



A STUDY TO ASSESS THE FACTORS OF EXCLUSIVE BREASTFEEDING AMONG INFANTS UPTO 6 MONTHS OF AGE IN LAL BAHADHUR SHASTRI HOSPITAL, NEW DELHI.

Nursing

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ABSTRACT

Breastfeeding is the safest, cheapest, and best protective food for infants. Superiority of human milk is due to its superior nutritive and protective value. It is perfect food for infants and provides total nutrient requirements for the first six months of life. The global public health recommendation is that infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development, and health. The aim of this study to assess the prevalence and factors of exclusive breastfeeding among infants upto 6 months of age of selected hospitals of Delhi. The research approach was quantitative and Descriptive research design was used. Sample selected was mother who has infants up to 6 months of age who are in the postnatal ward and OPD (LBS Hospital). Structured questionnaire was prepared to collect the data, the findings which revealed that maternal attitude was the strongest predictor factors of exclusive breastfeeding from the maternal knowledge, practice, attitude, maternal and child health and social. Mothers who had correct attitude on duration of exclusive breastfeeding were more likely to breastfeed their infants exclusively. On the basis of the findings, promotion of education for women, encouraging antenatal care follow up and mother was also counseled for exclusive breastfeeding during antenatal period recommended to improve exclusive breastfeeding among the infant up to 6 months of age.

KEYWORDS

Breastfeeding, Exclusive Breastfeeding and Breastfeeding milk

INTRODUCTION

"Breastfeeding is a mother's gift to herself, her baby, and the earth."

-Pamela K. Wiggins

Breastfeeding is the universally accepted means of infant feeding with proven benefits to mother, infant and the economy. Preparation for breastfeeding must begin in the antenatal period. The idea of breastfeeding can be introduced in childhood period and during school education about its importance. Breastfeeding should be initiated within first half an hour to one hour of birth or as soon as possible. It should also be initiated within one hour even after cesarean section delivery, if the mother and baby, both are having no problem.^[1]

Exclusive breastfeeding means giving a baby no other food or drink including water, in addition to breast milk (medicines, vitamin and mineral drops are permitted) recommended by WHO. Exclusive breastfeeding for the first six months of an infant's life is a cost-effective intervention in saving children's lives. So there is a need of effective breastfeeding program in India.^[2]

Breastfeeding milk consists of basic nutrients containing proteins, vitamin and carbohydrate. However, presence of minerals fulfills micro nutrients needs and maternal antibodies to improves the immune system, physical and neurological growth of the baby. As well, breast cancer and ovarian cancer risks prospects are reduced among mothers who give exclusive breast milk correlates with weight loss that preventing early cardiac morbidity and mortality.^[3]

The prevalence of exclusive breastfeeding is below the proposed level and still a long road to reaching the world's 100% coverage target recommended by UNICEF. So there is a need of effective breastfeeding program in india. Special focus is needed in the area where prevalence of exclusive breastfeeding is poor.

The objectives of this study are to assess the prevalence of exclusive breastfeeding among infants up to 6 months of age & assess the factors of exclusive breastfeeding among infants up to 6 months of age & to determine the association between factors of exclusive breastfeeding and demographic variable.

MATERIAL AND METHODS

The study was conducted in May 2022. A quantitative research approach with descriptive research design was used. Formal administrative permission was taken from the ethical committee of LBS hospital to conduct the final study. Total of 50 samples was taken. Purposive sampling technique was used for data collection. Structured questionnaire was used for collecting demographic profile and to assess the prevalence and factors of exclusive breastfeeding among infants upto 6 months of age of selected hospitals of Delhi. Before the

questionnaire was given to the participants, consent was taken, aims and objectives were explained to them. The Structured Questionnaire to assess the factors of exclusive breastfeeding among infants upto 6 months of age comprised of two sections. Section 1 consists of Demography Proforma including 11 items to collect information on subject's demography characteristics. Section 2 consist of structured questionnaire related to the factors of exclusive breastfeeding including 16 items among the infants upto 6 months of age. Association assessed between the factors of exclusive breastfeeding and demographic variables.

RESULTS

Figure 1 & figure 2 depict the important demographic variables about the respondents like age of mother & sex of baby.

Figure 3 depicts that present that out of 50 sample subjects show that 24 sample were exclusive breastfeeding and the maximum 26 sample are non exclusive breastfeeding.

