mother's reported giving prelacteal feeds to their children.

According to the studies done by Kingsley E et al in Nigeria Of the

6416 , 3727 infants were provided with prelacteal foods by the mother's.

Studies done by MESHARAM showed that 44% of the children were given prelacteal feeds of which honey was given in 25% of the cases, glucose water was given in 9% of the cases, cow's/buffalo milk was given in 7% of the cases.

According to the study done by Malini et al a preparation of jaggery called 'gur ghutti' was the most popular pre-lacteal feed first feeding 'Janam Ghunti' was given to neonates with the belief that it helps to prevent stomach disorder, dehydration and acts as a tonic.

A Study done was done by Manal et al done in the kingdom Saudi Arabia. In this study two groups of people were taken. Among them 60% gave glucose water as a prelacteal feed in group I and 61% of the cases gave glucose water as a prelacteal feed in the second group II.

According to studies done by B. Dakshayani et. al in 2008 in Mysore, study done among Hakkipikkis tribal population, 40% of them gave pre lacteals.

In a study done by Deeksha Sharam et. al 2 in rural Rajasthan, jaggery water was the commonly given prelacteal feed in 65% and tea was given in 30% of cases.

#### INITIATION OF BREAST FEEDING:

In the present study only 40.95% of mothers had initiated breast feeding within 1 hour of delivery followed by 28.75% fed within 1 – 4 hrs 15.71% fed within 5 – 24 hrs and 14.76% fed after 24 hrs.

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