

Knowledge and Attitude of Feeding Practices Adopted by the Mother's of Infants in Davanagere City



Social Science

KEYWORDS : Infant feeding, knowledge, Attitude, Awareness.

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ABSTRACT

India is a chief victim of underplay of nutrition. The rise of malnutrition in children during the first two years of life is indicative of poor infant feeding practice among mothers of infants. Growth during the first year of life is greater than at any other time after the birth. During this stage growth of the baby is largely promoted by breast milk fed by mother in addition to it adequate nutrition is essential for the growth and development of the children. Due to various reasons like conventional feeding practices, lack of infant feeding knowledge, and poor knowledge of nutrition, poor health practices that causes infant mortality. In order to prevent these problems and to promote infant and maternal health, it is important that mothers should have awareness on infant feeding practices that contributes largely in reducing infant mortality rate and promoting child health. Hence this study is undertaken to know the infant feeding practices which is prevalent among mothers in Davangere city. The present study is in descriptive in nature. An attempt is made to describe the different infant feeding practices adopted by mothers in Davangere city.

INTRODUCTION:

The term 'Malnutrition' is most debatable issue across the globe, in India, most of infants and children below the age of five years have become victim of malnutrition and suffering from severe form of disease. Malnutrition is most common in India than in Sub-Saharan Africa. According to World health report (2013), one in every three malnourished children live in India. Hence malnutrition in children is most dangerous social problem is rapidly occupying every corner of the society and which require a serious attention from Government.

The effects of malnutrition are in different forms, it causes to raise many more socio-economic problems in the country. Malnutrition in children is not affected by food intake alone; it is also influenced by access to health services, quality of care for the child and pregnant mother as well as good hygiene practices. Poverty, illiteracy, poor socio-economic conditions, other factors such as pregnancy at small/tender age, poor maternal health, mothers affected with contagious disease, maternal malnutrition, and conventional and poor infant feeding practices and so on. Girls are more at risk of malnutrition than boys because of their lower social status.

This paper focuses on knowledge and attitude of mothers towards infant feeding practices, the rise of malnutrition among the children below the age of two years is indicative of poor infant feeding practice. Breast milk provides immunological protection against death from infectious disease, diarrhoea, respiratory infection, pneumonia and so on. Good nutrition during this period of rapid growth is vital to ensure that infant develops both physically and mentally to

the fullest potential. Poor feeding practices are major threat to social and economic development of the country, breast milk is the best nutritional liquid food can save baby from malnutrition at initial days soon after birth, if baby unfed from the day one of birth which causes malnutrition and infant mortality also. Hence during this time nutritional counselling is required to improve the infant feeding practices.

METHODOLOGY:

AIM OF THE STUDY:

The aim is to study the knowledge and attitude of feeding practices of mothers of infants in Davangere city.

OBJECTIVE OF THE STUDY:

1. To know the knowledge, attitude and practice of mothers of infants towards feeding practices.
2. To know the knowledge level of mother regarding infant nutrition.
3. To understand the satisfactory level of mothers about infant feeding.
4. To suggest the measures to create awareness among mothers on importance of infant feeding

SAMPLING:

For this study a total of 120 mothers have been selected as sample by adopting random sampling method and respondents were mothers of infants below 12 months of age. An orally expressed consent was taken by participating mothers; all 120 mothers have been interviewed for collection of necessary data.

RESEARCH DESIGN:

Descriptive research design has adopted to describe the knowledge and attitude of infant feeding practices of mothers of infants and knowledge of mothers on maternal nutrition in Davangere city.

Table no 1
Age and sex of infants

Sex	<6 months	>6 months
Male	32(26.7%)	40(33.33%)
Female	28(23.3%)	20(16.67%)
Total	60(50%)	60(50%)
Educational status of mothers		
Education	Frequency	Percentage
illiterate	15	12.5
Literate/primary school	21	17.5
Middle School	24	20
High school	27	22.5
Intermediate	12	10
Pre-University	11	9.16
Graduation	04	3.33
Post-Graduation	06	05

Table no 1 showing that in total 120 interviewed mothers of infants aged less than six months (50%) and above six months but below one year of age are equal in numbers (50%), in total 120 children 72 children are male and 48 children are female. With reference to the educational status of mothers 12.5 percent were illiterate, 17.5 percent were completed primary schoolings, 20 and 22 percent of respondents educated up to middle and high school and some respondents were completed intermediate (10 percent) and pre-university education (9.5%) and only a few respondents were graduates (3.33%) and PG (5%) holders.