Table 1 depicts that the mean and ranking factors of exclusive breastfeeding among the infant up to 6 months of age. Among all the 5 factors, knowledge of the mother regarding breastfeeding ranked 1st with mean 2.64 whereas Attitude of the mother regarding exclusive breastfeeding ranked lowest with mean 0.64 & the other factors such as maternal and child health, social support and practice ranked as 2nd 3rd and 4th respectively.

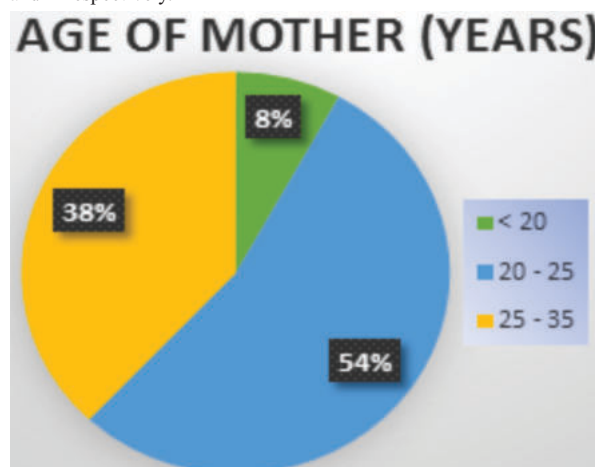


Figure 1: A Pie Chart Diagram Showing The Percentage Distribution Of Subjects According To The Age Of Mother In Years.

Table 2 depicts that association between the factors of exclusive breastfeeding and demographic variables. The computed chi-square value shows that there was a significant association between the selected demographic variables and attitude of exclusive breastfeeding such as age of mother, living status of mother and birth order at 0.05 level of significance. There was no significant association between the elected demographic variables and attitude of exclusive breastfeeding such as religion, education, qualification, occupation, monthly income, delivery type exclusive breastfeeding period, sex of the baby and age of the baby at 0.05 level of significance.

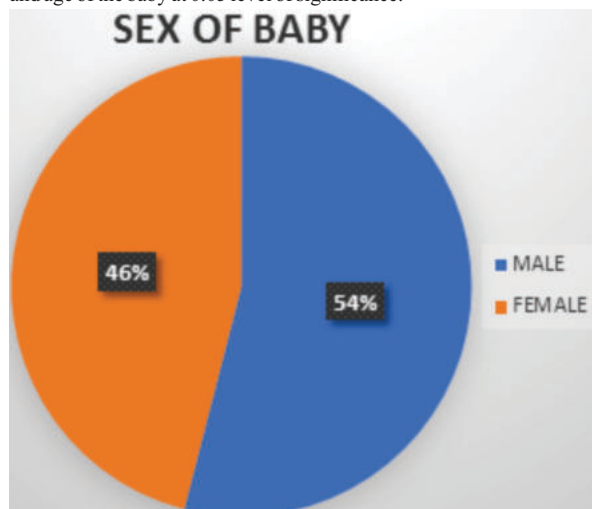


Figure 2: A Pie Chart Diagram Showing The Percentage Distribution Of Sex Of The Baby.

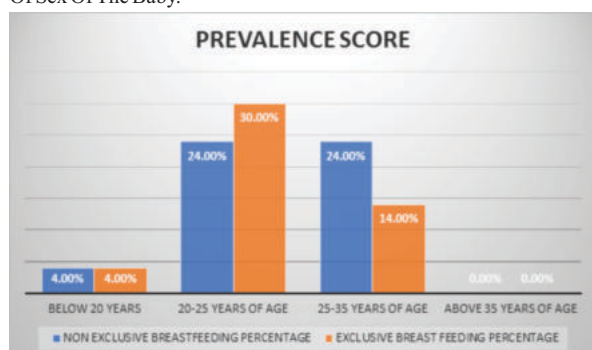


Figure 3: A Bar Diagram Showing Percentage Distribution Of Prevalence Score Of Exclusive And Non- Exclusive Breastfeeding.

Table 1: Mean And Ranking Factors Of Exclusive Breastfeeding Among The Infant Up To 6 Months Of Age. N=50

Factors of exclusive breastfeeding	Mean	Ranking
Knowledge	2.64	1
Maternal and child health	2.56	2
Social support	1.86	3
Practice	1.82	4
Attitude	0.64	5

Table 2 : Association Between The Factors Of Exclusive Breastfeeding And Demographic Variables. N=50

Sr. No	Demographic Profile	Good attitude	Poor attitude	Chi Square	Table value	DF	Significance
1.	Age Of Mother (YEARS)						
A	<20 years	0	4				Significance
b	20-25 years	0	24	50.00	7.81	3	
c	25-35 years	0	21				
d	>35 years	1	0				
2	Religion						
a	Hindu	1	25				Not significant
b	Muslim	0	7	0.57	7.81	3	
c	Christian	0	17				
d	Others	0	1				

