

Original Research Article

To study the Knowledge, Attitude and Practice of breastfeeding among mothers attending DSP Hospital, Durgapur.

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Abstract:

Background & Method: The aim of the study is to study the Knowledge, Attitude and Practice of breastfeeding among mothers attending DSP Hospital, Durgapur. Child aged 0-2 years which was born at term without any anomalies or complications coming to the paediatric out-patient and in-patient department during the study period.

Result: Mean age of the study mothers was 26.73 years with 30.7% cases in 21-25 years and 26-30 years' age group respectively. Mean knowledge score in present study was 15.13 with minimum and maximum of 6 and 19 respectively. Mean attitude score in present study was 30.0 with minimum and maximum of 20 and 40 respectively. Mean practice score in present study was 19.37 with minimum and maximum of 12 and 30 respectively.

Conclusion: Mean age of the study mothers was 26.73 years with 30.7% cases in 21-25 years and 26-30 years' age group respectively. Knowledge scores were significantly associated with increasing age, employment status, illiteracy, lower socio-economic status and having more than 2 children ($p < 0.05$). All the three parameters correlates well with each other ($r < 0.01$), i.e. increase in knowledge leads to better attitude and practices for breast feeding. Hence promotion of exclusive breastfeeding and focus on the factors affecting them is highly warranted in this area.

Keywords: Knowledge, Attitude, Practice, breastfeeding & Durgapur.

Study Designed: Descriptive Cross-sectional Study.

1. Introduction

Breast feeding is an extremely ancient process and it is considered as the first fundamental right of the child. It is proved by scientific evidences that breastfeeding is the most ideal form of feeding the new born ^[1]. Breast milk is the natural food for the infant & like all other animal milks; human breastmilk is "species-specific". It is convenient, safe and economical method of feeding the baby and its nutritional, immunological, social, psychological benefits are well known. It also provides better health for mothers and temporary contraception ^[2].

According to WHO, breastfeeding remains the healthiest and the least expensive, natural first food for babies in all situations ^[3,4]. Human milk provides easily digestible, hygienic formula, at proper temperature, and with no artificial colourings, flavourings, or preservatives ^[5,6].

The World Health Organization (WHO) and the American Academy of Paediatrics (AAP) emphasize the importance of breastfeeding for mother as well as child. Both have recommended exclusive breastfeeding for the first six months of life. The AAP recommends that this be followed by supplemented breastfeeding for at least one year, while WHO recommends that supplemented breastfeeding continue up to two years or more ^[7-9].

Proper infant feeding should start from the time of birth as it plays a substantial role in determining the nutritional status, morbidity and survival of children, particularly in the neonatal period and infancy and thus is an important determinant of growth and development of the child ^[10].

Good infant feeding includes breastfeeding followed by good 'complementary feeding practices' for children more than six months old whose nutritional needs can no longer be fully met by breastfeeding.

2. Material & Method

Paediatric Out-Patient and In-Patient Department of DSP Main hospital Durgapur, Child aged 0-2 years which was born at term without any anomalies or complications coming to the paediatric out-patient and in-patient department during the study period. Approval was obtained from hospital ethics committee and scientific committee. All mothers were explained the purpose of the study and written consent from each mother was taken, in the language they can understand, read and write.

Inclusion Criteria

- i) Mothers of healthy child aged 0-2 years
- ii) Born at Term (37-42 weeks)
- iii) Without any major birth defects e.g. Congenital heart disease, Cleft palate/ lip, Down Syndrome

Exclusion Criteria:

- i) Mothers of healthy child aged >2 years
- ii) Pre-Term baby
- iii) Post Term baby
- iv) Babies With defects eg. Congenital heart disease, Cleft palate/lip, Down Syndrome, IDM babies (infant of diabetic mother)

