



A CROSS SECTIONAL STUDY OF KNOWLEDGE, ATTITUDE & PRACTICES (KAP) REGARDING BREAST FEEDING AMONG LACTATING MOTHERS AT CIMS, BILASPUR (C.G.).

Community Medicine

Dr. Vijay Kumar Manwani* Associate Professor, Dept. of Community Medicine, CIMS, Bilaspur, C.G. *Corresponding Author

Dr. Hemlata Thakur Professor & Head, Dept. of Community Medicine, CIMS, Bilaspur, C.G.

Dr. Sachin Pandey Asst. Professor (Biostatistics), Dept. of Community Medicine, CIMS, Bilaspur, C.G.

ABSTRACT

Background-: The World Health Organization recommends the practice of exclusive breastfeeding of infants for the first 6 months after birth and to continue breastfeeding with supplementary diet up to two years or more. Initiation of breastfeeding within one hour of birth, practicing exclusive breastfeeding for 6 months is the simplest, healthiest and least expensive feeding method that fulfills the infant's needs for nutrition and growth and it also reduces child morbidity and mortality.

Objectives-: 1. To assess the knowledge of mothers regarding breastfeeding. 2. To assess the attitude of mothers regarding breastfeeding. 3. To assess the practices of mothers regarding breastfeeding.

Material and Methods-:

Study Design: A Cross-Sectional study was done.

Study Setting: Sardar Vallabhbhai Patel Hospital of CIMS, Bilaspur.

Study Period: August 2018 to December 2018.

Study Population: Mothers of Children from 6 months to 2 years of age attending at CIMS, Bilaspur.

Collection of Data: Data collection was done by asking pre-designed and pre-tested questionnaire to the mothers.

Data Analysis: Data was entered in MS excel sheet and Statistical analysis of data was done by using Epi-info software

Results: 95% Mothers had good knowledge & 87.3% had positive attitude & only 68% Mothers doing right practices regarding breastfeeding. The association exist between educational status with Knowledge, Attitude & Practice which are statistically significant ($p < .05$). In other words, the difference has found in terms of Knowledge, attitude & practice in different level of educational status which are statistical significant ($p < .05$).

KEYWORDS

Breast feeding, Mothers, Knowledge, Attitude, Practices.

INTRODUCTION

Breast milk is an ideal food for neonates. It is the best gift that a mother can give to her baby. An infant should be exclusively breastfed till six months of age. During this phase, additional food or fluid is not required as breast milk is nutritionally complete for the child's growth & development and it protects from infections & strengthens immune system. The breastfeeding must be exclusive means feeding the infant, only mother's milk and no other liquid or solid food except vitamin drops if indicated. Breast milk has a potential to reduce under 5 mortality rate by 13%, by far the most effective intervention that is known to reduce infant morbidity and mortality. Breastfeeding should be initiated as early as possible preferably within 1 hour of the birth. The benefits of early & exclusive breastfeeding must be explained to the mother.²

For child survival mother's milk is one of the most important determinants besides breast feeding helps in inter birth spacing and prevention of childhood infections.³

Malnutrition causes 35 % of disease burden on children under the age of five.

In fact, the best practices in the areas of breastfeeding and complementary feeding are important degree with the ability to save the lives of 1.5 million children under the age of five every year.⁴

Globally less than 40% of infants under the age of six months are exclusively breastfed.⁵

There are influences of some cultural beliefs resulting in unsafe practices like prelacteal feeds (e.g. ghee, honey) and discarding colostrum etc. which affects the newborn's health. Besides cultural beliefs, several factors like maternal employment outside home, gender equity, lack of knowledge on breast feeding, social pressures and illness among the lactating mothers, easy availability of infant milk formulae etc. have an impact on lactating mother's psyche. Though the ideal time to educate the women about the merits of breast feeding, is pre-pregnancy or during antenatal period, few receive counseling during pregnancy and most of them after failed lactation.⁶

With this background a KAP study was conducted on the knowledge, attitude & practices about breastfeeding.

AIM AND OBJECTIVE

Aim-

The aim of the study was to assess the knowledge, attitude and practices regarding breastfeeding among the mothers of children from 6 months to 2 years of age who attended, CIMS Bilaspur, Chhattisgarh.

Objective-

1. To assess the knowledge of mothers regarding breastfeeding.
2. To assess the attitude of mothers regarding breastfeeding.
3. To assess the practices of mothers regarding breastfeeding.
4. To promote and aware regarding advantages of breastfeeding to the mothers.

MATERIAL AND METHOD

Study Design: A Descriptive Cross-Sectional study was done.

Study Setting: Sardar Vallabhbhai Patel Hospital of Chhattisgarh Institute Of Medical Sciences (CIMS), Bilaspur.

Study Period: August 2018 to December 2018

Study Population: Mothers of Children from 6 months to 2 years of age attending paediatric and obstetrics & gynaecology department of CIMS, Bilaspur.

Collection of Data: Data collection was done by asking pre-designed and pre-tested questionnaire to the mothers of children from 6 months to 2 years of age.

