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Community Medicine

"A STUDY OF KNOWLEDGE ATTITUDE AND PRACTICES OF BREASTFEEDING AMONG MOTHERS IN BADI KAMAN, VIJAYAPUR DISTRICT - KARNATAKA."

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ABSTRACT **Background:** Breastfeeding is vital to infant and maternal health and of immense economic value to households and societies. Breast feeding offers several benefits for both the infants and mothers. The beneficial effects of breastfeeding depend on breastfeeding initiation, its duration, and the age at which weaning of the breast-fed child is done. This study is aimed to assess the knowledge, attitude and practices towards exclusive breastfeeding **Methods:** A cross-sectional study was conducted for a period of 6 month. All Mothers with children aged between 0-2 years attending Out Patient Department at Urban Health Centre Badi Kaman Vijayapur District-Karnataka. Pre-tested structured interview schedule was used to collect data. **Results:** 400 children, majority (54.5%) were female and majority 336(84.0%) of mothers age were between 20-30 years. 27.0% mothers administered prelacteal feeds to their infants and colostrum was given by 88.0% of mothers. **Conclusions:** study revealed that majority of the mothers had good knowledge and a positive attitude towards breastfeeding which they put into practise.57.23% of mothers had initiated first breast feed within 1 hour after normal vaginal delivery while 3% initiated after Caesarean section.

KEYWORDS : Knowledge, Attitude, Practice, Breast feeding.

INTRODUCTION:

Breastfeeding is vital to infant and maternal health and of immense economic value to households and societies. Breast feeding offers several benefits for both the infants and mothers.

Despite strong evidences in support of breast feeding, its prevalence has remained low worldwide [1]. The WHO recommends that infants should be exclusively breastfed for the first six months to achieve optimal growth, development, and health. Then, infants should receive nutritionally adequate and safe complementary foods, with continued breastfeed for up to two years or more .[2]

Exclusive breast feeding is defined as infant feeding with human milk without the addition of any other liquids or solid food [3].Though the health benefits of breastfeeding are well documented and initiation rates have increased over the past 20 years, most mothers wean before 6-months postpartum because of difficulties with breastfeeding rather than due to maternal choice. Women less likely to breastfeed are those who are young, belong to an ethnic minority, are unsupported, and are employed full-time, decided to breastfeed during or late in pregnancy, have negative attitudes toward breastfeeding, and have low confidence in their ability to breastfeed.[4]

One of the most important determinants of child survival, birth spacing, and prevention of childhood infections is Breastfeeding. The beneficial effects of breastfeeding depend on breastfeeding initiation, its duration, and the age at which weaning of the breast-fed child is done.[5] In India, according to National Family Health Survey (NFHS 5) report, only 61% infants who are under six months are exclusively breastfed and only 49% are initiated on breastfeed on day one .[6] This study is aimed to assess the knowledge, attitude and practices towards exclusive breastfeeding

Objectives of the study:

- To assess the maternal knowledge, attitude and practices towards breastfeeding

MATERIALAND METHODS:

Methodology

Study design: Cross-Sectional Study

Study tool: Pre-tested semi structured questionnaire.

Study population: All Mothers with children aged between 0-2 years attending Out Patient Department at Urban Health Centre Badi Kaman Vijayapur District - Karnataka.

Study period: Jan 2023 to June 2023(6 Months)

Methodology:

Sample Size Estimation:

Sample size calculation was done based on the prevalence of the practice of exclusive breast-feeding in Urban Vijayapur District (56.7% at 0-6 months) as per Fifth National Family Health Survey (NHFS-5) report.5 [6]. A sample size of 200 was calculated with an error of 5%.

$n=4pq^2/d^2$

Where n= Sample Size.

p=Prevalence=56.7% (as per NFHS -5)

q=(1-p) =43.3 %

d=5%=0.05

N=4*0.084598/0.0025=385=around 200

Inclusion Criteria:

All Mothers with children aged between 0-2 years attending Out Patient Department at Urban Health Centre Badi Kaman Vijayapur District - Karnataka.

