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KNOWLEDGE AND ATTITUDE REGARDING BREASTFEEDING AMONG POSTNATAL MOTHERS AT BISHOP BENZIGER HOSPITAL, KOLLAM

Nursing

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ABSTRACT

Introduction: "Mankind is unique in all of creation in being made in God's image"(Genesis 1:26-27). Breastfeeding, also known as nursing, is the feeding of babies and young children with milk from a woman's breast. Health professionals recommend that breastfeeding begin within the first hour of a baby's life and continue as often and as much as the baby wants. During the first few weeks of life babies may nurse roughly every two to three hours, and the duration of a feeding is usually ten to fifteen minutes on each breast. Older children feed less often. Mothers may pump milk so that it can be used later when breastfeeding is not possible. Breastfeeding has a number of benefits to both mother and baby, which infant formula lacks.

Materials and Methods

- **Research approach:** Quantitative approach was used in this study.
- **Research design:** Descriptive design.
- **Sampling Technique:** Purposive sampling was used in this study.
- **Sample:** In this study, the sample consisted of 60 postnatal mothers who met the inclusion criteria.
- **Tools:**

Section A: - Demographic proforma
Section B: - Structured Interview Questionnaire
Section C: - Five-point Likert scale on breast feeding

Result: The data were analyzed using both descriptive and inferential statistics on the basis of the hypotheses of the study. The study result shows that 46.67% of the postnatal mothers possessed moderate knowledge and 53.33% of the postnatal mothers possessed adequate knowledge. The mean knowledge score was 10.4 with standard deviation of 0.71. The findings of the study also revealed that 23.33% of the postnatal mothers possessed moderate attitude and 76.67% of the postnatal mothers possessed adequate attitude. The mean attitude score was 59.17 with standard deviation of 5.26. The Karl Pearson's correlation coefficient was computed to determine the correlation between knowledge and attitude of breastfeeding among postnatal mothers. The calculated 'r' value for knowledge and attitude is 0.75 indicating strong positive correlation between knowledge and attitude. The association between knowledge score and selected demographic variables such as age, education, occupation, place of living, type of family, gravida and previous knowledge regarding breastfeeding were computed using chi square test. As the calculated chi square value of age (4.71) was not more than the table value at 0.05 level of significance, there was no significant association between knowledge score and age. The calculated chi square value of education (13.37) was more than the table value at 0.05 level of significance, there was significant association between knowledge score and education. The calculated chi square value of occupation (10.24) was more than the table value at 0.05 level of significance, there was significant association between knowledge score and occupation. The calculated chi square value of place of living (1.86) was not more than the table value at 0.05 level of significance, there was no significant association between knowledge score and place of living. The calculated chi square value of type of family (0.12) was not more than the table value at 0.05 level of significance, there was no significant association between knowledge score and type of family. The calculated chi square value of gravida (4.83) was more than the table value at 0.05 level of significance, there was significant association between knowledge score and gravida. The calculated chi square value of previous knowledge (4.99) was not more than the table value at 0.05 level of significance, there was no significant association between knowledge score and previous knowledge. There was significant association between knowledge score and selected demographic variables such as education, occupation and gravida. There was no significant association between knowledge score and age in years, place of living, type of family and previous knowledge. The association between attitude score and selected demographic variables such as age, education, occupation, place of living, type of family, gravida and previous knowledge regarding breastfeeding were computed using chi square test. As the calculated chi square value of age (0.84) was not more than the table value at 0.05 level of significance, there was no significant association between attitude score and age. The calculated chi square value of education (2.62) was more than the table value at 0.05 level of significance, there was no significant association between attitude score and education. The calculated chi square value of occupation (0.54) was more than the table value at 0.05 level of significance, there was no significant association between attitude score and occupation. The calculated chi square value of place of living (3.33) was not more than the table value at 0.05 level of significance, there was no significant association between attitude score and place of living. The calculated chi square value of type of family (0.96) was not more than the table value at 0.05 level of significance, there was no significant association between attitude score and type of family. The calculated chi square value of gravida (1.76) was more than the table value at 0.05 level of significance, there was no significant association between attitude score and gravida. The calculated chi square value of previous knowledge (2.6) was not more than the table value at 0.05 level of significance, there was no significant association between attitude score and previous knowledge. There was no significant association between attitude score and selected demographic variables such as age, education, occupation, place of living, type of family, gravida and previous knowledge regarding breastfeeding were computed using chi square test. **Conclusion:** The study reveals strong positive correlation (r = 0.75) between knowledge and attitude regarding breastfeeding among postnatal mothers. There was significant association between knowledge score and selected demographic variables such as education, occupation and gravida. There was no significant association between knowledge score and age in years, place of living, type of family and previous knowledge. There was no significant association between attitude score and selected demographic variables such as age in years, education, occupation, place of living, type of family, gravida and previous information.