Table no 2

Knowledge and Practice of initial breast feeding		
Attributes	Knowledge	Practice
Within one hour of Birth	76 (63.3%)	68(56.67%)
Between 1-4 hours of Birth	33 (27.5%)	21 (17.5%)
Between 1-3 Days of Birth	03 (2.5%)	19 (15.83%)
Within a week of Birth	08 (6.67%)	12 (10%)
Exclusive Breast Feeding for 6 months		
Attributes	Knowledge	Practice
Exclusive Breast Feeding	108 (90%)	89(74.17%)
Mixed Feeding	12(10%)	31(25.83%)
Knowledge of mothers about milk used during mixed feedings		
Milk	Frequency	Percentage
Packaged Milk	08	25.81
Cow's milk	11	35.48
Buffalo milk	10	32.26
Goat's milk	02	6.452
Knowledge of mothers about Duration of Breast Feeding		
Duration	Frequency	Percentage
6 Months	23	19.17
12 Months	52	43.33
18 Months	31	25.83
24 Months	14	11.67

Table no 2 showing the details that in total, the highest 63.3 percent of mothers had good knowledge about initial breast feeding that to be done within one hour of birth, but 56.7 percent of mothers only practiced it, 27.5 percent of mothers had knowledge that baby to be fed between 3 to 4 hours after birth, but only 17.5 percent were practiced feeding. 8.73 percent of mothers had poor knowledge about initial breast feeding. 90 percent of mothers had knowledge about exclusive breast feeding but only 89 percent were practiced it, 10 percent of mothers were aware about mixed feeding and 31percent of mothers begun mixed feeding due to various reasons after six months of birth, while mixed feeding to baby, majority 35.48 percent were used cow's milk and 32.26 percent were used buffalo's milk, only 25.81percent of mothers were used packaged milk for mixed feeding, with regard to knowledge of mother of duration of breast feeding majority 43.33 percent mothers expressed that they feed up to 12 months, 25.83 percent of mothers fed up to 18 months and only 11.67 percent of mothers fed baby to 24 months, 19.17 percent mothers fed up to six months only.

Table no 3

Continuation of breast feeding beyond 6 months		
Status	Frequency	Percentage
Continued	82	68.3
Discontinued	38	31.7
Reasons for discontinuing breast feeding		
Reasons	Frequency	Percentage
Inadequate Milk Secretion	09	23.7
Not sucking Breast well	03	7.89
Baby not Gaining Weight	05	13.2
Mother became Pregnant	04	10.5
Sore nipples	05	13.2
Baby Became sick	09	23.7
Mother Became sick	03	7.89
Knowledge of mothers about Feeding During illness		
Feeding	Frequency	Percentage
Continued	89	74.2
Discontinued	31	25.8

Consultation of During illness		
Consultation	Frequency	Percentage
Doctor	68	56.7
Relatives	27	22.5
Friends	23	19.2
None	2	1.67

Table no 3 consist of details that, majority 68.3 percent of mothers continued breast feeding beyond six months and only 31.7 percent of mothers discontinued breast feeding due to various reasons. Majority 23.7 percent of mothers discontinued feeding due to inadequate milk secretion and baby became sick, 13.2 percent were stopped breast feeding because of baby not gaining weight and sore nipples problem, 10.5 percent discontinued feeding when they became pregnant within a year of birth of baby, during illness 74.2 percent of mothers continued breast feeding while 36.8 percent were stopped breast feeding, and majority 56.7 percent were consulted doctor for treatment during illness and 22.5 percent were suggested by relatives followed by 19.2 percent had taken suggestions from friends.

