



## TO ASSESS KNOWLEDGE, ATTITUDE AND PRACTICES PERTAINING TO BREAST-FEEDING AMONG LACTATING MOTHERS IN URBAN HEALTH TRAINING CENTRE. KATIHAR MEDICAL COLLEGE KATIHAR.

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### ABSTRACT

**Introduction:** Breast-feeding is one of the most important determinants of child survival birth spacing and prevent the infections of child birth. In view of exclusive breast-feeding psychosocial and cultural barriers still exists.

**Aims And Objectives:** To access knowledge attitude and practices of Breast-feeding among lactating mothers of urban areas.

**Material & Methods:** A cross- sectional study was conducted among 105 lactating mothers having children of 0-2 years age between Aug 2019-Sep2019 in UHTC of KMCH, Katihar Data were collected and analyzed.

**Result:-** Knowledge of breast-feeding within half an hour of birth and frequency of breastfeeding per day was not adequate. Practices of exclusive breast-feeding till six months of age was also very poor in urban populations.

**Conclusion:-** There is a lot of gap is breast feeding practices in literate and illiterate women in urban areas Breast-feeding discontinued when baby becomes ill. This study shows all those lacunae which can be converted to enhance the breastfeeding practices to reduce child mortality.

**KEYWORDS :** Knowledge, Breast-Feeding, Attitude, Practice

### INTRODUCTION

Breast-feeding in India is almost universal psychosocial and cultural barriers still exists to early breast-feeding. The exact reasons for this delay are not clearly known. Despite the well-recognized effectiveness of exclusive breast-feeding for the first 6 months of an infant life for reducing infant mortality adherence to this practice is not widespread in the developing world. Hence, we conducted this study to assess and evaluate breast-feeding knowledge, attitude and practices and the factors influencing them among women. Promotion of exclusive Breast-feeding practices for the first 6 month of an infant's life is one of the most effective interventions for reducing infant morbidity and mortality in resource-constrained setting<sup>(1)</sup>. It is estimated that a breast-fed baby is 14 times less likely to die from diarrhoea, 4 times less likely to die from respiratory disease and 2.5 times less likely to die from other infections than a non-breast-fed infant. The WHO recommends exclusive breast-feeding for the first 6 months of life<sup>(2,3)</sup>. Numerous studies have shown the advantages of exclusive breast feeding for growth, immunity and prevention of illness in young infants<sup>(4,5,6)</sup>. Conversely, several studies have associated lack of exclusive breast feeding with high infant mortality & morbidity from malnutrition and infections<sup>(7,8)</sup>. Despite the well recognized importance of exclusive breast-feeding, this practice is not widespread in the developing world and the increase at the global level is very modest-with much room for improvement<sup>(9,10)</sup>.

According to National Family Health survey – 3 report, even though the percentage of institutional deliveries are high (90%), the percentage of children who received breast-feeding in one hour was just 52%. This signifies poor implementation of breast-feeding policies in health care settings and also signifies the missed opportunity to educate the mother and her relatives about the importance of exclusive breast feeding. In the settings, where the practices of institutional delivery is high. The staff of health care facility should ensure education of the mother's regarding exclusive breast feeding positioning and attachment of infants to the breast before discharge from the health care facility. At the village level village health nutrition day can be utilized for health education of future mothers and support for breast-feeding mothers<sup>(12)</sup>. To achieve this, staff of the health care

facility should be educated and trained in the importance of exclusive breast-feeding, positioning and attachment of breast.

### OBJECTIVES

To assess knowledge, attitude and practices of breast-feeding among lactating mothers of urban area.

### MATERIAL AND METHODS

Across sectional study performed at urban health training centre Sharifganj of Katihar Medical College, Katihar Bihar, study was done between August 2019 to September 2019. A pre-designed, pre-tested study schedule in the form of structured questionnaire was used for collecting data. In this study schedule, both open and close ended questions were kept, privacy of the individuals was maintained and consent of the mothers was also taken before including them in the study. Those mothers who accepted were included and those who denied were excluded.

### Sample Size-

A total of 105 mothers of children between 0-2 years of age attending urban health centre of Katihar Medical College, Katihar for immunization of their children were selected during the study period.

