
**“A Study of Knowledge, Attitude and Practices Regarding
Breastfeeding among Primi Mothers in Surajpur Greater Noida
Region of Uttar Pradesh”**

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ABSTRACT

WHO recommends breastfeeding to be initiated within an hour of birth and continued exclusively for 6 months. Often, primi mothers are more anxious and less confident regarding their breastfeeding capabilities as compared to multipara mothers due to a lack of knowledge, confidence, and experience. This study assessed knowledge, attitude and practice regarding breast feeding in primi mothers at Surajpur region of Uttar Pradesh.

KEY WORDS- Knowledge, Attitude and Practices (KAP), breastfeeding, primi mothers

METHOD

A cross-sectional descriptive study was conducted on 50 primi mothers of infants of 0–6 month's age using a pre-designed questionnaire.

RESULT

In our study, the majority of primi mothers understood the exact meaning of exclusive breastfeeding and 72.8% of primi mothers had knowledge that breast milk should be given exclusively for the first 6 months, 64.4% of primi mothers had knowledge that breast milk protects babies from various diseases and infections. 47.6% mothers had anxiety about being able to breast feed their babies till 6 months. 64.2% mothers had plan of Exclusive breastfeeding for 6 months and 75.6% mothers had plan to introduce complementary feeding after 6 months. 64.4% of primi mothers had initiated breast feeding within 1 hour, which indicates good practice. Majority of primi mothers practiced hand hygiene before feeding.

CONCLUSION

Our findings suggest that most primi mothers had adequate knowledge of breast feeding. Maternal education was an important factor affecting knowledge about benefits of breast feeding.

1. INTRODUCTION:

Breastfeeding is the nature's way of nurturing and nourishment for newborn and the young child ^[1]. Breastfeeding enhances maternal involvement, interaction and bonding; provides species-specific nutrients, non-nutrient growth factors, immune factors, hormones and other bioactive components ^[2].

“A newborn baby has only three demands. They are warmth in the arms of its mother, food from the breasts, and security in the knowledge of her presence; breastfeeding satisfies all three”.

Breastfeeding is the cornerstone of child survival, nutrition, and development and maternal health. The World Health Organization (WHO) recommends exclusive breastfeeding (EBF) for the first 6 months of life, followed by continued breastfeeding with appropriate complementary foods for up to 2 years or beyond.

In recognition of the immense importance of breast feeding, the Baby Friendly Hospital Initiative (BFHI) was launched by UNICEF/WHO in 1991. Breast feeding results in decreased problems such as infections and such other medical problems to the mother as well as the baby.

Breast feeding is the most important thing for every mother. It is the unique experience to be cherished. Sometimes certain simple problems faced by the mother's results in stoppage of the breast feeding or started giving artificial milk or commercial infant formula feeds to the baby.

that 1.5 million of infant's life can be saved each year through increased breast feeding, Breast feeding is the most important thing for every mother. It is the unique experience to be cherished. Sometimes certain simple problems faced by the mother's results in stoppage of the breast feeding or started giving artificial milk or commercial infant formula feeds to the baby. Presence; breastfeeding satisfies all three”. A newborn baby has only three demands.

WHO and UNICEF recommend that breastfeeding should be initiated within an hour of birth and continued exclusively for 6 months ^[3]. Exclusive breast feeding means feeding the baby only breast milk, not any other food or drink except medications and vitamin and mineral supplements for the first 6 months.

Breastfeeding rates vary among regions in India.[18] Multiple factors such as sociodemographic and obstetric characteristics, availability of health services, and cultural beliefs may have an impact on breastfeeding rates.[19] Studies have shown that primiparous women are less likely to initiate breastfeeding within 1 h of birth.[19] Similarly, in our study also, primiparous mothers were less likely to initiate breastfeeding within 1 h of birth as compared to those having multiple births. Romola *et al.*[20] showed that 23.8% of the mothers from nuclear family initiated breastfeeding within 1 h of delivery as compared to 11.9% from joint families. This was in contrast to our study wherein women living in joint families (66.57%) were more likely to initiate breastfeeding as compared to those living in nuclear families (42.31%) with significant difference noted between the groups.

