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ASSESSMENT OF BREAST FEEDING POSITION AND ATTACHMENT AMONG BREAST FEEDING MOTHERS IN RURAL FIELD PRACTICE AREA OF JHALAWAR MEDICAL COLLEGE, JHALAWAR

Community Medicine

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ABSTRACT

Breast milk is the best food for the infant. Breast milk provides the main source of food in the first year of life. Effective breastfeeding is a function of the proper positioning of mother and baby and attachment of child to the mother's breast. The objective of study was to assess breast feeding position and attachment among breast feeding mothers residing in rural field practice area of Jhalawar Medical College ,Jhalawar. A community based cross sectional study was being conducted among 160 mother infant pair from March 2024 to May 2024 with the objective of assessing the breast feeding position and attachment among breast feeding mothers residing in rural field practice area of Jhalawar Medical College ,Jhalawar. The result was that 53.1% mothers were practicing breast feeding with good position and 59.9 % with good attachment. Conclusion :Every mother should be observed and counselled for proper and correct positioning and attachment of infants at the onset of breastfeed.

KEYWORDS

Breastfeeeding, Position, Attachment

INTRODUCTION

Breast milk is the ideal source of nutrition for infants in all circumstances and serves as the primary food during the first year of life.[1]

It offers both immediate and lasting advantages for both the baby and the mother, including protection against numerous short-term and long-term illnesses. Studies from developing countries show that babies who are not breastfed are 6 to 10 times more likely to die in the early months of life than those who are breastfed.. Illnesses such as diarrhea and pneumonia occur more frequently and with greater severity in babies who are formula-fed, contributing significantly to these deaths.[2]

There are several reasons that an infant may be poorly attached they may had bottle feeds, especially in the first few days after delivery ,mother may be inexperienced or have had some difficulty and nobody to help or counsel her. Proper positioning is crucial, as incorrect positioning often leads to poor latching, particularly in younger infants. If the infant is positioned well, the attachment is likely to be good.[3]

This study was, therefore, conducted with the objective of assessing the breast feeding position and attachment among breast feeding mothers residing in rural field practice area of Jhalawar Medical College, Jhalawar.

MATERIALS AND METHOD

A community based cross sectional study was conducted in rural feeding field practice area of Jhalawar Medical College ,Jhalawar from March 2024 to May 2024. A total of 195 mother-infant pairs were interviewed and out of which only 160 who were currently breastfeeding were included . Informed written consent was obtained before data collection. A predefined and pretested proforma was used for data collection. The data were collected and entered in Microsoft excel worksheet. SPSS version 23.0 was used for data analysis. Chi square test was used for analysis. p value <0.05 was considered as statistically significant.

The following grading system to grade positioning and infant's mouth attachment and effective suckling during breastfeeding based on IYCF criteria was adopted. [4]

Criteria for correct body position
1. Baby neck straight or slightly bent slightly back and body straight
2. Baby body turned towards mother
3. Baby body close to mother body and face to breast
4. Baby whole body supported

Criteria for correct attachment of baby
1. Chin touching breast
2. Mouth wide and open
3. Lower lip turned outward
4. More areola seen above baby mouth

Both for position and attachment ,it was considered as Good -if any three criteria or all criteria

Average-if any two criteria ,Poor- if any one or no criteria

RESULTS:

Table 1: Sociodemographic Characteristics of Mother and Their Children

VARIABLES		FREQUENCY (N)	PERCENTAGE (%)
Age of mother	18-29	149	93.1
	≥ 30	11	6.9
Education of mother	Illiterate	68	42.5
	Primary	30	18.9
	Middle school	25	15.7
	Secondary	23	14.3
	Senior secondary	7	4.3
	Graduate	7	4.3
Occupation of mother	Working	42	26.2
	Non working	118	73.8
Gender	Male	88	55
	Female	72	45
Socio-economic status	Class I	2	1.3
	Class II	5	3.1
	Class III	21	13.1
	Class IV	92	57.5
	Class V	40	25

Table 1 shows ,149 (93.1%) of mothers were in age group 18-29 followed by 11 (6.9%) in age group ≥30 years. .68 (42.5%) were illiterate,30(18.9%) had primary education, 25 (15.7%) had middle school education ,23(14.3%) had secondary education,7(4.3%) had senior secondary education, 7 (4.3%) had education upto graduation and above. 118 (73.8%) were non working followed by 42 (26.2%) working.88 (55%) have male predominance.

Table 2: Distribution According to Correct Breast Feeding Position

POSITION GRADE	FREQUENCY (n)	PERCENTAGE (%)
Poor	24	15.1
Average	51	31.8
Good	85	53.1
Total	160	100

The above table shows distribution according to correct position. 102(53.1%) had good position,51(31.8%) had average ,and 24 (15.1%) had poor position.

Table 3: Distribution According to Breast Feeding

ATTACHMENT GRADE	FREQUENCY (n)	PERCENTAGE (%)
Poor	22	14.1

Average	42	26
Good	96	59.9
Total	192	100

The above table shows distribution according to correct attachment . 96 (59.9%) had good attachment ,50(26.%) had average ,and 22 (14.1%) had poor attachement.