Table no 4.

Frequently visited counsellor on Breast feeding		
Counsellor	Frequency	Percentage
Doctor	72	60
Relatives	18	15
Local Health Workers	12	10
Aid/support while Breast feeding		
Support	Frequency	Percentage
Father	16	13.3
Mother	54	45
Grand Mother	38	31.7
others	3	2.5
No Help	09	7.5

Table no 4 showing the details that majority 60 percent of mothers frequently visited doctors for counselling on breast feeding during illness, followed by 15 were counselled by relatives and only 10 percent were educated from local health workers. While breast feeding majority 45 percent were aided by mothers and 31.7 percent were aided by grandmothers and only 13.3 percent were supported by father and 7.5 percent were not taken help.

Table no 5.

Knowledge of Mother on maternal Nutrition		
Nutrition	Yes	No
Taken extra calories during pregnancy and Lactation	91(75.8%)	29(24.17%)
Taken supplements during pregnancy and Lactation	87(72.5%)	33(27.5%)
Self-assessment of mothers regarding Breast Feeding		
Response	Frequency	Percentage
Completely Satisfied	68	56.67
Partly Satisfied	23	19.17

Table no 5 showing the details of knowledge of mothers on maternal nutrition, highest 91percent of mothers had taken extra calories during pregnancy, and 87 percent were taken extra supplements during pregnancy and lactation. With regard to self-assessment of mothers regarding breast feeding majority 68 percent of mothers were completely satisfied with breast feeding, 23 percent were partly satisfied, 10percent of mothers initially had problems but now they are satisfied and 7.5 percent were initially satisfied but not now finally 6.67 percent were not at all satisfied with breast feeding.

MAJOR FINDINGS:

After thorough analysis of primary information, the researcher has been able to outline some of the findings as below.

The present study has the highest percentages of mothers who had completed high school education (22.5%). Hence poor educational background of mothers can be a barrier for better infant feeding practices and appropriate health education can have positive impact on feeding practices.

63.3 percent mothers had the knowledge about initiation breast feeding within one hour of birth. it indicates that there is a good knowledge about initiation of breast feeding and exclusive breast feeding.

With regard to mixed feeding, majority of mothers (35%) are using cow's milk to feed baby's, this practice in mother shows that cow's milk contained better nutritional content and it is a best substitute to breast milk.

Regarding duration of breast feeding, nearly 43 percent mothers practiced breast feeding up to 12 months of age. But still more than half of the mothers are not ready feed her baby more than 12 months, it indicates duration of breast feeding knowledge to be improved among mothers.

Nearly 68 percent mothers continued breast feeding beyond six months of age, it is essential to educate mothers regarding exclusive breast feeding for growth of infant, rest were discontinued breast feeding due to various ill health's reasons and most common reason for discontinued breast feeding was when baby became sick and inadequate milk secretion

During illness, 74 percent mothers fed their baby's but it shows majority of mothers have not been consulted doctors or health workers to know whether to feed baby or not during illness and sometimes this practice of mother severely harm baby's health.

Counselling regarding breast feeding, 60 percent mothers took counselling from doctors, this shows health concern of mother on baby it also prevent mother and baby not to affect with disease, only 10 percent of mothers were counselled by local health workers it shows that majority of mothers are not effectively utilising local health services.

With regard to the knowledge of mothers on maternal nutrition, 75.8percent mothers had taken extra calories and 72 percent mothers had taken supplements during pregnancy and lactation it is good practice because the health of baby up to the 12 months of age is fully depend upon the health of mother so mother with good health will have impact on baby's health and 56.67 percent mothers were completely satisfied with their infant feeding practice and only 6.67 percent being not satisfied with infant feeding practice.

CONCLUSION:

Knowledge and attitude of mothers on feeding practices plays a major role in promoting children's health, according to world health report in India 44 children are died for 1000 live birth, this data indicates that poor health of baby causes its death in first six month of its life, hence it most essential and important that mothers to have adequate awareness on importance of feeding practices and its impact on baby's health.

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