



A CROSS SECTIONAL STUDY TO ASSESS THE SOCIO – CULTURAL BELIEFS INFLUENCING BREASTFEEDING PRACTICES AMONG PRIMI POSTNATAL MOTHER'S VISITING SELECTED IMMUNIZATION CLINIC IN, INDORE

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ABSTRACT **Back ground:** Breast milk is nature's most precious gift to the new born, and equivalent of which is yet to be innovated by the scientific community despite tremendous advance in science and technology Breast milk full of species specific anti -infective factors act as the first vaccination for babies to prevent disease. Breast feeding provides most suitable nutrition for infants and protects them against infections, allergies and. The purpose of this study was to investigate the Socio – cultural beliefs influencing breastfeeding practices among primi postnatal mother's

Objectives: 1. To assess the socio-cultural beliefs influencing breastfeeding practices among primi postnatal mothers. 2. To find out the association between socio-cultural beliefs in breast feeding practices among primi postnatal mothers with their selected socio-demographic variables

Methodology: A descriptive study design was used to achieve the objectives of the study. The study was conducted with 50 postnatal mothers from selected area. Purposive sample technique was adopted to select the sample. The data was collected with a self modified likert type belief scale. The data obtained would be analyzed by both descriptive and inferential statistics.

Results: The findings shows that none of the postnatal mothers had positive belief towards breast feeding practice were as 39(78%) of them had neutral belief and 11(22%) of postnatal mothers had negative socio cultural beliefs on breast feeding practices. Demographic factors like monthly income the calculated value are higher than table value so it was found as significant at 0.05 levels. All other was found as not significant at 0.05

KEYWORDS : Socio-cultural beliefs , Breastfeeding practices, Primi postnatal mothers

INTRODUCTION

Scientific research studies conducted during the last three decades have clearly proved that breastfeeding provides the most suitable nutrition for infants and protects them against infections, allergies and asthma. It is an integral part of the reproductive process and its effect on child spacing, family health, family and national economy and food production is well recognized. These beneficial properties of breast milk though known to mankind for centuries, have been established scientifically during the last few decades. This study is needed to do to assess now a day's also about socio cultural beliefs till staying in some areas hindering breast feeding practices.

Problem Statement

A Cross sectional study to assess the Socio – Cultural Beliefs influencing Breastfeeding practices among Primi postnatal mother's visiting Selected Immunization Clinic Indore

Objectives

1. To assess the sociocultural beliefs influencing breastfeeding practices among primi postnatal mothers.
2. To find out the association between sociocultural beliefs in breast feeding practices among primi postnatal mothers with their selected sociodemographic variables.

Assumptions

1. Postnatal mothers will have different socio cultural beliefs for breast feeding practices.

Hypothesis

H0 -There is no association between socio cultural beliefs influencing breastfeeding practices among primi postnatal mothers with their selected socio-demographic variables.

Delimitation of the study

- The mothers who are not interested to participate in the study

Limitation of the study

1. postnatal The study limited to primi postnatal mothers up to 6 month of postnatal period
2. The research is limited only to primi postnatal mothers of selected area.
3. The study is limited to mothers who are visiting immunization clinic in selected hospital

Review of Literature

An extensive review of literature has been done and it is organized according to the following headings

1. Review of literature related to breast feeding practices.
2. Review related to socio cultural beliefs regarding breastfeeding practices

Research Methodology

Descriptive study design was used to achieve the objectives of the study. Selected Immunization Clinic Indore

Target population: The term postnatal mother's attending selected immunization clinic in Indore is used as the target population in the study.: The term accessible population The accessible population for the study compresses of the term Primi postnatal mothers who are attending selected immunization clinic in Indore .According to inclusive and exclusive criteria approximately 50 primi postnatal mothers were selected as the accessible population for this study.

Inclusion criteria

1. Primi postnatal mother's who are willing to participate in the present study.
2. Primi mothers who are in first 6th month of postnatal period
3. Primi mothers who are in breast feeding.

Exclusive criteria

1. Primi postnatal mothers who are not co-operating with data collection.
2. Primi postnatal mothers who are beyond 6 month of postnatal period .

Data Collection Tool: The tool consists of 4 sections.

A modified Likert type belief scale was prepared to assess the Socio-cultural beliefs influencing breastfeeding practices.

The tool consist of Two sections

Section I :- Socio demographic tools

Section II :- Modified Likert Type Belief Scale

Section I:- Socio demographic tool

This section consist of 7 items related to socio demographic data which include Age, caste, type of family, monthly income, occupation, educational status, sources of information

Section II:- Modified Likert Type Belief Scale

It consists of 3 points Likert type Belief Scale to assess the socio cultural beliefs of primi postnatal mothers regarding breast feeding practices. The Likert Type belief scale consists of 10 positive and 10 negative statements

Score

The score was described under 3 points scale A (agree), UC (uncertain), DA (disagree). The scoring of positive statement ranging from Agree-2, Uncertain-1, Disagree-0 and the negative statements ranging from A-0, UC-1, DA-2. The total score of the scale was 40.

