



**ORIGINAL RESEARCH PAPER**

**Nursing**

**TO ASSESS THE LEVEL OF KNOWLEDGE AMONG POSTNATAL MOTHERS REGARDING BREAST-FEEDING AT SELECTED HOSPITAL IN INDORE**

**KEY WORDS:**

**Asha Sreenivasan** HOD OBG Department Professor Bombay Hospital College of Nursing

**ABSTRACT**

**Back ground:** Breast feeding has several benefits for both the infants and mothers. However, despite strong evidences in support of breast feeding its prevalence has remained low worldwide. Breastfeeding is the ideal form of feeding in the neonates. Artificial feeding exposes the infant to infection and result in over a million death annually world wide due to it's ill effects.

**Aim:** assess the level of knowledge among postnatal mothers regarding breast-feeding.

**Objectives:** 1. To assess the level of knowledge among postnatal mothers regarding breast-feeding. 2. To find the association with knowledge of postnatal mothers regarding breast-feeding with their selected demographic variables

**Methodology:** A Descriptive research approach was used to achieve the objectives of the study. The study was conducted with 30 primi postnatal mothers and convenient sampling technique was adopted to select the sample. The level of knowledge was assessed with Structured knowledge questionnaire. The data obtained was analyzed by both descriptive and inferential statistics.

**Results:** The results hews that 20% of mothers have poor knowledge, 60% of them have average knowledge and only 20 % of them have good knowledge regarding breastfeeding.

**INTRODUCTION**

Breast-feeding may be the single most important thing a mother can do for the health of her infant in the first year of the life. For most of the world children exclusive breastfeeding is the difference between the life and death and it is the infant's passport to life. Breastfeeding is an endangered practice that requires support of everyone in society to nurture it back to its full, potent strength. It requires a commitment on the part of health care institution, decision maker, government and individual in the community to ensure a total baby friendly environment. Human milk is the optimal food for human infant. It contains a plethora of unique dietary components and host resistance factors that cannot be provided conventional commercial formulae. Every authoritative source recommends that infant be exclusively breastfeed first four to six month. Average milk volume is of 750-800 ml per day are comparable.

**NEED FOR THE STUDY**

Breast milk is the most suitable, economic, nutritious, sterile & specific food for infants and possesses anti-infective property. The first breast milk is called colostrums. It is very rich in anti bodies and must be given to the newborn. Breast milk can constitute a complete diet for a child during 0-6 month of age. Secretion of breast milk depends upon age, nutrition & mental status of the mother. On an average an Indian mother secrete 600ml of breast milk per day with 1.2g % proteins in the first year of lactation. 100ml breast milk gives 71 kilocalories. The mother should be encouraged to breast feed the child as long as she can get semi solid food introduce after 6 month of age.

Currently only 31% of Indian mother practices demand feeding must be practical by educating mothers regarding breastfeeding in order to improve health of mother and baby. The mother of today has adopted to the recent trends of lifestyle replacing traditional ones there are many changes one of which is changes in cultural diversity and the majority of mothers [63.8%] breastfeeding on the day of delivery. While [31.6%] of mother rejected colostrums as bad for the child. Where as [81.3%] considered it as good.

**PROBLEM STATEMENT**

A descriptive study to assess the level of knowledge among postnatal mothers regarding breast-feeding at selected Hospital in Indore.

**OBJECTIVES**

1. To assess the level of knowledge among postnatal mothers regarding breast-feeding.
2. To find the association with knowledge of postnatal mothers regarding breast-feeding with their selected demographic variables.

**HYPOTHESIS**

H1: There is a significant association between the level of

knowledge among postnatal mothers with their selected demographic variable.

**ASSUMPTION**

Postnatal mothers may have inadequate knowledge regarding breast-feeding.

**DELIMITATIONS**

1. The research is limited only to postnatal mothers of selected area.
2. Primi mothers who are in first 3 month of postnatal period.

**REVIEW OF LITERATURE**

Bhatt Shwetal, Parikh Pooja et. all conducted a cross sectional study to knowledge of postnatal mothers regarding breast. The Study conducted with 175 postnatal mothers from the maternity wards of a tertiary care hospital in Vadodara city. Mothers were interviewed within 5 days after the birth of the child. Data was collected using a structured questionnaire. The result shows that 21% mothers were having good knowledge 69% having average knowledge regarding breast feeding

Mhashemipoor, Gheysari, GH Sadri, GH Ghasemi, R Ghasem, et. all were conducted a descriptive, cross sectional study, 2799 mothers with infants younger than 15 months were selected by a cluster sampling. The study was performed in urban and rural health centers of Isfahan province. Result shows that mothers living in urban area were having good knowledge level as compared to the mothers living in rural area. In urban area 72% of mothers were having good knowledge score were as in rural area 54% of mothers were having average knowledge.

**RESEARCH METHODOLOGY**

**Descriptive research approach** was used to achieve the objectives of the study. And the research design used was **survey research design**.

The term primipara postnatal mothers was the **target population** for this study and the primipara postnatal mothers in first 3 month of postnatal period is considered as **Accessible population** for the study.

