

Knowledge, attitude and practice of breast feeding among women attending outpatient department of obg in nri institute of medical sciences, Visakhapatnam, Andhra Pradesh

¹Dr.V. Himabindu, ²Dr. Haripriya

Corresponding Author: Dr. V. Himabindu

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Abstract

Background: Breastfeeding is an unequalled way of providing ideal food for the healthy growth and development of infants. The major cause for the mortality and morbidity among infants are malnutrition, diarrhoea, infections, lack of awareness and misconception among mothers regarding breastfeeding

Aims and objectives

1. To study the knowledge and believes of women towards breastfeeding
2. To assess the attitude and practices of women towards breastfeeding
3. To study the demographic and socio-economic factors associated with breast feeding practices

Materials and methods

A Cross sectional study conducted from 1st August to 7th August 2022 during breast feeding week. Consisted of 100 women attending the OPD in the department of obg, nriims, visakhapatnam, Andhra Pradesh.

Method of collection of data

The instrument used was a predesigned and pretested semi structured questionnaire

Results

Majority of mothers had inadequate knowledge and attitude towards breastfeeding. Age, education, occupation, economic status, religion and type of family were found to be significant associates of their knowledge and attitude. Among many mothers, correct breast-feeding practices were not practiced

Conclusion

As a long-term measure, compulsory education for all children, especially the girl child and special attention to the nutritional needs of the girl child adolescents and women have to be considered. This will go a long way in improving the breast-feeding practices

Keywords: EBF, WHO

Introduction

Breastfeeding is a basic human activity, vital to infant and maternal health and of immense economic value to

households and societies¹. The WHO recommends that for the first six months of life, infants should be exclusively breastfed to achieve optimal growth, development, and health². Thereafter, infants should receive nutritionally adequate and safe complementary foods, while continuing to breastfeed for up to two years or more³.

Exclusive Breast Feeding (EBF) is defined as infant feeding with human milk without the addition of any other liquids or solids⁴. 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 life⁵.

Breast-feeding has declined worldwide in recent years as a result of urbanization, socio-economic reasons, changes in living patterns, advertisements, marketing of infant milk formulae and maternal employment outside the home⁶. Studies in India have also shown a decline in breast-feeding trends especially in urban areas. Need for educating mothers for promotion of proper infant-feeding practices and other aspects of childcare has also been felt.

The major cause for the mortality and morbidity among infants are malnutrition, diarrhoea, infections, lack of awareness and misconception among mothers regarding breastfeeding^{7,8}.

Considering the importance of breast feeding “World Breast Feeding Week” is being organized every year from 1st August to 7th August by World Alliance Breast Feeding Action to strengthen the breast-feeding culture

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Materials and methods

Study design

Cross sectional study

Study period

From 1st August to 7th August 2022 during breast feeding week

Study population

Consisted of 100 women attending the OPD in the department of OBG, NRIIMS, visakhapatnam, Andhra Pradesh

Inclusion criteria

1. Women less than 35 yrs attending OPD in the department of OBG

Exclusion criteria

1. Women more than 35 yrs of age
2. Those not willing to participate in the study.
3. Mentally ill patients

Method of collection of data

The instrument used was a predesigned semi structured questionnaire which was developed based on the review of literature and past experiences. There were 10 items to measure knowledge of the participants towards breastfeeding.

Each item in the knowledge section of the questionnaire had 3 possible responses, namely True, False, and not sure.

Data collection procedure

After obtaining the permission, all women were given an explanation of purpose of the study. Written and informed consent was obtained from women who were willing to participate in the study. Data was collected through face-to-face interview, in a private room at the treatment facilities where the participants were recruited. It took approximately 10 minutes to complete the structured questionnaire.

Ethical consideration

Written consent was obtained from the participants and they were given freedom to quit the study. Participants’ confidentiality was respected.