They were provided printed structured questionnaire containing questions regarding best food for the baby time of initiation of breast-feeding after birth, importance & knowledge about colostrums, prelacteal feeds, frequency of breast-feeding per day duration of exclusive breast-feeding, status of breast feeding in baby's illness, and duration of breast-feeding structured questionnaire also covered demographic variables that included mother's age mother's education, father's education mother's employment status, total family income family's size, mode of delivery, gender of last child, history of neonatal hospitalization, number of children and religion of mothers and fathers.

Position of the baby during breast feeding and attachment of the baby's mouth to the breast were assessed by direct observation while feeding. Breast feeding knowledge of the mother was evaluated.

**Criteria Of Selection Of Participants****Inclusion Criteria**

1. Mothers with child less than two years age group
2. Information cm sent to participate in study

**Exclusion Criteria**

1. Known HIV positive
2. Known Care of tuberculosis
3. Taking any anti cancer drug
4. Non lactating mothers

**Statistical Analysis**

Data were primarily analyzed descriptively and then the observations in this study were compiled this was done in percentage proposition compared with chi- square test.

**RESULTS-**

Among 105 lactating mothers 100 percentage knew that mothers milk is the best food for the baby 71.3 percent of the mothers were having knowledge that breast feeding should be initiated within ½ hours of birth. Most of the mothers among them (51.2%) initiated breast feeding with in ½ hr. of birth 31% initiated with 4 hr. 4.7 % in then 12 hrs. and 7.8 % with 24 hrs. 73.6 % of the mothers believed that colostrums increases the immunity and 81.3 % were of offering colostrums to the baby.

Those Who were not offering colostrum to their baby were mainly due to their belief that either it is harmful for the baby or baby can not digest it easily. 71.3 of the mothers were not offering prelacteal feed to the baby while 28.7% of them were giving them, either in the form of honey, water or cow milk. Frequency of breast-feeding per day in this study were 6-9 times in 38.8% of the mothers, 1-5 times in 31.0%, 10-12 times in 26.4% and more than 12 times in 3.9% of the mothers 86.8% of the mothers were having knowledge that exclusive breast feeding should be given up to 6 months, 0.8 % of the mothers were giving exclusive breast feeding for 1-2 months, 7.8% for 2-4 Months, 34.1 % for 4-6 months & 43.4% for more than 6 months duration, 82.2% of the mothers continued breast feeding, if baby become ill, 8.5 decreased the frequency of breast-feeding and 9.3 % of them stopped breast feeding most of the mothers among them believed that breast feeding should be continued for up to 2 years of age.

**DISCUSSION-**

Practice of infant feeding A Global evidence based public health resolution recommends exclusive breast feeding for the 6 months of life and continued breast feeding to 2 years of age and beyond<sup>(13)</sup>. In low resource countries, the prevalence of exclusive breast feeding at 6 month is generally low and varies from 09%<sup>(14)</sup> to 39%<sup>(15)</sup> The sizeable gap between breast-feeding practice in developing countries and international recommendation indicate that more attention should be given to the promotion of exclusive breast feeding.

Exclusive breast feeding promotion therefore has become a global health priority with maximum impact on both maternal and child health in developing countries.

Knowledge and attitudes towards breast feeding even though most urban mothers regarded breast feeding as the best for their babies knowledge about the benefits of breast feeding and hazards of infant formula feeding was very low.

**CONCLUSION**

This study showed a lack of understanding of the importance of breast feeding and poor adherence to exclusive breast feeding for the first 6 months post partum among rural mothers also, the knowledge and practices of early breast feeding were suboptimal among the mothers in this urban area of sharifganj Katihar. A lot of gap is seen between literate and illiterate mothers in breast feeding practices which need to be

changed. The positive changing trends are seen in aspects of colostrums feeding.

**RESOMMENDATION-**

As exclusive breast feeding promotions improve infant survival, more attention in health planning should be given to its promotion. In particular breast feeding promotion should target the large Proportion of women, who have missed formal education about infant feeding in school. Greater emphasis should be given at children's and antenatal clinics to educate mothers about the importance of exclusive breast for the first 6 months of their infants life, the advantages of breast feeding and potential hazards of feeding a baby with infant formula. Also, research & public health efforts like one to one "Breast feeding counseling and health education on nutrition" to the mother by health workers should be promoted. Breast feeding counseling with emphasis on correct technique can improve the exclusive breast feeding rates. There is a need to awareness programs regarding breast feeding in this area. To improve the rates of full breast feeding specific information about the beliefs & practices that influence this outcome is needed.

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