



## KNOWLEDGE & PRACTICE OF BREAST-FEEDING AMONG NEAR TERM ANC MOTHERS OF URBAN HEALTH CENTER : A CROSS-SECTIONAL STUDY

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**ABSTRACT** Inadequate knowledge and practice of breastfeeding may lead to various health problems during infancy. **AIM & OBJECTIVE:** To study the knowledge and practice of breast feeding among near term ANC mothers visiting urban health center. **METHODOLOGY:** A Cross sectional study was carried out in the urban health center among near term ANC mothers visiting urban health center during December - March 2018. **RESULT:** There were 110 near term ANC mothers following the inclusion criteria were included in the study. About 39% and 35% of ANC mothers belonged to the age group of 19-24 years and 25-30 years respectively. Maximum 36% subjects were graduate. Among mothers, 82% were having correct knowledge however 80% had correct practice of exclusive breast feeding (EBF). The association of education of ANC mothers and knowledge of EBF was found to be statistically significant (p value = 0.001), indicating education play key role for knowledge of EBF. **CONCLUSION:** Being educated had positive impact on the EBF knowledge and practice.

**KEYWORDS :** Breastfeeding, EBF, Urban Health Center.

### INTRODUCTION

Breastfeeding is an important public health strategy for improving infant and child morbidity and mortality, improving maternal morbidity. Breastfeeding offers many benefits to nutrients to help infants to grow into strong and healthy toddlers and helping to control health care costs.[1]

The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for 6 months and continued breastfeeding for at least 12 months; thereafter, it can be continued for as long as the mother and the baby desire World Health Organization (WHO) and the United Nation Children's Fund (UNICEF) recommend initiation of breastfeeding within the first hour after birth; exclusively breastfeed for the first six months of age and continuation of breastfeeding for up to two years of age or beyond in addition to adequate complementary foods[2]

Malnutrition is responsible for 60 percent of the 10.9 million deaths that occur annually among children. Well over two thirds of these deaths are directly associated with inappropriate feeding practices and occur during the first year of life. Breastfeeding is the first fundamental right of the child. [3]

In South Asia, only 24% - 26% of babies born in India, Pakistan and Bangladesh are breastfed within 1 hour while the corresponding rate for Sri Lanka is 75% and National Family Health Survey (NFHS-3) data show proper initiation & continuation of breast feeding in children under 6 months is only 46.4%. Breastfeeding offers many potential health and emotional bonding for mother and baby. It is the most complete form of nutrition available to infants. Studies have showed that breast fed babies are more intelligent, improves their academic performance and they become smarter than formula fed babies.[4]

Beyond the benefits that breastfeeding confers to the mother-child relationship, breastfeeding lowers the incidence of many childhood illnesses, such as middle infections, pneumonia, sudden infant death syndrome, diabetes mellitus, malocclusion, and diarrhea [5]

**Aim & Objective** A study the knowledge and practice of breast feeding among near team ANC mother visiting urban health center.

### MATERIAL & METHODOLOGY

A cross sectional study among the near term ANC mothers visiting urban health center was conducted during November – December to march 2018. The sampling method was universal method sampling. Inclusion criteria were near term ANC women who were residing in study area from past 6 months and those willing to participate in the study. Exclusion: primi mothers and Pregnant women < 18 years. Data was collected using pre-structured questionnaire & analyzed using SPSS 20 version. Institutional Ethics Committee approval was obtained for the study.

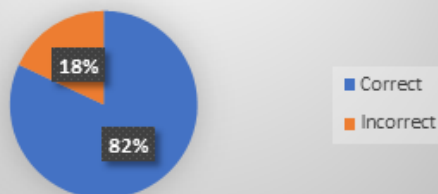
### RESULT

- There were 150 near term ANC mothers attending urban health center for routine checkup of which 40 were primi hence excluded. By universal method sampling total 110 mothers were included in the present study.
- Out of total women 43(39%), 38(35%) and 29(26%) of women were in the age, 19-24 years, 25-30 years and >31years respectively.
- Out of total 110, 29(26%) mothers had joint family, 78(71%) had nuclear and 3(3%) had extended type of family.
- Majority 40(36%) and 38(35%) of ANC mothers were graduated and educated up to higher secondary class respectively. Only 2% of ANC were illiterate.
- In our study 82% of study mothers had correct knowledge of Exclusive breastfeeding respectively.
- In the present study among graduate ANC mothers and those educated up to HSSC and SSC 85 %, 73% and 70% had correct knowledge of exclusive breastfeeding respectively whereas 67 % of illiterate women had incorrect knowledge of exclusive breastfeeding. The association between education and knowledge of exclusive breastfeeding was found to be statistically significant (p=0.001)
- We found that among graduates 80 % of ANC mothers were correctly practicing Exclusive Breastfeeding whereas 72%, 60% and 58 % who were educated up to HSC, SSC and Secondary were having incorrect practice of exclusive breastfeeding respectively. However, among the illiterate only 33.30% were having correct practice. The association between education & practice of exclusive breast feeding was found to be statistically significant (p=0.001)

