



## Practices of Mothers on Infant Feeding in Slum and Urban Area of Agra District

### KEYWORDS

Breast feeding, Infant feeding, Practices, Supplementary feeding,

**Ankita Gupta**

**Ritu Sharma**

Department of Food and Nutrition, Institute of Home Science, Dr. B. R. Ambedkar University, Khandari Agra.

Department of Food and Nutrition, Institute of Home Science, Dr. B. R. Ambedkar University, Khandari Agra.

**ABSTRACT** *Childhood is the crucial period of life span. The nutrition provided in this period affects the overall growth and development of child. Breastfeeding is the safest, least allergic infant feeding method. It has nutritional, immunological, behavioral and economic benefits and also provides desirable mother infant bonding. The current study was designed to explore the Practices of mothers towards infant feeding. This study was carried out in slum and urban area of Agra District. 200 mothers were selected from Agra district. 100 samples belonged to slum area and 100 samples belonged to urban area respectively. An "Interview Schedule" was used to collect all necessary information regarding the practices of mothers on infant feeding. The data was collected, tabulated and analyzed. 67.0% said breast milk is given in an interval of 20 minute in each breast and remaining 33.0% were negative in their answers. 81.5% said burping should be done after each feed and remaining 18.5% did not give positive answer.*

### Introduction

Breastfeeding is one of the most important determinants of child survival, birth spacing and prevention of childhood infection. The beneficial effects of breastfeeding depend on the initiation of breastfeeding, its duration and the age at which the breastfed child is weaned. All infants should be fed exclusively on breast milk from birth to six month of age, and thereafter, while receiving appropriate and adequate complementary food, breastfeeding should continue up to two years of age or beyond.

BPNI suggest that infant aged (0-5) months who are not breastfed have seven fold and five-fold increased risk of death from diarrhea compared with infants who are exclusively breastfed. At the same age, non-exclusive breastfeeding result in more than two fold increased risk of dying from diarrhea. Infant age 6-11 month who are not breast fed also have an increased risk of such death.

### Material and Method

The present study was conducted to observe the practices, regarding infant feeding among the mother belonging to Slum and Urban Area in Agra. The total sample size was 200, 100 from selected slum and 100 from urban which was calculated using the appropriate formula of the sample size calculation at the 95% confidence interval, 50% proportion and 5% of margin of error. Two stage cluster sampling was used for present work. In first phase we have identified slum and urban area as cluster and in second phase of the study the first household was selected randomly. An "Interview Schedule" was used to collect all necessary information regarding the practices of mothers on infant feeding.

Before administering the interview schedule on a larger population, a pilot study was carried out on 30 Subjects in order to assess their effectiveness. Further, the schedule was sensitive in selecting the exact information and was found to be valid, selected tools are found suitable and reliable for the present study. Validity and reliability was found to be 0.7% and 0.8% respectively. So schedule was found suitable for the present study. After collecting the required information from the subjects, the schedules were coded numerically and data were classified into simple

and complex tables. The data was analyzed by applying percentage, mean, and test of significance (Students t-test) and chi-square for drawing the conclusion.

### Result and Discussion

#### Area wise distribution of mothers according to demographic variables:

The distribution according to demographic variables like age of mother, religion of mothers, religion of mother, type of family, education, occupation of mother, type of food and sex of infant. The result has been illustrated in table no. 1 & 2 and figure no. 1.

Out of total 200 mothers, majority of them 60.5% belonged to 18-25 years age group, followed by 29.5% belonging to age group of 26-30 years and remaining 10.0% belonged to 31-35 years age group. Among the mothers of slum areas 70.0% belonged to 18-25 years age group, followed by 26.0% belonging to age group of 26-30 years and remaining 4.0% belonged to 31-35 years age group respectively. Among the mothers of urban areas 51.0% belonged to 18-25 years age group, followed by 33.0% belonging to age group of 26-30 years and remaining 16.0% belonged to 31-35 years age group.

**Table 1. : Area wise distribution of mothers according to age of mother (N=200)**

S. No	Parameters	Category	No. & Percent	Slum (100)	Urban (100)	Total (200)	Chi-square
1	Age of mother	18-25 years	Number Percent	70 70.0	51 51.0	121 60.5	
		26-30 years	Number Percent	26 26.0	33 33.0	59 29.5	
		31-35 years	Number Percent	4 4.0	16 16.0	20 10.0	
		36 and above	Number Percent	0 0.0	0 0.0	0 0.0	

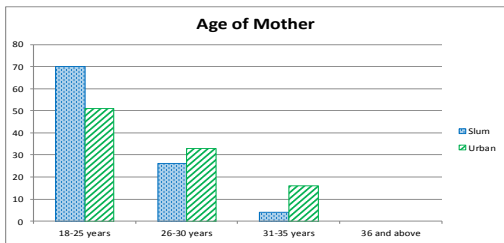


Fig- 1

Figure 1 illustrates the distribution of mothers in slum and urban area according to their age. Maximum respondents were in the age group of 18-25 years.

Table 2. : Area wise distribution of mothers according to occupation mother (N=200)

Occupation of mother	House-wife	Number	72	55	127
		Percent	72.0	55.0	63.5
Private sector	Number	17	28	45	
	Percent	17.0	28.0	22.5	
Government sector	Number	0	17	17	
	Percent	0.0	17.0	8.5	
Labour	Number	11	1	12	
	Percent	11.0	1.0	6.0	

30.92 (S), p<0.05

63.5% mothers were housewives followed by 22.5 were working in private sectors and remaining 8.5% were in government sector and 6.0% were labours. In slum area, majority of them, 72.0% were housewives followed by 17.0 were in private sectors and remaining 11.0% were labours. Among the mothers of urban area, majority of them 55.0% were housewives followed by 28.0 were in private sectors and remaining 17.0% were in government sector and 1.0% were labours.