3. Results

Table 1: Frequency and Percentage wise distribution to assess the Knowledge, Attitude and Practice of breastfeeding among mothers attending Durgapur Steel Plant Hospital, Durgapur according to their demographic data. (n=756)

| Demographic variables | Frequency | Percentage |
|-----------------------|-----------|------------|
| 1.Age (in years): | | |
| <20 years | 82 | 10.9 |
| 21-25 years | 232 | 30.7 |
| 26-30 years | 232 | 30.7 |
| 30 and above | 210 | 27.7 |
| | | |

| | | |
|---|-----|------|
| 2. Locality: | | |
| Urban | 605 | 80 |
| Rural | 151 | 20 |
| 3. Employment: | | |
| Housewife | 619 | 81.8 |
| Employed | 137 | 18.2 |
| 4. Education: | | |
| Illiterate | 28 | 3.7 |
| <10 th std | 217 | 28.7 |
| >10 th std | 511 | 67.6 |
| 5. Socio-Economic status: (Modified Kuppaswamy Scale) | | |
| Lower | 39 | 5.2 |
| Upper lower | 135 | 17.9 |
| Lower middle | 468 | 61.9 |
| Upper middle | 103 | 13.5 |
| Upper | 11 | 1.5 |
| 6. Type of delivery: | | |
| Normal | 282 | 62.9 |
| Cesarean | 474 | 37.1 |
| 7. Number of children: | | |
| ≤2 | 476 | 63 |
| >2 | 280 | 37 |

Mean age of the study mothers was 26.73 years with 30.7% cases in 21-25 years and 26-30 years' age group respectively.

Section 2: Distribution to assess the Knowledge, Attitude and Practice of breastfeeding among mothers attending Durgapur Steel Plant Hospital, Durgapur

Table-2: Area wise Mean, SD and mean to assess the Knowledge of breastfeeding among mothers attending Durgapur Steel Plant Hospital, Durgapur

| Knowledge | Max. score | Range | Mean± SD | Median | Mean% |
|-----------|------------|-------|------------|--------|-------|
| Overall | 19 | 19-6 | 15.13±2.36 | 15 | 79 |

Mean knowledge score in present study was 15.13 with minimum and maximum of 6 and 19 respectively.

Table-3: Area wise Mean, SD and mean% to assess the Attitude of breastfeeding among mothers attending Durgapur Steel Plant Hospital, Durgapur

| Attitude | Max. score | Range | Mean± SD | Median | Mean% |
|----------|------------|-------|----------|--------|-------|
| Overall | 40 | 40-20 | 30±3.61 | 30 | 75 |

Mean attitude score in present study was 30.0 with minimum and maximum of 20 and 40 respectively.

| | Attitude | Max. score | Range | Mean± SD | Median | Mean% |
|--|----------------|------------|--------------|-------------------|-----------|-----------|
| | | | | | | |
| | Overall | 30 | 30-12 | 19.37±3.26 | 19 | 65 |

Mean practice score in present study was 19.37 with minimum and maximum of 12 and 30 respectively.

Table 5: Item wise analysis to assess the Knowledge of breastfeeding among mothers attending Durgapur Steel Plant Hospital, Durgapur

| | | KNOWLEDGE QUESTIONNAIRE | | | |
|-----|--|-------------------------|-------|-------|-------|
| | | True | | False | |
| | | f | % | f | % |
| 1) | Colostrums is important for the baby to maintain immunity? | 633 | 83.73 | 123 | 16.27 |
| 2) | Burping should be done after each feed? | 706 | 93.8 | 46 | 6.2 |
| 3) | Can breast milk be stored and kept for feeding later? | 364 | 48.2 | 392 | 51.8 |
| 4) | Breast feeding should be continued Up to 2 years? | 638 | 84.4 | 118 | 15.6 |
| 5) | Exclusive breast milk can be given during first 6 months? | 731 | 96.7 | 25 | 3.3 |
| 6) | Lactating mother should take healthy food to improve secretion of milk? | 710 | 94.4 | 42 | 5.6 |
| 7) | During breastfeeding the mother should sit comfortably? | 697 | 92.2 | 59 | 7.8 |
| 8) | During breastfeeding the mother should maintain eye to eye contact and talk with the baby? | 649 | 85.9 | 107 | 14.1 |
| 9) | Wash each breast with warm water before breast feeding? | 703 | 92.9 | 53 | 7.1 |
| 10) | Awakening the baby while breastfeeding? | 701 | 92.7 | 55 | 7.3 |
| 11) | Breast feeding helps in mother and child bonding? | 716 | 94.7 | 40 | 5.3 |
| 12) | Breast feeding can prevent diseases affecting breast? | 689 | 91.1 | 67 | 8.9 |
| 13) | Breastfeed affect the beauty of feeding mother? | 511 | 67.6 | 245 | 32.4 |
| 14) | Mother should not feed the child when she has diarrhea? | 364 | 48.1 | 392 | 51.9 |
| 15) | Stop breastfeeding when you start weaning? | 440 | 58.2 | 316 | 41.8 |
| 16) | Breastfeeding should be stopped when child has diarrhea/vomiting | 456 | 60.3 | 300 | 39.7 |
| 17) | Breastfeeding is a method of contraception? | 493 | 65.2 | 263 | 34.8 |
| 18) | 3 months of breastfeeding is enough? | 544 | 71.9 | 212 | 28.1 |
| 19) | Baby can be breastfed during menstruation? | 686 | 90.7 | 70 | 9.3 |