Study Procedure: It was done by asking pre-designed structured questionnaire to the mother and pilot study was conducted on 30 mothers. After the pilot study necessary corrections was done in the proforma and the questionnaire was finalized.

Data Analysis: Data was entered in MS excel sheet and Statistical analysis of data was done by using Epi-info version 7.222 software.

Inclusion and Exclusion criteria:

Inclusion criteria:

1. Mothers of children from 6 months to 2 years of age, who are willing to participate in the study.

Exclusion criteria:

1. Who are not giving consent to participate in the study.
2. Mothers of Children less than 6 months of age.
3. Mother not able to breastfeed their child due to some disease or other conditions.

OBSERVATIONS AND RESULTS

Table no. 1: Age & Gender wise distribution of children

AGE	MALE (%)	FEMALE (%)	TOTAL (%)
6-12 months	47 (15.6%)	31 (10.3%)	78 (26%)
12-24 months	117 (39%)	105 (35%)	222 (74%)
Total	164 (54.6%)	136 (45.3%)	300 (100%)

Children between 6-12 months are 26% (47 male & 31 female babies) and between 12-24 months are 74% (117 male & 105 female babies)

Table no. 2-Mother's Knowledge about Breastfeeding (N=300).

S. No.	Knowledge	Good (%)	Poor (%)
1.	Do you think breast milk is important for the baby-	100	0
2.	Knowledge of time of start of breastfeeding-	61.33	38.66
3.	Knowledge about Colostrum-	83.33	11.66
4.	Knowledge about the importance of exclusive breastfeeding for the infant-	85	15
5.	Do you know about the positioning and the attachment of the baby for breastfeeding-	93	07
6.	Do you know up to what duration you have to exclusively breastfeed the baby-	79.66	20.33
7.	Do you know even water should not be given before 6 months of age to the baby-	73.33	26.67
8.	Do know the signs when the baby has a desire to eat-	98.66	1.33

Table no. 3: Mother's Attitude about Breastfeeding (N=300)

S. No.	Attitude	Positive Attitude (%)	Negative Attitude (%)
1.	Is formula feed better choice if mother plans to go back to work-	68.66	31.33
2.	Is Breastfeeding more convenient than formula feed-	94.66	5.33
3.	Is breast milk ideal food for infants under 6 months-	83	17

Table 6: Crosstab between educational status and KAP

Educational status/ Knowledge	Good	Poor	Educational status/Attitude	Positive	Negative	Educational status/Practices	Right	Wrong
Illiterate	25	13	Illiterate	19	19	Illiterate	13	25
Primary	49	02	Primary	49	10	Primary	30	21
Secondary	57	0	Secondary	52	05	Secondary	37	20
Higher Secondary	61	0	Higher Secondary	57	04	Higher Secondary	41	20
Graduate & Above	93	0	Graduate & Above	93	0	Graduate & Above	83	10
Total	285	15	Total	262	38	Total	204	96

By Epi software we get, χ^2 for Knowledge = 62.65, χ^2 for Attitude = 62.65, χ^2 for Practice = 62.65 which are less than χ^2 tabulated value = 9.49 at 5% level of significance. It means that The association exist between educational status with Knowledge, Attitude & Practice which are statistically significant(p<.05). In other words, the difference has found in terms of Knowledge ,attitude & practice in different level of educational status which are statistical significant (p<.05).

DISCUSSION & CONCLUSION

To our best knowledge in this study we have examined the knowledge, attitude and practices among the mothers attending CIMS, Bilaspur towards breast feeding.

A cross-sectional descriptive study was conducted among 300 mothers attending pediatric as well as obstetrics and gynecology department of CIMS Bilaspur with infants belonging to the age of group of 06 to 24 months of age.

The knowledge of Breastfeeding was assessed among the participants

4.	Did you agree with colostrum feeding after birth-	92.33	7.66
5.	Did you agree with colostrum feeding after birth-	93.33	6.66
6.	Do you encourage your family members and friends to breastfeed their babies-	86	14

Table no. 4:Mother's Practices for Breastfeeding (N=300)

S. No.	Practice	Good (%)	Poor (%)
1.	Practice of Time of starting Breast Feeding-	48.33	51.66
2.	Whether Pre-lacteals Given-	74.66	25.33
3.	Do you look for the signs that your baby was ready to eat-	93	07
4.	Duration of exclusive breastfeeding given upto 6 months -	81	19
5.	Top feeding used-	35	65
6.	When did you start water to the baby-	55.33	44.66
7.	When was Weaning started-	73	27
8.	Was Breast feeding continued after weaning-	95	05
9.	Frequency of Breast feeding-	70	30

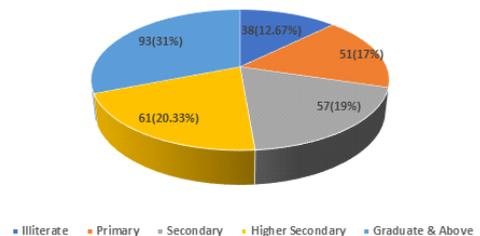
Table no. 05: Status of Mothers KAP regarding Breastfeeding

Knowledge	Good (%)	Poor (%)
	285 (95%)	15 (5%)
Attitude	Positive (%)	Negative (%)
	262 (87.3%)	38 (12.6%)
Practices	Right (%)	Wrong (%)
Total	204 (68%)	96 (32%)

Diagram:-01

Educational Status of total sample size:- 12.6% illiterate, 17% primary, 19% secondary, 20.3% higher secondary, 31% Graduate & above

Educational Status of Lactating Mothers



and 87.33% of the mothers were found to have good knowledge regarding breastfeeding of their infants.