**Convenient sampling technique** was used to select 30 primipara mother's as sample

**INCLUSION CRITERIA**

1. Primi postnatal mother's who are willing to participate in the present study.
2. Primi mothers who are in first 3 month of postnatal period.
3. Primi mothers who are in breast feeding
4. Primi mothers who are not contraindicated for breast feeding

**Exclusion criteria**

1. Primi postnatal mothers who are not co-operating with data collection.
2. Primi postnatal mothers who are beyond 3 month of postnatal period.

**RELIABILITY**

Test -Re- test method was used to check the reliability of the tool.The reliability was found to as 0.95 and the structured questionnaire was found as reliable to collect the data regarding knowledge of postnatal mothers regarding breast feeding

**DATA COLLECTION**

The study was conducted in District Hospital Indore. After verified with criteria, 30 primi postnatal mothers are selected as a sample using convenient sampling technique. After explaining purpose and objective of the study oral consent was taken from the mother's. Data was collected using a Structure Questionnaire which was given to the patients for 30-35 minutes. After that structured teaching program was delivered to the samples.

**RESULT**

**Distribution of Socio- Demographic Variable:-**

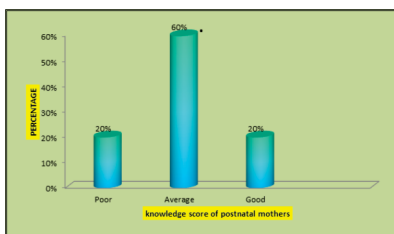
In experimental group majority 16(53.33%) of participants was from the age group of 23-27 years .27(90%)of them had basic school education. Majority 26(86.66%) of them are unemployed.18(60%) of them belongs to urban area of the community.

LEVEL OF KNOWLEDGE OF PRIMIPOSTNATAL MOTHERS regarding breast feeding

S.no.	Knowledge score	Freqe ncy	Percen tage	Mean	Median	Standard deviation
1	Poor (bellow 49%)	6	20%	9.86	9.5	1.44
2	Average (50%-75%)	18	60%			
3	Good (76%-100%)	6	20%			

The data shows that 20% of the samples had poor and good knowledge and the maximum of 60% samples had average knowledge regarding breast feeding .The calculated mean score of knowledge level among primi postnatal mothers was 9.86. with the standard deviation of 1.44.It was also observed that.

**knowledge score of postnatal mothers.**



**Association with demographic variable**

The result revealed that the education ( $\chi^2=26.26$ ) domicile ( $\chi^2=7.3$ ) are found as significant. age the ( $\chi^2=1.392$ ), Religion( $\chi^2=7.76$ ), types of family ( $\chi^2=5.75$ ) types of family ( $\chi^2=5.75$ ) occupation ( $\chi^2=1.59$ ) are found in non-significant at 0.05 level.

**IMPLICATIONS OF THE STUDY**

1. Nurses should enhance their professional knowledge. The finding of the study can be used to bring about awareness among the primi postnatal mothers regarding breast feeding .An in service education programme can be organized to train the nurses about the importance of breastfeeding so that the nurses can provide health education to the mothers.
2. The nurse administrator should take interest in providing information on breast feeding practices. Nurse administrator is the backbone to provide facilities to reduce complications which is arises due to in proper breast feeding and early

supplementary feed and also due to wrong cultural beliefs.  
 3. Emphasis should also be given on publication of findings of these types of researches in various journals. Research findings could also be presented at various nursing forums for developing awareness among nurses.

**RECOMMENDATIONS**

1. The study can be replicated on larger sample in different setting so that the findings can be generalized to larger population.
2. A similar study may be done on both primipara and multipara mothers.
3. A experimental study can be conducted by using same samples

**CONCLUSION**

Breastfeeding is the ideal form of feeding in the neonates. Artificial feeding exposes the infant to infection and result in over a million death annually worldwide due to its ill effect. The present study investigates the knowledge of primi postnatal mothers regarding breast feeding. The result of the study shows that majority of mother's had inadequate knowledge and it suggests that there is a need of health education for primi postnatal mothers regarding breast .

**REFERENCES**

- 1) Beevi Assuma(2009-2010) Text book pediatrics nursing 1st , Kerala, published by Elsevier, page no.35, 138
- 2) Bhide Amarnath. G.(2000) A text book of obstetric for nurses and midwives, 1st edition, 1st volume, Mumbai, Jaypee publication, page no.217, 218
- 3) Chakravarti Daffari (2007) Manual of obstetrics, 2nd edition, Delhi, Elsevier publication, page no.412,413.
- 4) Dawn C. S. (2003) Textbook of gynecology contraception, 14th edition, 1st volume , Kolkatta, Dawn publication, page no.24.
- 5) Dofary Shirish N, Sudip Chakravarti, (2007) Manual of Obstetrics, 2nd edition, New Delhi, published by Elsevier, , page no: 628.
- 6) Amdekar Y.K(1995). Pediatric priorities in office practice, 1st edition, Bombay, pediatric priority publication, page no. 8.
- 7) Barness L.A.(1979) Advances pediatrics 26th volume, London, year book medical publications, page no. 137,154.