Methods of data collection

Formal written permission was obtained from the concerned authority before data collection. A sample of 50 primi postnatal mothers were selected using purposive sampling technique. After explaining the purpose and objectives of the study an informed consents was obtained from the sample. Then investigator personally assessed the socio-demographic data and socio cultural beliefs by using a Likert Type belief scale. The time taken to complete the checklist was 20-30 minute.

RESULT

Distribution of Socio- Demographic Variable

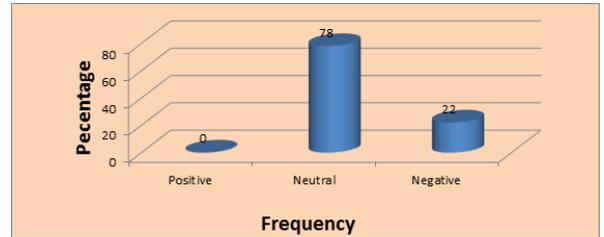
Age show that majority of primi postnatal mothers 32(64%) were in the age group of 18-22 years;. With regards to religion shows that in relation to the religion 37(74.0%) belong to Hindu; Family show that majority of primi postnatal mothers 30(60%) were in the joint family

Frequency and percentage distribution of aspect wise, positive socio cultural beliefs on breast feeding practices among primi postnatal mothers.

Sl No.	Statement	Agree		Uncertain		Disagree	
		N	%	N	%	N	%
1	Breastfeeding will help in the physical and intellectual development of the baby.	15	30	33	66	2	4
2	Breastfeeding should start immediately after birth.	32	64	15	30	3	6
3	Breast milk is the cheapest and best natural feed for her baby	32	64	14	28	4	8
4	The mother should feed 2-3 hourly even though baby is not demanding	24	48	18	36	8	16
5	Exclusive breastfeeding baby has less chances of developing malnutrition	22	44	20	40	8	16
6	The mother can feed her baby even if she have upper respiratory infection	24	48	20	40	6	12
7	Breastfeeding will promote the close physical and emotional bondage with mother and baby	17	34	31	62	2	4
8	The mother should clean her breast before every lactation.	30	60	14	28	6	12
9	Milk and green vegetables must be added in mother diet during her lactation.	28	56	17	34	5	10
10	The mother should not start weaning before 6 month as her breast milk is enough to fulfill the nutritional needs of her baby	31	62	15	30	4	8

family.20(60 %) of the respondents were in nuclear family; Education show that majority of primi postnatal mothers 27(54%) having primary education.Occupation shows that 35(70%) of the primi postnatal mothers are unemployed. income shows that the majority of the primi postnatal mothers 36(72%) monthly income of the is<5000 rupees.11(22%)of the respondents monthly income is in between 5001-10000 rupees . Source of information shows that in relation with the sources of information the majority 46(92%) of the primi postnatal mothers got information from their parents and family members.

Assessment of socio cultural beliefs on breast feeding practices among primi postnatal mothers.



Mean and SD of socio cultural beliefs on breast feeding practices among primi postnatal mothers

The calculated mean of positive belief is 14.14,with the SD of 2.0.In negative beliefs the calculated mean value is 7.94 with the SD of 2.88 .The over all mean value is 22.08 with the SD of 3.38.

Frequency and percentage distribution of aspect wise, negative socio cultural beliefs on breast feeding practices among primi postnatal mothers.

Sl No.	Statement	Agree		Uncertain		Disagree	
		N	%	N	%	N	%
1	Baby should be given honey or sugar water before starting breastfeeding	16	32	10	20	24	48
2	Colostrum is an unhygienic milk and should not be given to baby	19	38	9	18	22	44
3	Cow milk having more nutritive value than the breast milk.	21	42	20	40	9	18
4	Breastfeeding in front of strangers can cause evil eye that leads to decreased milk production.	30	60	13	26	7	14
5	Using brassieres can decrease breast milk production	16	32	20	40	10	20
6	Breast milk produced from right breast is more watery and has less nutritive value than left.	23	46	21	42	6	12
7	Finger dipped in glucose water rubbed on babies palate is the best method to stimulate sucking reflex.	18	36	25	50	7	14
8	Expressed breast milk will empty the breast and can also leads to decreased milk production	16	32	26	52	8	16
9	women who are breastfeeding can be cursed by menstrual women	26	52	18	36	6	12
10	The mother should discontinue breastfeeding as her baby develop diarrhea	25	50	17	34	8	16

Association between socio cultural beliefs on breast feeding practices among primi postnatal mothers with their selected socio demographic variables

Age χ^2 value is 2.381 and table value is 12.59. In religion χ^2 value is 3.302 and table value is 12.59. In type of family calculated χ^2 value is 0.036 table value is 5.99. In Family monthly income Calculated χ^2 value is 33.50 table values are 9.49. Education of the mother Calculated χ^2 value is 6.049 table value is 12.59. Regarding occupation χ^2 value is 5.799 and table value is 12.59. In Source of information calculated χ^2 value is 1.242 table value is 12.59. Demographic factors like monthly income the calculated value are higher than table value so it was found as significant at 0.05 levels. All other was found as not significant at 0.05

2. The study can be done comparing primi postnatal mothers from different areas of the community.
3. Similar studies can be conducted by using control and experimental group.
4. A experimental study can be conducted by using same sample.

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RECOMMENDATION

1. Study can be replicated using a large number of samples to make it more reliable.