As per the government of India recommendation, immediately after birth; breastfeeding should be initiated, preferably within 1 hour. However, in the present study, 61.33% of the women were found breastfeeding their infants within 1 hour of their birth. In contrast to our findings, breastfeeding within 1 hr was lower in study by Kumar et al⁷ and Chatterjee et al⁸ where breastfeeding within 1 hour was only 6.3% & 14.54% and 32.6% within 24 hours and 23.3% as reported by Yadavannavar et al⁹.

In our study, 83.33% of the mother had knowledge on the importance of colostrum feeding. However, colostrum was not used by 11.66% of the women due to false socio-cultural beliefs and practices. comparable to others studies in India of Maheshwari et al¹⁰. and Tiwari et al¹¹, where the importance of colostrum was known to 58% and 90% of the mothers respectively. Nigam et al¹² found that knowledge about benefits among mothers was scarce, only 17% were aware of anti-

infective properties while the knowledge regarding nutrition was 60%. In the study by Oche et al.¹³, colostrum was not used as it was thought to be impure by 47% women.

In our present study, 81% of the women practiced exclusive breastfeeding however As per the study of Pathi and Das in Orissa¹⁴, only 8.6% mothers practiced EBF whereas, according to a study by Benjamin et al¹⁵ (1993) at Punjab and Aggarwal et al¹⁶ at Delhi, it was 57.7% & 63.50% respectively. In the present study, 85% of mothers had knowledge regarding exclusive breastfeeding upto 6 months of the baby's age. Guidelines from delivery institutions, pediatrician advices, as well as moderate literacy levels of the mothers attributed to right exclusive breastfeeding practices. In a recent evaluation of the Millennium Development Goals (MDG's), exclusive breastfeeding for 6 months was considered as one of the most effective interventions to achieve Millennium Development Goals (MDG-4).

Supplementary feeding was started after 6 months of infants by 73% mothers. Only 27% mothers had initiated supplementary feeding in infants below 6 months. In contrast to our study Sharma M and Sharma S¹⁷ in their study found that 75% of mothers initiated weaning in babies below 6 months of age. It may be due to lack of awareness that they have conducted their study in rural area.

In our present study, a good practice of continuation of breast feeding even after the start of supplementary feeding was seen in around 95% of the mothers. However, only 5% of them stopped breast feeding their infants immediately after the start of the supplementary feed. However in a study conducted by Anindita Maiti et al¹⁸ in Odisha, India; it was observed that immediately after the start of the supplementary feed, 81.65% of the mothers stopped breast feeding. The observations made in this study were quiet alarming in case of discontinuation of breast feeding immediately after the start of the supplementary feed.

According to a study made in the rural area near Bangalore by Poreddi Vijayalakshmi et al¹⁹ it was observed that 45% of the infants did not receive any pre lacteal feed while they were being breastfed; whereas in the current study we have observed that 74.66% of the mothers did not give pre lacteals to their infants while breast feeding practices was found to be higher in number in our study as compared to that of Bangalore.

It was also noticed in our study that 68.66% of the mothers were lean towards commercial baby food products for those who did go out for work. Similar findings were noticed by Anindita Maiti et al¹⁸ in Odisha, India that 76.58% of mothers were lean towards commercial baby food products.

In the present study, 19% of the mothers were found to be educated up to secondary and around 20.33% of the mothers were educated up to higher secondary and 31% were educated up to graduate and above. Literacy had major effect on knowledge of breastfeeding amongst mothers & it was also found statistically significant.

The present study concludes that the mothers have adequate knowledge (95%), positive attitude (87.3%) and a good practice (68% only) towards breastfeeding. Our finding also show that the level of exclusive breast feeding was 81% among the Indian mothers. It is thus important to provide prenatal health education to the mothers on breast feeding. We also recommend further strengthening of public health campaigns to promote breastfeeding.

RECOMMENDATION

According to the latest WHO guidelines for infant and young child feeding:-

- Infants should be fed breast milk exclusively for the first six months after birth.
- Exclusive breastfeeding means that the infant does not receive any additional foods or fluids even water unless medically recommended.
- After the first six months and until the infant is one year old the mother should continue breastfeeding while gradually introducing semi-solid foods into the infant's diet.
- After one year, breastfeeding can be continued if mutually desired by the mother and her infant.

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