Exclusion Criteria:

Conditions where breastfeeding is contraindicated like galactosemia, mother suffering from cancer, active tuberculosis, psychoses.

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

Method of Data Collection

Informed consent will be taken from the mothers of children aged between 0-2 years visiting Out-Patient Department at Urban Health Centre Badi Kaman Vijayapur District - Karnataka. A face-to-face interview using a pre-designed, self-administered, standardized questionnaire regarding knowledge, attitude and practices of breastfeeding will be conducted. The questionnaire, included data about maternal age, parity, type of delivery, place of delivery, education, employment, socioeconomic status, religion, residence, sex of the child, initiation and duration of exclusive breastfeeding and weaning practices.

Operational Definitions[7,8,9]

1. Knowledge:

Refers to the level of understanding of employed mothers with regard to breastfeeding as measured by the correct responses of the women to the knowledge items of questionnaire.

2. **Attitude**: Refers to the opinion, ideas, beliefs and feeling of employed mother with regard to breastfeeding as responded to the attitude scale.
3. **Practices:** It refers to the activities followed or undertaken by the mothers with regard to breastfeeding among employed mothers.
4. **Employed mothers**: Refers to women who do services in return for payment.
5. **Breastfeeding: Refers** to the right act of giving breast milk by the mother to the new born baby till one year and so on which includes the position, time and hygiene in the postnatal period.

RESULTS :

The table no 1 shows that 47(11.7%) children were less than 1 month, 41(10.3%) were between 1-2 months, 71(17.8%) were between 3-6 months, 108(27.0%) were between 7 months-1 year and 133(33.2%) were between 1-2 years.

Whereas out of 400 children, majority (54.5%) were female and majority 336(84.0%) of mothers age were between 20-30 years.

Out of 400 cases, 283(70.8%) were Hindu, 106(26.4%) were Muslim and 11(2.8%) were Christian. The table also reveals that only 6 (1.5%) mothers had not received any formal education while majority 169 (42.3%) were educated till SSLC (10^{th}).Only 19 (4.8%) mothers were employed and remaining 381(95.2%) were Housewives.

According to Modified B.G. Prasad classification 13 (3.2%) cases belonged to Class I, 48 (12.0%) to Class II, 112 (28.0%) to Class III, 165 (41.3%) to Class IV and 62 (15.5%) cases belonged to Class V.

The table no 2 revels that majority (72.8%) had knowledge about advantages of breastfeeding that child remains healthy. Very few mothers knew about feeding of twin babies, Fore milk and Hind milk. None of the mother's in this study had knowledge about Milk Bank, Surrogate Mothers or Wet Nursing and Breast shield or Nipple shield.

Table no 3 shows that majority of mothers had favorable attitude towards breastfeeding. 67.5% of mothers agreed that breast milk is the best milk. Very few mothers felt that breastfeeding is old fashioned and embarrassing.

It was noticed that in table no 4, timely suckling in the first hour of birth was practiced only by 43.8% mothers. 27.0% mothers administered prelacteal feeds to their infants. In this study, colostrum was given by 88.0% of mothers. Out of 400 cases, 128 (32.0%) babies were still on exclusive breastfeeding. 113 (41.54%) mothers continued exclusive breastfeeding for 4 months while 112 (41.17%) for 5-6 months.136 (34.0%) mothers used bottle to feed the child. Majority (82.35%) started bottle-feeds between 4-6 months. Mode of bottle-feeds was mostly in between breastfeeds practised by 131(96.32%) and only 5(3.67%) gave bottle-feeds after complete emptying of the breast.

It was observed in table no 5 that 170(57.23%) mothers initiated breastfeeding in less than 1 hour after normal vaginal delivery, where as only 3 (0.75%) initiated breastfeeding in less than 1 hour after Caesarean section. Table no 5 showed that type of delivery was found to be highly significant ($p < 0.01$).

