



KNOWLEDGE AND ATTITUDE OF THIRD TRIMESTER ANTENATAL MOTHERS REGARDING COLOSTRUM FEEDING

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ABSTRACT **OBJECTIVE:** To assess the knowledge and attitude of third trimester antenatal mothers regarding colostrum feeding, at SIMS, Hapur, India. **METHODS:** This was a descriptive study involved antenatal mothers who are in third trimester of their pregnancy. Total 100 antenatal mothers in third trimester were recruited by using non-probability purposive sampling. The data were collected by using knowledge questionnaire and attitude rating scale. The collected data were organised logically and data was analysed by SPSS-22. **RESULTS:** Of the 100 mothers, 78% antenatal mothers are having inadequate knowledge, 20% were having moderate knowledge whereas only 2% of antenatal mothers were having adequate knowledge about colostrum feeding. Most of the subjects 11% had positive attitude towards the colostrum feeding, 6% had negative attitude and 83% had neutral attitude towards colostrum feeding. Analysed data stated that there is positive relationship between knowledge and attitude of antenatal mothers of third trimester regarding colostrum feeding. **CONCLUSION:** More than a quarter mothers don't know about the health benefits of colostrum and their attitude also remain neutral, hence it is important to offer awareness program in form of some literature or counselling during antenatal visits regarding colostrum feeding and its essentiality for the child growth and development.

KEYWORDS : Colostrum Feeding, Third Trimester Antenatal Mother, Knowledge Of Colostrum Feeding, Attitude About Colostrum Feeding.

INTRODUCTION:

Human breast milk is the ideal taking care of for all kids. As per World Health Organization (WHO) ideal breastfeeding incorporates early commencement of breast feeding care of, selective breast feeding care of for half year, incessant feeding care of, constant breast feeding care of for a very long time and increment recurrence of taking care of during sickness. WHO characterizes early commencement of breastfeeding as it is the inception of breast milk feeding care of inside 1 h after conveyance.(1) Colostrum is the primary milk or a clingy white or yellow liquid emitted by the breast during the second half of the pregnancy and for a couple of days (3-4) after birth before the standard breast milk comes. It is a concentrated type of "youthful milk", which is exceptionally high in protein, antibodies, and other defensive parts that are significant for the infant. The first milk is the most reasonable nourishment for the infant, generally recognized as the ideal first nourishment for new-born children and a proposed routine for communicating and putting away of colostrum during pregnancy is incorporated with counsel about skin-to-skin contact in the initial 24 hours to amplify breast milk yield in the long haul.-(2)

Early commencement of breastfeeding has diverse medical advantages like increment capacity to protection diseases, lessen the danger of loose bowels, and increment the endurance pace of youngsters. Neonatal mortality can be forestalled by 33% if early inception of breastfeeding is rehearsed by mothers.(1) Colostrum is a basic segment of breast milk which significantly affects the decrease of quick and future new-born child dismalness and mortality, just as acceptable development and advancement of babies both in created and non-industrial nations. Antibodies that are found in colostrum help to battle against a few sickness causing operators (i.e., herpes simplex infection human insusceptible inadequacy infection), bacterial contaminations, various malignancies, hypersensitivities, also, immune system illnesses (i.e., asthma). Moreover, it is significant in lessening the significant supporters of neonatal and baby demise, for example, ailing health, looseness of the bowels and, intense respiratory disease.(3)

Globally, only two out of five (42%) new-borns start breastfeeding within the first hour of life. And India is also struggling with poor numbers due to traditional approach. In India, just 25% of new conceived are breast fed within an hour contrasted with close by Sri Lanka where it is 75%. National Family Health Survey (NFHS-3) information show legitimate inception and continuation of breast feeding in kids under a half year is simply 46.4%. All around the world, 60% of baby and small kid deaths happen because of wrong new-born child feeding practices. 66% of irresistible illness related deaths are inferable from imperfect breast feeding practices.-(35)

MATERIALS AND METHODS:

This study identified following objectives to investigate:

1. To assess the level of knowledge of third trimester antenatal mothers regarding colostrum feeding.
2. To assess the attitude of third trimester antenatal mothers regarding colostrum feeding.
3. To find a correlation between knowledge and attitude regarding colostrum feeding.

Present study formulated following hypothesis to test at the level of significance $p < 0.05$:

H₁- There will be significant correlation between the knowledge and attitude of third trimester antenatal mothers regarding colostrum feeding.

The research team have conducted a descriptive research study to assessing the knowledge and attitude of third trimester antenatal mothers about colostrum feeding at SIMS, Hapur. The third trimester antenatal mothers were considered as a population of the study and based on eligibility criteria the participants were recruited. Based on previous study findings on similar investigation, the present research has calculated total 100 sample size. We have used non-probability purposive sampling technique to recruit all 100 participants. Women, who were residing at location of study and experiencing third trimester of antenatal and known to Hindi/English language to communicate with the research team were only recruited in the study and Participants were informed about their role as a participants and requested them to sign informed consent. Institutional ethical permission obtained well in advance and participants who have signed informed consent were introduced to study tools.

The study tools comprise with three sections, in which first sections covers the socio-demographic variables, second section comprise with knowledge rating scale and section third consists Liked Attitude scale. Complete tool was validated by experts from nursing fraternity. The pilot study was conducted on 10 participants and the reliability of tools was computed by using split-half method and Karl Pearson Correlation Coefficient and it found 0.88 for the knowledge rating scale and 0.77 for the attitude scale.