Above table showed the result of Item wise analysis of questionnaire regarding knowledge of breastfeeding among mothers.

4. Discussion

Mahmood SE et al. ^[11] studied Infant feeding practices in the rural population of north India. Most of the mothers were aged less than 30 years (78.04%) and were Hindus (73.9%). Most were illiterate (69.9%) and belonged to the lower socioeconomic class (97.5%). The majority were housewives (99.1%) and multiparous (68.2%).

Vinay BS et al. ^[12] observed mean age as 26.9 years with majority from middle to lower socio-economic class. Out of 138 postnatal mothers, 84 were primiparous (60.9%) and 54 (30.1%) were multiparous. And 56 (40.6%) had vaginal delivery and 82 (59.4%) had caesarian delivery. Similar socio-demographic pattern was observed by Ekambaram M et al. ^[13]

Krishnendu M et al. ^[14] in their study observed that a total of 70.8% of lactating mothers had average knowledge, 55% displayed good attitude and 19.2% had good breastfeeding practices.

Ghure U et al. ^[15] in their study also observed that most of the mothers have good knowledge on breastfeeding (81.1%) while this good knowledge was not coupled with good practices (30%).

Deeksha Pandey et al. ^[16] in their study observed that overall awareness regarding 'breast milk' being the best food for baby was excellent (97.3%). With regards to the attitude, despite better awareness, less than 75% of women were ready to breast-feed the newborn immediately after birth.

Adequate duration of breastfeeding is a very important for the development of the baby. In present study, on assessing knowledge of the study subjects regarding breastfeeding practices it was observed that 96.7% mothers knew about exclusive breast feeding for 6 months and 84.4% of the subjects knew that breast feeding should be continued till 2 years of age. However, 20% mothers preferred formulae feeding which increased to 30% for working mothers.

Government of India aims to increase the exclusive breastfeeding rate to 80% during the first six months. Although it is universally acknowledged that exclusive breastfeeding for the first six months could reduce infant mortality by 13%, the rates of exclusive breastfeeding remain low in rural and urban areas. Different studies have reported different prevalence in this context as different areas have different levels of education and different levels of motivation among health workers, NFHS-4 data has shown this prevalence to be 62%. Medhi et al. ^[17] in an article on Assam tea garden workers showed the prevalence of exclusive breastfeeding to be 69.35% up to six months of age, and the results of a similar study done by C.R. Banapurmath et al. ^[18] in Davanagere district showed that 73% of infants in the age group of 0-3 months were exclusively breastfed and 60% in the 4-6 months' age group.

5. Conclusion

Mean age of the study mothers was 26.73 years with 30.7% cases in 21-25 years and 26-30 years' age group respectively. Knowledge scores were significantly associated with increasing age, employment status, illiteracy, lower socio-economic status and having more than 2 children ($p < 0.05$). All the three parameters correlates well with each other ($r < 0.01$), i.e. increase in knowledge leads to better attitude and practices for breast feeding. Hence promotion of exclusive breastfeeding and focus on the factors affecting them is highly warranted in this area.

6. References

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