KEYWORDS

Knowledge, Attitude, Breastfeeding, Postnatal Mothers.

INTRODUCTION

Breastfeeding, also known as nursing, is the feeding of babies and young children with milk from a woman's breast. Health professionals recommend that breastfeeding begin within the first hour of a baby's life and continue as often and as much as the baby wants. During the first few weeks of life babies may nurse roughly every two to three hours, and the duration of a feeding is usually ten to fifteen minutes on each breast. Older children feed less often. Mothers may pump milk so that it can be used later when breastfeeding is not possible. Breastfeeding has a number of benefits to both mother and baby, which infant formula lacks.

MATERIALS AND METHODS

Quantitative approach with descriptive design was used in this study. Institutional ethics clearance certificate was obtained from Bishop Benziger Hospital. The samples were selected purposively. The purpose of the study was explained and informed consent was obtained from samples. Samples were asked to give baseline information. Samples were selected by using sampling criteria from the selected setting. Written informed consent was taken from the selected samples and a brief description of the study was given to them. Baseline data were collected from the samples using demographic proforma. Then the knowledge and attitude regarding breastfeeding was collected from the postnatal mothers by means of structured interview questionnaire and was marked.

RESULTS

Graphical Representation of Demographic Variables

N=60

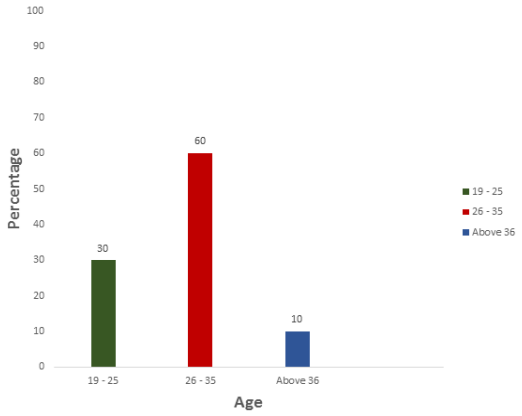

Figure 1: Percentage wise distribution of the sample according to age

N=60

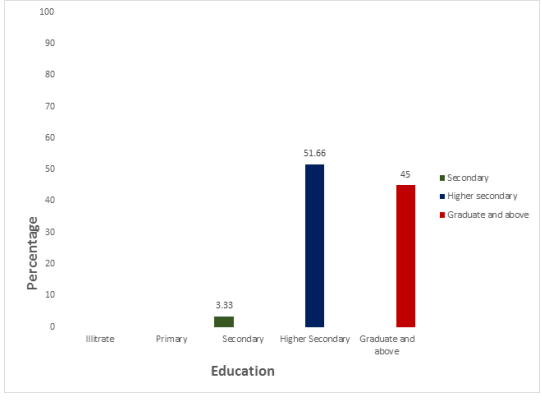

Figure 2: Percentage wise distribution of the sample according to education

N=60

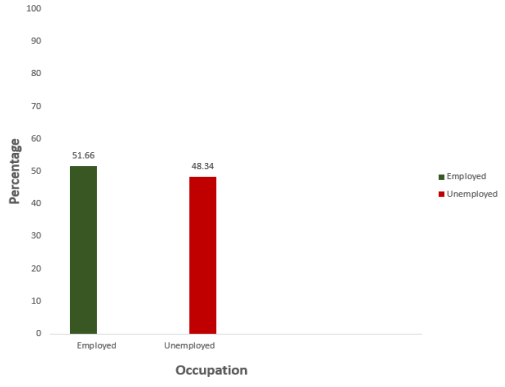

Figure 3: Percentage wise distribution of the sample according to occupation

N=60

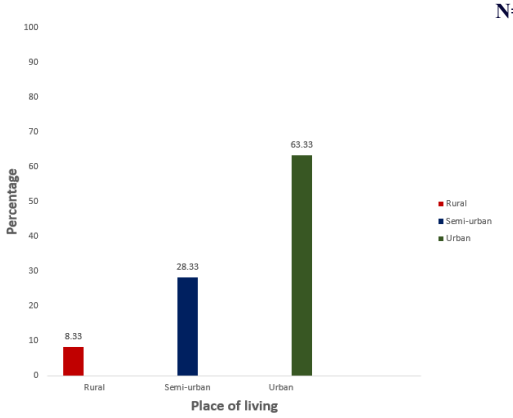

Figure 4: Percentage wise distribution of the sample according to place of living

N=60

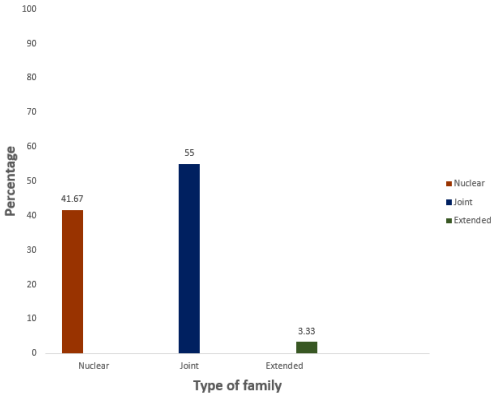

Figure 5: Percentage wise distribution of the sample according to type of family

N=60

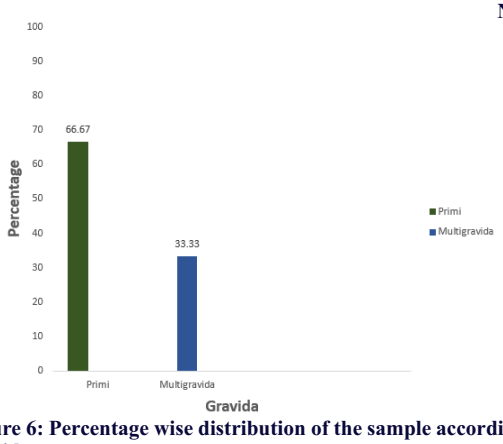

Figure 6: Percentage wise distribution of the sample according to gravida

N=60

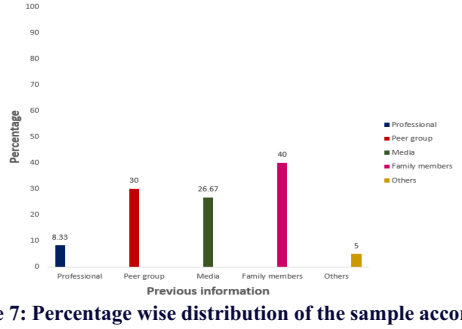

Figure 7: Percentage wise distribution of the sample according to previous information

Section II: Description of knowledge of samples regarding breastfeeding.

Table 1: Frequency, percentage, mean and standard deviation of the knowledge scores among postnatal mothers at Bishop Benziger Hospital

N = 60

Level of knowledge	Frequency	Percentage	Mean	S.D
Inadequate	0	0		
Moderate	28	46.67	10.4	0.71
Adequate	32	53.33		

Section III: Description of attitude of samples towards breastfeeding.

Table 2: Frequency, percentage, mean and standard deviation of the attitude among postnatal mothers at Bishop Benziger Hospital.