DISCUSSION:

Similar finding were seen by Barman SK et al study showed maximum number of mothers (38.75%) belonged to the in age group of 25-30 years followed by 21-25 years .[10]

Similar finding were seen in a study done by Rajput RR et al [11] 90.5% mothers were literate and 9.5% mothers were Illiterate. Maximum numbers of mothers i.e. 92.75% were nonworking and 7.25% were working. Distributions of mothers according to type of religion showed that maximum number of mothers were Muslim by religion (56%) which is less in number as compared to our study whereas similar finding showed in Manchegowda R et al study .[12]

Approximately 45% of mothers were educated up to intermediate or above followed by high school (21.25%), middle (13.75%), and primary (11.87%) while 8.75% of mothers were illiterate showed in a study done by Barman SK et al these finding were similar to our study .[10]Deivasigamani K et al showed that about 51.8% mothers belonged to upper socio economic class .[13]

Boralingiah P et al.Study revealed that 29% of the mothers had given pre-lacteal feeds to their children. 42.1% of the working women had initiated breastfeeding within one hour of birth. Majority of the women (97.2%) had fed the children with colostrum. 15.9% of the working women had exclusively breastfed their children for six months .[14]

Maximum no. of mothers (97.75%) were having knowledge regarding continuation of breast feeding during baby's illness and minimum no. of mothers (40.25%) were having knowledge regarding continuation of breast feeding-Maximum no. of mothers (97.75%) were having knowledge regarding continuation of breast feeding during baby's illness and minimum no. of mothers (40.25%) were having knowledge regarding continuation of breast feeding.[11]

While 57.23% of mothers had initiated breastfeeds within 1 hour after normal vaginal delivery, only 3% started after Caesarean section. However at the end of 4 hours 90.57% of mothers initiated breastfeed after normal vaginal delivery and 82% after Caesarean section. Delay in initiation of breastfeeding has also been reported by Kapil V [15]. Avneet Randhawa et al [16] study depicted that, 27.30% of the mothers knew that the breastfeeding should be initiated within 1 hour of birth and similar finding in the study done by Deivasigamani K et al [13].ie, (26.8%) mothers had awareness and knowledge about early initiation of breast feeding, whereas in our study it is 43.8 % which much higher side . In study done by Maiti et al found that 52.78% had knowledge about initiation of breast feeding within 0.5-1 hr of birth [17]. In another Study done by Sharanya et al, 58.7% of mothers knew that breastfeeding should be initiated within 1 hour.[18]

In this study, prelacteal feeds were given by 27% of mothers. Similar finding 38.8% showed in a study done by Mallesh V et al [19], Similar findings were reported in studies conducted by Manasa et al, Srividya et al and Kumar et al.[20,22,23]

Barman SK et al 41.87% mothers accepted that they fed colostrum to their baby while 59.13% did not fed colostrums [10], whereas Singh et al reported that 71.4% mothers did not provide colostrum to their babies.[22]

Our study showed that type of delivery was found to be highly significant ($p < 0.01$).similar find were seen in a study done by Wallenborn et al and Mary J. et al [24].This association has also been observed with the studies from India and other countries globally[25,26,27].

Tables

Table no 1: Socio-demographic profile of study subjects.

Age Wise Distribution of Children		
Age	Number	Percentage
<1 month	47	11.7
1-2 months	41	10.3
3-6 months	71	17.8
7-12 months	108	27
1-2 years	133	33.2
Gender Distribution of Children		
Male	182	45.5
Female	218	54.5
Age wise Distribution of the Mothers		
Age (Years)	No. of cases	Percentage
<20	15	3.8
20–30	336	84
>30	49	12.2
Religion Distribution of the Mothers		
Religion	No. of cases	Percentage
Hindu	283	70.8
Muslim	106	26.4
Christian	11	2.8
Educational Status of the Mothers		
Education	No. of cases	Percentage
illiterate	6	1.5
Primary school	59	14.8