Significant association was observed between occupation of mother with the mothers of slum and urban areas.

**Area wise distribution of mothers according to practices about infant feeding:**

Out of 200 mothers, majority of them 67.0% breast milk is given in an interval of 20 minute in each breast and remaining 33.0% were negative in their answers. Among the mothers of slum area, the majority of them 54.0% said breast milk is given in an interval of 20 minute in each breast and remaining 46.0% were negative in their answers. Among the mothers of urban area, the majority of them 67.0% breast milk is given in an interval of 20 minute in each breast and remaining 33.0% were negative in their answers.

Significant association was observed between breast milk is given in an interval of 20 minute in each breast and the mothers of slum and urban areas.

Table 3. : Area wise distribution of mothers according to practices of mothers regarding infant feeding(N=200)

S. No	Parameterss	Category	Slum (100)	Slum %	Urban (100)	Urban %	Total (200)	Total %	Chi-square
1	During breastfeeding mother should maintain eye to eye contact with the baby	No	37	37.0	13	13.0	50	50.0	15.36 (S), p<0.05
		Yes	63	63.0	87	87.0	150	75.0	
2	Breastfeeding is given in an interval of 20 minutes	No	46	46.0	20	20.0	66	33.0	15.28 (S), p<0.05
		Yes	54	54.0	80	80.0	134	67.0	
3	Burping should be done after each breast	No	11	11.0	6	6.0	17	8.5	1.61 (NS), p>0.05
		Yes	89		94		183	91.5	
4	Taking juices or milk before breastfeeding	No	33		25		58	29.0	1.55(NS), p>0.05
		Yes	67		75		142	71.0	
5	Wash breast with water before breastfeeding	No	37		15		52	26.0	12.57(S) , p<0.05
		Yes	63		85		148	74.0	

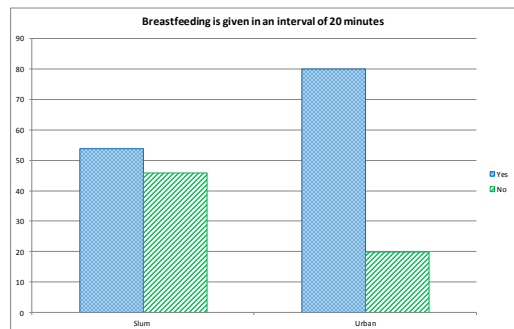


Fig- 2

Figure 2 illustrates the distribution of mothers in slum and urban area according to breastfeeding is given in an interval of 20 minutes. Maximum respondents were positive.

**Area wise distribution of mothers according to practices about infant feeding:**

71.0% mothers out of 200 were positive in their answer about taking milk or fruit juices before breastfeeding and remaining 29.0% were negative in their answers. Among the mothers of slum areas, 67.0% were positive in their answer and remaining 33.0% was negative in their answers about taking milk or fruit juices before breastfeeding. Among the mothers of urban areas, majority of them i.e. 71.0% were positive in their answer and remaining 29.0%

were negative in their answers.

No significant association was observed between taking fruit juice or milk before breastfeeding with the mothers of slum and urban areas.

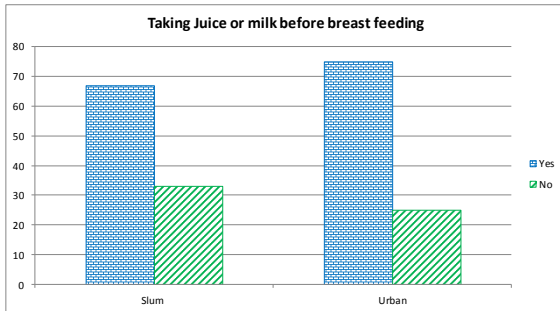


Fig- 3

Figure 3 illustrates the distribution of mothers in slum and urban area according to taking juice or milk before breast feeding. Maximum respondents were positive.

### Conclusion

Thus it can be concluded from the results that 64.5% mothers kept the baby awake while breastfeeding, 33.5% mothers made the baby sleep. Among the mothers of slum area 65.0% were positive and remaining, 35.0% were negative in their answers. In urban area majority of them i.e. 64.0% mothers were positive in answer and remaining 36.0% mothers were negative in their answer. 78.0% mothers answered no and 22.0% answered yes about taking the baby for bath after breast feeding.

### REFERENCE

- Binns, et al (2006): Exclusive Breastfeeding for first six months, Arts Publisher, 7-10. | Government of India Commitment (2013): "Enhancing Optimal Infant and Young Child Feeding Practices." National Rural Health Mission (NRHM) guidelines 2013; Ministry of Health and Family Welfare. | Joseph N. et al (2013): infant feeding practices in south India: A longitudinal study. J Fam Med Primary Care 2013; 2:37-43 | Jha D.N. (2013) Breastfeeding: World's most effective, inexpensive life-saver. TNN Aug/3/2013. | Joseph N. et al (2013): infant feeding practices in south India: A longitudinal study. J Fam Med Primary Care 2013; 2:37-43 | Pant I. and Chothia K. (2002): Springer Link –Journal Article.<http://www.springerlink.com/content/833776v837m53505> | Webster, M (1985): Webster's ninth new collegiate dictionary. Meriam-Webster Inc. | West Bengal: Infant and young child feeding practices in Bankura District. | Yadla V.L. et al (1999-2000): Reference book for UGC National Eligibility Test-JRF/Lectureship, Bibliography and Literature Survey, Review the literature, page no.218, Kalyani Publishers. |