Table 4:Association of Socio-demographic Variables with Breast Feeding Position

Socio-demographic variables		Breast feeding position				X2-value	P-value
		Poor	Average	Good	Total		
Age of mother	< 30	23 (15.4)	47 (31.5)	79 (53.1)	149 (100)	0.354	0. 9821
	≥ 30	1 (15.3)	4 (31.9)	6 (52.8)	11 (100)		
Sex of child	Male	13 (14.7)	27 (30.7)	48 (54.6)	88 (100)	0.168	0. 9675
	Female	11 (15.3)	24 (33.3)	37 (51.4)	72 (100)		
Mother's education	Illiterate	17 (25)	23 (33.8)	28 (41.2)	68 (100)	24. 004	0. 0075
	Primary	5 (17)	10 (33)	15 (50)	30 (100)		
	Middle school	2 (8)	9 (36)	14 (56)	25 (100)		
	Secondary	0	9 (40)	14 (60)	23 (100)		
	Senior secondary	0	0	7 (100)	7 (100)		
	Graduate	0	0	7 (100)	7 (100)		
Mother's occupation	Working	8 (19)	17 (40.5)	17 (40.5)	42 (100)	3.659	0. 1604
	Not working	16 (13.5)	34 (28.9)	68 (57.6)	118 (100)		
Socio-economic status	Class I	0	0	2 (100)	2 (100)	3.766	0.875
	Class II	0	2 (40)	3 (60)	5 (100)		
	Class III	2 (9.5)	7 (33.3)	12 (57.2)	21 (100)		
	Class IV	16 (17.4)	29 (31.5)	47 (51.1)	92 (100)		
	Class V	6 (15)	13 (32.5)	21 (52.5)	40 (100)		

Table 4: Association of Socio-demographic Variables with Attachment

Socio-demographic variables		Breast feeding Attachment				X2-value	P-value
		Poor	Average	Good	Total		
Age of mother	< 30	20 (13.4)	39 (26.2)	90 (60.4)	149 (100)	0.232	0.8904
	≥ 30	2 (18.2)	3 (27.3)	6 (54.5)	11 (100)		
Sex of child	Male	12 (13.6)	23 (26.1)	53 (60.3)	88 (100)	0.004	0.358
	Female	10 (13.8)	19 (26.3)	43 (59.9)	72 (100)		
Mother's education	Illiterate	15 (22)	17 (25.5)	36 (52.5)	68 (100)	19.13 1	0.0386
	Primary	5 (16.6)	8 (26.7)	17 (56.7)	30 (100)		
	Middle school	2 (8)	8 (32)	15 (60)	25 (100)		
	Secondary	0 (0)	9 (39.1)	14 (60.9)	23 (100)		
	Senior secondary	0	0	7 (100)	7 (100)		
	Graduate	0	0	7 (100)	7 (100)		
Mother's occupation	Working	6 (14.3)	11 (26.2)	25 (59.5)	42 (0)	0.014	0.413
	Not working	16 (13.5)	31 (26.3)	71 (60.2)	118 (100)		
Soscio-economic status	Class I	0	0	2 (100)	2 (100)	3.483	0.9005
	Class II	0	2 (40)	3 (60)	5 (100)		
	Class III	1 (5)	7 (33)	13 (62)	21 (100)		
	Class IV	14 (15.2)	22 (23.9)	56 (60.9)	92 (100)		
	Class V	7 (17.5)	11 (27.5)	22 (55)	40 (100)		

Table 3 & 4 shows that mothers education status had a significant association between breastfeeding position and attachment.

DISCUSSION

This study found that only 53.1% mothers were practicing breast feeding with good position and 59.9 % with good attachment. A study conducted by Davra et al [5] correct breastfeeding position was 45.2%, good attachment 73.8%. Good attachment was observed amongst 42% infants and 60% mothers held infant in correct position in study carried out by Sai et al [6] in North India. Rasha Mohamed Essa et al [7] found about and more than two- thirds (73.7% and 63.7%) of respondent had poor body position and poor attachment grade respectively. While no one of them (0.0% and 0.0%) had either good body position or attachment grade. A study by Mannan I et al [8] found 74% infants were in correct breastfeeding position while good attachment was found in 72.3% infants. Subhash B Thakre et al [9] observed that during breast feeding chin touching to the breast in 51.92% infant, lower lip turned outward in 36.54% infant, baby 's mouth is widely open in 58.65% infant, more areola visible above than below in 26.92% infant. Prabha Shrivastava et al[10] reported 41.2% babies were well attached and 47.4% babies were correctly positioned in their study conducted in West Bengal.

The present study shows that correct breast feeding position and attachment was significantly associated with mother's education.. In the study done by Prajapati AC et al [11] statistical association found between education of mother and correct breast feeding technique. Similar result was also found in study conducted by Mamta Parashar et al[12] .

CONCLUSION

Every mother should be observed and counselled for proper and correct positioning and attachment of infants at the onset of breastfeed.

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