N = 60

Level of attitude	Frequency	Percentage	Mean	S.D
Unfavourable	0	0		
Moderate	14	23.33	59.17	5.26
Favourable	46	76.67		

Section IV – Correlation between knowledge and attitude among postnatal mothers

Table 3: Correlation between knowledge and attitude among postnatal mothers

N=60

			Correlation(r)
Variables	**Mean**	**SD**	
Knowledge	10.4	0.71	0.75
Attitude	59.17	5.26	

Section V – Association between knowledge score and selected demographic variables

Table 4: Association between knowledge score and selected demographic variables such as age, education, occupation, place of living, type of family, gravida and previous knowledge.

N = 60

Demographic variables	knowledge		df	Chi square	Table value	Significance
	Moderate	Adequate				
Age in years						
19-25 years	12	6	2	4.71	5.99	NS
26-35 years	12	22				
Above 36	4	4				
Education						
Illiterate						
Primary						
Secondary	1	1	2	13.73	5.99	S
Higher Secondary	22	9				
Graduate and above	6	21				
Occupation						
Employed	19	10				
Unemployed	8	23	1	10.24	3.84	S
Place of living						
Rural	2	3				
Semi Urban	11	8	2	1.86	5.99	NS
Urban	14	22				
Type of family						
Nuclear	17	15				
Joint	14	12	2	0.12	5.99	NS
Extended	1	1				
Gravida						
Primigravida	22	18	1	4.83	3.84	S
Multigravida	5	15				
Previous Knowledge						
Professional	1	4				
Peer	8	10				
Media	1	8	4	4.99	9.49	NS
Family members	9	17				
Others	1	1				

0.05 level of significance S-Significant NS-Non significant

Section VI – Association between attitude score and selected demographic variables

Table 5: Association between attitude score and selected demographic variables such as age, education, occupation, place of living, type of family, gravida and previous knowledge.

N = 60

Demographic variables	Level of attitude		df	Chi square	Table value	Significance
	Moderate	Favourable				
Age in years						
19-25 years	5	13	2	0.84	5.99	NS
26-35 years	7	29				
Above 36	2	4				
Education						
Illiterate						
Primary						
Secondary	1	1	2	2.62	5.99	NS
Higher Secondary	10	21				
Graduate and above	3	24				
Occupation						
Employed	8	21				
Unemployed	6	25	1	0.54	3.84	NS
Place of living						
Rural	2	3				
Semi Urban	6	11	2	3.33	5.99	NS
Urban	6	32				
Type of family						
Nuclear	5	20				
Joint	8	25	2	0.96	5.99	NS
Extended	1	1				
Gravida						
Primigravida	12	28	1	1.76	3.84	NS
Multigravida	3	17				
Previous Knowledge						
Professional	1	4				
Peer	1	17				
Media	2	8	4	2.6	9.49	NS
Family members	10	14				
Others	1	2				

0.05 level of significance S-Significant NS-Non significant

DISCUSSION

The findings of the present study were supported by a study which was carried out using the CAWI method from Dec 2014 till Feb 2015 among 446 mothers (aged 18-42) of infants under 7 months. The most of women lived in towns >100.000 inhabitants, had a university education and normal pre-pregnancy BMI. Breastfeeding knowledge was estimated using 15 questions (both 6 in general and child-related category and 3 in mother-related category). Results were analysed using multivariate logistic analysis and Chi square and U-Mann Whitney tests. 57% (group A) of women exclusively breastfeed their infants and 43% (group B) did not. Average mean breastfeeding knowledge test score was 11.9±3.4 points. Higher mean was observed in group A compared with group B (12.9±2.8 vs. 10.6±3.7 points; $p \leq 0.001$). Predictors of lower score (<11 points) were professional education, overweight and living in the rural area. Each correct answer to questions in general (OR1.93; 95%CI 1.57-2.37) or in child-related (OR1.33; 95%CI 1.10-1.63) category improved the chance of exclusive breastfeeding. Women from group A had a better score in every question.

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