



DESCRIPTIVE STUDY TO ASSESS KNOWLEDGE AND INFORMATIONAL NEEDS RELATED TO BREASTFEEDING AMONG PRIMIGRAVIDA MOTHERS FROM SELECTED URBAN COMMUNITY, WITH A VIEW TO DEVELOP A PAMPHLET

Nursing

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ABSTRACT

Introduction: Breastfeeding plays a vital role in ensuring the healthy growth and development of infants, but many first-time mothers lack adequate knowledge and guidance to practice it effectively. **Aim:** To assess the knowledge and identify the informational needs related to breastfeeding among primigravida mothers. **Subjects and Methods:** A descriptive survey was conducted among 60 Primi Postnatal mothers in selected hospitals of a metropolitan city using a structured questionnaire. **Results:** Most mothers (61.7%) had a moderate level of knowledge, while 26.7% had poor knowledge and only 11.6% had good knowledge. At the same time, all mothers expressed a need for information, with 50% having moderate and 50% having high informational needs. **Conclusion:** The study shows that although mothers have some basic understanding, there is a clear need for more information. Providing simple educational materials like pamphlets can help improve breastfeeding practices.

KEYWORDS

Breastfeeding, Primigravida mothers, Knowledge, Informational needs, Exclusive breastfeeding, Postnatal care, Health education, Maternal health.

INTRODUCTION:

Breastfeeding is a basic human activity, vital to infant and maternal health and of immense economic value to households and societies. The WHO recommends that for the first six months of life, infants should be exclusively breastfed to achieve optimal growth, development, and health. Thereafter, infants should receive nutritionally adequate and safe complementary foods, while continuing to breastfeed for up to two years or more. Exclusive Breast Feeding (EBF) is defined as infant feeding with human milk without the addition of any other liquids or solids. The benefits of breast-feeding, to both mother and baby, have long been recognized. Despite strong evidences in support of EBF for the first six months of life, its prevalence has remained low worldwide and it is estimated that only about one-third of infants were exclusively breastfed for the first six months of life.

BACKGROUND OF STUDY

Breastfeeding is a key tool for nourishing a baby, preventing childhood illnesses like obesity, and hypertension later on in life. In addition, it reduces the cost to the family and the entire country. Uganda to some extent faces a great deal of challenges, particularly in the health sector. Appropriate practices that support exclusive breastfeeding in the 1st six months will cause a major impact on reduction of childhood morbidity and mortality in the young and continued feeding up to 2 years gives a good health benefit for both mothers and children

NEED OF THE STUDY

Primigravida mothers, being first-time mothers, often experience anxiety, uncertainty, and lack of confidence in initiating and maintaining breastfeeding. Inadequate knowledge and lack of proper guidance can lead to early cessation of breastfeeding, increased risk of infections, malnutrition in infants, and emotional stress for mothers. Therefore, it becomes essential to assess the existing knowledge and identify the informational needs of primigravida mothers regarding breastfeeding.

AIM

“To assess the knowledge and identify the informational needs related to breastfeeding among primigravida mothers in selected urban community settings, with a view to develop an informative pamphlet that enhances awareness and promotes appropriate breastfeeding practice”

OBJECTIVES:

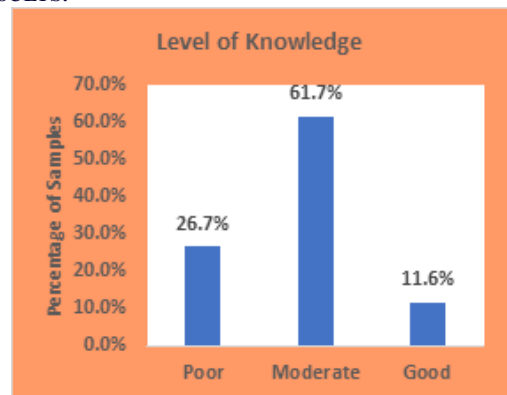
1. To assess the knowledge of Primigravida mothers related to breast feeding.
2. To assess the informational needs of Primigravida mothers regarding breast feeding.

METHODOLOGY:

A descriptive survey was conducted among 60 Primi postnatal mothers

in the postnatal wards of selected hospitals in a metropolitan city. A validated structured questionnaire administered to assessed demographics data, knowledge and Information need. Data were analysed using descriptive statistics, chi-square tests, and correlation.

RESULTS:



The majority of mothers, 37 (61.7%), had a **moderate level of knowledge**, indicating that while they possess some understanding of breastfeeding practices, their knowledge is not comprehensive. About **16 mothers (26.7%)** were found to have **poor knowledge**, which highlights a significant gap and lack of awareness in a considerable proportion of participants. Only **7 mothers (11.6%)** demonstrated a **good level of knowledge**, suggesting that a very small group is well-informed about breastfeeding.



The findings show that **50% (30 mothers)** had a **moderate level of information needs**, while the remaining **50% (30 mothers)** had a **good level of information needs**. Notably, **no mothers were found to have poor information needs**, indicating that all participants expressed at least some level of need for information.

Range, mean, standard deviation, median and mean percentage of knowledge of Primigravida mothers related to breast feeding

N=60

Range	Mean	Standard deviation	Median	Mean percentage
3-12	7.68	2.31	8.0	51.2

The findings related to the **knowledge of primigravida mothers on breastfeeding** show that the scores ranged from 3 to 12, with a mean score of 7.68, median of 8, and standard deviation of 2.31. The mean percentage of 51.2% indicates that the overall knowledge level of mothers is moderate but not adequate. The relatively higher standard deviation suggests variability in knowledge levels among the participants, with some mothers having good knowledge while others possess limited understanding.

Range, mean, standard deviation, median and mean percentage of information needs of Primigravida mothers related to breast feeding

N=60

Range	Mean	Standard deviation	Median	Mean percentage
5-10	8.23	1.27	8.5	68.6

In contrast, the **information needs of primigravida mothers** ranged from 5 to 10, with a higher mean score of 8.23, median of 8.5, and a lower standard deviation of 1.27. The mean percentage of 68.6% reflects a considerable demand for information regarding breastfeeding. The lower standard deviation indicates that most mothers consistently expressed a need for information.

CONCLUSION:

Overall, the findings highlight significant informational needs and misconceptions among Prim Postnatal mothers, emphasizing the importance of targeted educational interventions such as pamphlets to improve knowledge and promote optimal breastfeeding practices.

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