RESULTS AND DISCUSSION:

The gathered data were organized in logical systematic manner and SPSS 22 version were used to analyse. The analysed data presented in following manner:

Table 1. level of knowledge of third trimester antenatal mothers regarding colostrum feeding: N-100

Level of knowledge	Score	No of Respondents	
		No	%

Inadequate	<50%	78	78
Moderate	50--75%	20	20
Adequate	>75%	2	2
Total		100	100

The above table 1 depicts that the 78% of third trimester antenatal mothers has inadequate knowledge, 20% of third trimesters has moderate knowledge and only 2% of third trimester antenatal mothers has adequate knowledge.

Table 2: The attitude of third trimester antenatal mothers regarding colostrum feeding. N-100

Level of Attitude	Score	No of Respondents	
		No	%
Unfavourable	<50%	6	6
Neutral	50--75%	83	83
Favourable	>75%	11	11
Total		100	100

Table 2 represented that the 6% of third trimester antenatal mothers has unfavourable score, 83% of third trimesters has neutral score and only 11% of third trimester antenatal mothers has favourable.

Table 3: Correlation between knowledge score and attitude score of third trimester antenatal mothers regarding colostrum feeding. N-100

Domain	Mean	SD	Mean%	df	r
Knowledge	12.17	4.07	40.57	99	0.62*
Attitude	29.7	5.02	59.4		

Table 3 revealed the analysed data in regard to correlation in between knowledge and attitude of third trimester antenatal mothers regarding colostrum feeding. The analysed data by Karl Pearson's Coefficient of Correlation mentioned that at the level of $p < 0.05$ the knowledge and attitude are positively correlated to each other. These data indicated to accept the research hypothesis H_1 .

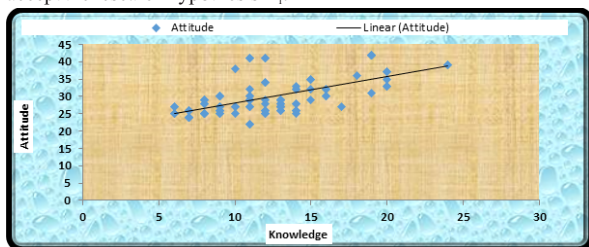


Figure 1: Linear diagram showing correlation among knowledge and attitude of participants regarding colostrum feeding.

DISCUSSION

The first year of life is crucial in laying the foundation of good health. All this time certain specific biological and psychological needs must be met to ensure the survival and healthy development of the child into a future adult. Breast feeding is the ideal method suited for the psychological and physiological needs of the infant. The first milk is most suitable food for newborn and it is known as colostrum. The colostrum provides the lifelong immunity for infants and protects the infants from most of the diseases so it will help to reduce neonatal mortality and morbidity rates. Colostrum, an essential feed for the new-borns that strengthens the immune system and helps in growth and repair of body(6) In present study the aim was to evaluate the knowledge and attitude of third trimester antenatal mother regarding colostrum feeding at SIMS, Hapur, India.

In present study researcher revealed that the 78% of third trimester antenatal mothers has inadequate knowledge, 20% of third trimesters has moderate knowledge and only 2% of third trimester antenatal mothers has adequate knowledge. While 6% of third trimester antenatal mothers has unfavourable score, 83% of third trimesters has neutral score and only 11% of third trimester antenatal mothers has favourable. These finding were challenged by a study placed in Ethiopia which mentioned that majority of postnatal women 94.2% are having good knowledge about colostrum feeding and also having positive attitude 70.2% about colostrum feeding(8)

Whereas in one of the study conducted by Girish S, et al, on primi para mother's knowledge, attitude and practice of breastfeeding and colostrum, it was found that the 92% of mothers had inadequate

knowledge regarding time of initiation of breastfeeding and 38% of mothers had inadequate knowledge about duration of exclusive breastfeeding.(9)

In this study the correlation in between knowledge and attitude of third trimester antenatal mothers regarding colostrum feeding that at the level of $p < 0.05$ the knowledge and attitude are positively correlated to each other and research hypothesis H_1 accepted. A similar study by Addisu also mentioned that the knowledge, attitude and practice of colostrum feeding among mothers is positively correlated(3)

In light of the aftereffect of this investigation, there is need to increment of wellbeing mindfulness among local people about advantages of colostrum feeding. Nearby wellbeing NGOs what's more, wellbeing specialists should scale up their wellbeing schooling and advancement methodologies and accentuate on kid wellbeing in initial 2 years of life and feature the estimation of colostrum feeding and select breastfeeding in youngster improvement.

CONCLUSION:

Colostrum is bright yellowish thick milk secreted from mammary glands during late pregnancy and continuing during the first few days after child birth. Colostrum is rich with immunoglobulin (IgA, IgG and IgM), enzymes, cytokines and growth factors. Along with that, colostrum has also laxative effects that helps baby to excrete the excess bilirubin and aid to pass the stool. The medical science proved and sensitizing the public about usage of colostrum feeding but there are a lot to do in this regard. The aim of this study to assessing the knowledge and attitude of third trimester antenatal mothers regarding colostrum feeding at SIMS, Hapur, India.

The study results revealed that there is huge need of awareness drive to sensitize the primary providers who are antenatal mothers. They must be aware about life saving properties of colostrum, as this study finding suggested that majority of antenatal mothers at third trimester are having poor knowledge and attitude about colostrum feeding.

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