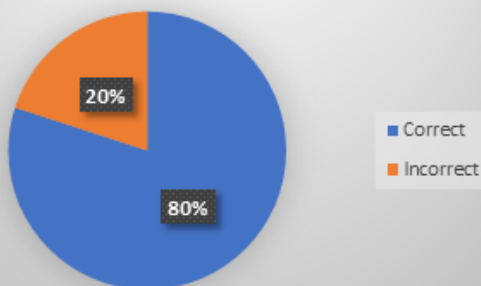
**TABLE 1 : Socio-demographic factors among near term mothers of urban health center.**

Socio-demographic factors	Frequency (n)	%
Age (Years)		
19-24	43	39
25-30	38	35
>30	29	26
Family		
Joint	29	26
Nuclear	78	71
Extended	3	3
Education		
Graduate	40	36
12th	38	35
10th	22	20
Secondary school	08	7
Illiterate	2	2

**Fig.1 Knowledge of exclusive breastfeeding among ANC mothers...**



**Fig.2 Practise of exclusive breastfeeding among ANC mothers excluding primi**



## DISCUSSION

In the present study, "Knowledge & practice of breast-feeding among near term ANC mothers of urban health center" there were 110 mothers following the inclusion criteria. Maximum 39% mothers were between 19-24 years of age. Majority 71% ANC women belonged to nuclear family.

In the study, "knowledge, attitude and practice toward exclusive breast feeding among lactating mothers: descriptive cross sectional study" by Singh et al, there was 31% subjects were between 26-30 years of age group followed by 27% between 21-25 years.<sup>3</sup>

Abroo Bashir et al found that majority (76.5%) of postnatal mothers belongs to 21-30 years age group and maximum (62%) were illiterate.<sup>[6]</sup>

Chavan S et al found that 58.67% mothers were in the age group of 20-24 years and maximum i.e. 40.89% mothers completed their middle school education.<sup>[7]</sup>

In the study by Anindita Maiti et al two hundred and eighty-six mothers were interviewed during the study. Maximum i.e. 35.3% were between age group 21-25 years and about 59.1% of the mothers belong to joint family. Majority 102 (35.66%) had education up to secondary level however 34 (11.89%) were illiterate. <sup>[8]</sup>

In study done by Upadhye JV et al, 88 women (42.30%) were between 21-25 years and 174 women (83.65%) were giving exclusive breast feeding to their babies.<sup>[9]</sup>

Chaudhary RN et al found that majority i.e. 66% mothers were in the age group of 15-25 years whereas 23.5% were practicing exclusive breast feeding.<sup>[12]</sup>

Vyas Shaili et al found that only 5.13% babies were exclusively breastfed till six months.<sup>[13]</sup>

Out of 120 lactating women, maximum women belonged to the age

group of 23 to 27 years (56.7%) maximum of them were from nuclear family (71.7%). Educational characteristics reveal that more than 50% of the population (58.3%) were graduates followed by a total of 10% and 31.7% who had either completed their 10th or 12th standards respectively.<sup>[14]</sup>

In the present study among graduate ANC mothers and those educated up to HSSC and SSC 85%, 73% and 70% had correct knowledge of exclusive breastfeeding respectively whereas 67% of illiterate women had incorrect knowledge of exclusive breastfeeding. The association between education and knowledge of exclusive breastfeeding was found to be statistically significant ( $p=0.001$ )

We found that among graduates 80% of ANC mothers were correctly practicing Exclusive Breastfeeding whereas 72%, 60% and 58% who were educated up to HSC, SSC and Secondary were having incorrect practice of exclusive breastfeeding respectively. However, among the illiterate only 33.30% were having correct practice. The association between education & practice of exclusive breast feeding was found to be statistically significant ( $p=0.001$ )

**CONCLUSION:** In the present study even though 61% subjects had correct knowledge but only 35% were practising it correctly (among multi para). In the present study we found that education plays a key role for having the knowledge of exclusive breast feeding however type of family does not play significant role on the knowledge of exclusive breast feeding.

## DECLARATIONS

**Funding:** No funding sources

**Conflict of interest:** None declared

**Ethical approval:** The study was approved by the Institutional Ethics Committee

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