Statistical analysis

Proportion, chi square test, Mean and Standard deviations are used for statistical analysis. P value of <0.05 is significant

Results

The sample of the present study comprised of women (N=100) of whom 60%(n=60) belonged to 18–25ys age group. The mean age of the participants was 23±3.50 (M±SD) and average income was Rs/- 5000±1.48 (M±SD). 48% (n=48) of participants were homemakers. Nearly half of the participants 59%(n=59) had higher education, 27%(n=27) were illiterate and primary educated were 14%(n=14). Although most of the mothers (88.5%) were breastfeeding their infants, merely 67%(n=67) of the mothers were exclusive breast feeders and 30%(n=30) initiated breastfeeding within an hour of delivery

Table 1: Sociodemographic characters of participants

Demographic variables	Group	Frequency	Percentage
Age	18-25	60	60%
	26-30	22	22%
	31-35	18	18%
Income	<10000	48	48%

	>10000	52	52%
Background	Urban	62	62%
	Rural	38	38%
Occupation	Housewife	48	48%
	Employed	52	52%
Education	Illiterate	46	46%
	literate	54	54%
Type of delivery	Vaginal	87	87%
	Caesarean	13	13%
Prelacteal feeds	Given	14	14%
	Not given	86	86%
Initiation of breast feeding	<1hr	30	30%
	1-4hrs	42	42%
	>4hrs	28	28%
Exclusive breast feeding	Practiced	67	67%
	Not practiced	33	33%
Age at weaning	<6 months	24	24%
	6 months	32	32%
	At 6 months	44	44%
	>6 months		

Association of sociodemographic factors and knowledge and attitude scores

Table 2: Relation between type of delivery and pre lacteal given

Type of delivery	Prelacteal feeds		Total
	Given	Not given	
NVD	8	79	87
Caesarean	5	8	13
Total	13	87	100

Chi-square- 4.9

P-value =0.026

Table 3: Relation between literacy and appropriate initiation of breast feeding

Literacy	Initiation of breast feeding		Total
	Appropriate	Not appropriate	
Illiterate	14	32	46
Educated	30	24	54
Total	44	56	100

Chi-square = 52.46 P-value=0.001

Table 4: Relation between occupation and exclusive breast feeding

Occupation	Exclusive breast feeding		Total
	Given	Not Given	
Employed	18	34	52
Unemployed	42	6	48
Total	60	40	100

Chi-square= 5.3 P-value=0.021

Table 5: Relation between literacy and age of weaning

Literacy	Weaning		Total
	Correct age	Incorrect age	
Illiterate	18	28	46
Literate	22	32	54
Total	40	60	100

Chi-square= 1.268 P-value= 0.261

Discussion

In our study 13% were given prelacteal feeds and 87% were not given prelacteal feeds. Here p value is 0.026 which is highly significant This study finding differed from R.N. Kulkarni et.al 2004 28 study in urban Navi Mumbai where, 36.1% of mothers gave pre-lacteals. In Kumar D et.al 200630 study done in urban slum of Chandigarh out of 270 mothers, 40% gave pre-lacteal feeds. Here 44% have initiated breast feeding appropriately and 54% were not appropriate, p-value is significant.

This study was in accordance with a study done by V. Vimala et. al 198717 where 95% of mothers-initiated breast feeding from first day of delivery. In a study done by Ajay Kumar. Get.al 2011 45 30% of mothers-initiated breast feeding within in 1 hour of birth. 60% have given exclusive breast feeding and 40% have not given exclusive breast feeding where p-value is highly significant.

This study findings were in accordance with NFHS-3 38 where, 62.7% of babies were exclusively breast fed for 0-5 months in Andhra Pradesh. Exclusive breast feeding in rural areas (67.2%) was slightly higher than urban areas (53.3%) of AP. 40% have given breast feeding up to correct age and 60% have not given.

This study findings were in accordance with ChandraShekar T et l 200632 study, where 38% of mothers had started complementary feeding at 6 months, Madhu K et al 20097 study where 40% of mothers had started weaning. correctly at 6 months and in study done by Taneja D K et al 2003 58 where 50% of the infants were given complementary feed from 6 months.

Conclusion

As a long-term measure, compulsory education for all children, especially the girl child and special attention to the nutritional needs of the girl child adolescents and women have to be considered. This will go a long way in improving the breast-feeding practices

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