3	Education Qualification						
a	Illiterate	1	13	2.904	7.81	3	Not significant
b	Up to class V	0	5				
c	VI-XII	0	21				
d	Diploma/graduate	0	10				
4	OCCUPATION						
a	Government job	0	2				No significant
b	Private job	0	5	0.224	7.81	3	
c	Business	0	2				
d	Unemployed	1	40				
5	Living Status Of Mother						
a	Married, staying with husband	0	45	50.000	5.99	2	Significance
b	Married, not staying with husband	0	4				
c	Widowed/separated /divorced	1	0				
6	Monthly Income						
a	<Rs.20000	1	43	0.139	5.99	2	Not significant
b	Rs.20001-40000	0	5				
c	More than 40000	0	1				
7	Delivery Type						
a	Vaginal delivery(at home)	0	5	0.288	5.99	2	Not significant
b	Vaginal delivery(at hospital)	1	38				
c	Caesarean section	0	6				
8	Exclusive Breastfeeding Period						
a	Not at all	0	0				Not significant
b	<1 month	0	8	7.483	9.49	4	
c	1-2 month	0	9				
d	2-4 month	1	5				
e	4-6 month	0	27				
9	Birth Order						
a	First child	0	28				Significance
b	Second child	0	15	6.268	5.99	2	
c	Third child	1	6				
10	Sex Of Baby						
a	Male	1	24	1.020	3.89	1	Not significant
b	Female	0	25				
11	Age Of Baby						
a	0-3 months	0	27	1.198	3.89	1	Not significant
b	3-6 months	1	22				

DISCUSSION AND CONCLUSION

The present study aimed to assess the factors of exclusive breastfeeding among the infant upto 6 months of age. The present study findings were revealed in terms of the objectives for the study. More than half of the mother aged 27(54%) were in the age group 20-25. With respect to religion of mother maximum 36(72%) were Hindu. Out of the total samples, nearly half 22(44%) were educated till VI-XII. Regarding occupation of mother maximum were 39(78%) were unemployed. Out of total samples maximum 48(96%) were living with their husband. With respect to monthly income maximum 44(88%) were earning till 20000. Related to type of delivery maximum 40(80%) had vaginal delivery at home. As per the period of exclusive breastfeeding given 16(32%) <1 Month and 16(32%) between 2-4 month were given equally. With respect to birth order more than half 27(54%) were Prime gravida. Out of the samples 27(54%) were having male baby. Regarding age of the baby 27(54%) were between 3-6 months of age. The findings were support by Mehedi Hasan, Md. Nazmul Hassan more than half (54.5%) of the mothers were aged ≥24 years. In regard to education level, 17.2% respondents were illiterate, 18.7% were primary educated and the remaining 64.2% had secondary or higher level of education and most (87.1%) of the mothers were Muslims. Most of the respondents (70.9%) had a monthly family income <15000 BDT (1000 Bangladeshi Taka about US\$12). About half (52.9%) of the mothers had one child and most (77.1%) of the mothers were married. Out of 50 sample 24 sample were exclusive breastfeeding and the maximum 26 sample are non-exclusive breastfeeding. The findings were support by Rates of exclusive breastfeeding to six months' increase as maternal age increases: from

about 60% of mothers under 20 years of age to nearly 40% among mothers older than 30.^[4]

The computed chi-square value shows that there was a significant association between the selected demographic variables and attitude of exclusive breastfeeding such as age of mother, living status of mother and birth order at 0.05 level of significance. The findings were support by kok leong tan associated with exclusive breastfeeding in the infant age-adjusted analyses were included in a multivariate model. Variables that were significantly associated with exclusive breastfeeding include area of residence, maternal ethnicity, maternal occupation etc.^[5]

Recommendations

- 1) Ensuring a positive learning environment by giving a learning situation where student are sheltered from harm, harassment, ridicule and negative feelings.
- (2) Developing the policies of attendance that incorporate accepted procedures, conveying attendance approaches, assuring strategies are reliably authorized, and leading attendance strategy assessment.
- (3) Keeping exact records of attendance and computing absenteeism rates at frequent interval to recognize every individual's example of attendance.
- (4) Study of the relationship between teacher attendance, student attendance, accomplishment, and behavior.
- (5) Study of the relationship between academic building conditions and educational achievement.

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