



A STUDY TO ASSESS THE KNOWLEDGE ON BREAST FEEDING AMONG PRIMI POSTNATAL MOTHERS

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ABSTRACT

The primary aim of the study was to assess the knowledge on breast feeding among primi postnatal mothers. The research approach adopted for the study was quantitative research approach and the design was descriptive research design, which is a non experimental research design. This design judges the level of knowledge on breast feeding among primi postnatal mothers. The tool used was a questionnaire for demographic variables. Convenient sampling technique was used to select 30 subjects. The study results show that, Knowledge on breast feeding shows that, a majority (63.66%) of the samples had adequate knowledge. The study concluded that, there is an association between the knowledge on breastfeeding among primi postnatal mothers and their selected demographic variables such education, occupation, type of family, source of information.

KEYWORDS : Assess, Breast feeding, Primi postnatal mother

INTRODUCTION

Breastfeeding, also known as nursing, is the feeding of babies and young children with milk from a woman's breast. Health professionals recommend that breastfeeding begin within the first hour of a baby's life and continue as often and as much as the baby wants. During the first few weeks of life babies may nurse roughly every two to three hours and the duration of a feeding is usually ten to fifteen minutes on each breast.

The 10th five year plan of Government of India (2003-2007) had set a target to increase exclusive breast feeding rate to 80% during first 6 months from the current level of around 40.5% and increased rate initiation of breast feeding within one hour to 50% from the current level of about 15% and increased rate of complementary feeding from 33.5% to 75% to reduce infant and childhood mortality and improve health and development of infants and young children.

A study was conducted in 30 primigravida mothers to assess their knowledge among breast feeding in Ahmadabad, Gujarat. A knowledge check list were used as tools. The findings revealed a significant gain in knowledge and practice in mothers who are exposed to a significant programme. This study was helpful for the investigator to construct the observation schedule and in designing research methodology to present the study.

Hence the researcher felt the need to assess the level of knowledge on breast feeding among primi postnatal mothers.

MATERIALS AND METHODS

The research approach selected for the study is quantitative research approach and the design selected for the study is descriptive research design. This study was conducted in the postnatal ward at Taluk headquarters hospital, parassala. The sample of the study comprises of 30 primi postnatal mothers. Convenient sampling technique is used for the study. Written permission will be obtained from the concerned authority of the Taluk headquarters hospital at parassala, and assent will be obtained from the primi postnatal mothers. Convenient sampling technique will be used to select 30 subjects. The investigator will introduce herself to the participants and objectives of the study will be explained to them. The self administered questionnaire will be distributed to the primi postnatal mothers to identify the knowledge on breast feeding among primi postnatal mothers. The data obtained were analyzed by using descriptive and inferential statistics.

RESULTS

Section 1: A questionnaire for demographic variables

- With regards to age in years, a majority (66.6%) of primi postnatal mothers were in the age group of 23-26 years.
- With regard to education, a majority (56.6%) of primi postnatal mothers had secondary to higher secondary education.
- With regards to occupation, a majority (80%) of primi postnatal mothers were home makers.
- With regards to type of family, a majority (73.3%) of primi postnatal mothers belongs to nuclear family.
- With regards to monthly income, a majority (70%) of primi postnatal mothers had monthly income of above 3000 rupees.
- In regard to religion, a majority (60%) of primi postnatal mothers were Hindu.
- With regard to living area, a majority (66.7%) of primi postnatal mothers were living in rural area.
- With regard to source of information, a majority (80%) of primi postnatal mothers received information from relatives and friends.

Section: 2 knowledge on breast feeding among primi postnatal mothers

- Knowledge on breast feeding shows that, a majority (63.66%) of the samples had adequate knowledge.

Section 3: Association between the knowledge on breast feeding among primi postnatal mothers and their selected demographic variables.

- The obtained value of demographic variables such as education, occupation, type of family, source of information were higher than the table value. The calculated chi-square value is 5.45 which is significant at <0.05 level.

DISCUSSION

Percentage distribution was used to determine the distribution of samples according to the demographic variables. Chi-square test was used to find out the association between the level of knowledge on breast feeding and their selected demographic variables. The association between the knowledge on breast feeding among primi postnatal mothers and their selected demographic variables was analyzed by using chi-square test. It reveals that there is an association between the knowledge on breastfeeding among primi postnatal mothers and their selected demographic variables such education, occupation, type of family, source of information.

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