Middle school	60	15
SSLC	169	42.3
PUC	88	22
Graduate	18	4.5
Distribution of Mother based on their Employment status		
Employed	No. of cases	Percentage
Yes	19	4.8
No	381	95.2
Distribution of Mother based on their Socioeconomic Status (Modified B.G. Prasad Classification)		
Socio-economic class	No. of cases	Percentage
Class I	13	3.2
Class II	48	12
Class III	112	28
Class IV	165	41.3
Class V	62	15.5
Total	400	100

Table no 2: Maternal Knowledge Regarding Breastfeeding (Multiple Responses)

Knowledge	No. of cases	Percentage
Child remains healthy	291	72.8
More nutritious and hygienic	117	29.3
Gives natural immunity	25	6.3
Helps in preventing further conception	82	20.5
Mothers milk is the best milk	270	67.5
Skin to skin contact and its advantages	2	0.5
It is pure and cost nothing	20	5.0
Improves growth and development	2	0.5
Prevents from allergy	3	0.75
Feeding of twin babies	1	0.25
Fore milk and Hind milk	1	0.25
Milk Bank	0	0
Surrogate Mothers and Wet Nursing	0	0
Breast Shield/Nipple Shield	0	0

Table no 3 : Maternal Attitude Towards Breastfeeding (Multiple Responses)

Attitude	No. of cases	Percentage
Breastfeeding leads to loss of figure	5	1.25
Breastfeeding is old fashioned	21	5.25
Breast milk is the best milk	270	67.5
Breast milk is pure and cost nothing	20	5.0
Breastfeeding in public is embarrassing	17	4.25
Breastfeeding prevents going to work	22	5.5

Table no 4 : Practices Regarding Breastfeeding

Practices	No. of cases	Percentage
Initiation of Breastfeeding		
<1 Hr	175	43.8
1-4 Hr	179	44.8
4-12 Hr	22	5.5
12-24 Hr	6	1.5
2-3 Days	10	2.5
>4 Days	8	2.0
Prelacteal Feeds		
Given	108	27.0
Not Given	293	73.0
Colostrum Feeding		
Fed	352	88.0
Not Fed	48	12.0
Duration of Exclusive Breastfeeding(n=272)		
1 Month	1	0.36
2 Months	4	1.47
3 Months	42	15.44
4 Months	113	41.54
5-6 Months	112	41.17
Bottlefeeding Given		
Yes	136	34.0
No	264	66.0

Table no 5 : Association of first Breastfeed with Type of Delivery

How soon the baby was breastfed after delivery	Type of delivery			Total
	Normal Vaginal	Caesarean Section	Instrumental	
<1hour	170	3	2	175
1-4 hours	99	79	1	179
4-12 hours	19	3	0	22
12-24 hours	5	1	0	6
2-3 days	4	6	0	10
>4 days	0	8	0	8
Total	297	100	3	400
$\chi 2 = 118.18$, d.f = 10, p = 0.000				

CONCLUSIONS:

This study revealed that majority of the mothers had good knowledge and a positive attitude towards breastfeeding which they put into practise.57.23% of mothers had initiated first breast feed within 1 hour after normal vaginal delivery while 3% initiated after Caesarean section. Within first 4 hours, 90.57% initiated breast feed after normal vaginal delivery and 82% after Caesarean section.. Majority of mothers had favourable attitude towards breastfeeding. Majority of mothers had good knowledge regarding techniques of breastfeeding. However knowledge was lacking in complete emptying of one breast at each feed followed by the other.

Recommendations:

The focus should also be on “how to breastfeed”, rather than telling mothers “what to do”. Babies bloom on mother's milk. Mother craft education should be made compulsory for all pregnant mothers. Myths and misconceptions should be addressed in a culturally sensitive manner, utilizing various modes and channels of communication. Reinforcement and encouragement by doctors and family members are keys to successful breastfeeding.

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