Globally, 13% children could be saved annually among children under 5 years, if all children 0 – 23 months were optimally breastfed ^[4]. Across the globe, only 50% of

newborns are breastfed within the first hour of birth, about 44% infants of age 0 to 6 month were exclusively breast fed from 2015 to 2020^[5].

According to NFHS-5, in India, 41.8% children under 3 years of age were breastfed within one hour of birth whereas 63.7% children under 6 months were exclusively breastfed^[6]. In Madhya Pradesh, 41.3% children under 3 years were initiated with early breast feeding within an hour of birth, while 74% children under 6 months were exclusively breast fed^[6]

Early initiation of breastfeeding is associated with reduced neonatal mortality^[7]. Breastfeeding protects the new born from acquiring infections like Diarrhea, pneumonia etc. Infant mortality rates in developing countries are 5–10 times higher among children who have not been breastfed or who have been breastfed for less than 6 months^[8].

OBJECTIVE:

This study was conducted to assess the knowledge, attitudes and practices towards breast feeding in primi mothers and to assess the socio-demographic variables affecting breastfeeding.

MATERIAL AND METHODS

Study center:

The study was conducted in the Department of Pediatrics (Pediatrics Ward, Pediatric Outpatient Department (OPD), Pediatrics Intensive Care Unit), and in post-natal ward of the Department of Obstetrics and Gynecology, at PHC Center surajpur Greater Noida (UP) from September 7, 2022 to November 6, 2022 .

Study design:

It was a cross-sectional descriptive study in primi mothers of infants of 0–6 month's age. The mothers were interviewed using a predesigned questionnaire.

Study Period

The data collection for the study was done from from September 7, 2022 to November 6, 2022 .

for 2 month from the date of approval from the concerned authority.

Sample Size-

The sample size was calculated based on the prevalence of exclusive breastfeeding practices in India at 0-6 months. As per NFHS -4 reports, it is 55%

For calculating sample size,

The formula was applied- $(n = \frac{2pq}{z^2})$

Hence, a minimum sample size of 50 was planned.

Inclusion Criteria-

All primi mothers of children aged between 0 to 6 months visiting Pediatric OPD, admitted in Pediatrics Ward, Pediatrics Intensive Care Unit , Postnatal Wards and giving consent for

participation in the study at PHC Center surajpur Greater Noida (UP) were included in the study.

Exclusion Criteria-

Multipara mothers and mothers not giving consent were excluded from the study.

Data Collection Method:

Data was collected from the primi mothers through a questionnaire comprising of questions related to knowledge, attitude and practice of mothers regarding breast feeding. Data regarding the mother's age, type of delivery, type of family, antenatal visits, place of delivery, education, employment, socioeconomic status, religion, residence, sex of the children, initiation and duration of exclusive breastfeeding and weaning practices etc. was collected. The questionnaires were filled by the investigator for both literate and illiterate mothers to maintain uniformity of data collection.

1. DISCUSSION

In the present study, 50 primi mothers were interviewed, out of whom majority of primi mothers (n=31, 62%) belonged to the age group of 18 to 25 years. Most of the primi mothers in the study had children less than 7 days. 26(52%) children were males, whereas 24(48%) were females. In the present study, 25 (50%) participants belonged to rural areas and 24(48%) participants belonged to urban areas. Majority of mothers interrogated were Hindu (n=41, 82%), followed by 7(14%) Jain, 13 (26%) Muslim, and 14 (28%) Christian and Hindu 16(32%). 34(68%) mothers were employed, while the majority 16 (32%) mothers were not working.

Most of the primi mothers (n=19, 38%) belonged to upper lower class, whereas 31, 64% mothers belonged to the lower/upper lower class. 33(66.8%) mothers visited antenatal checkups regularly which are higher compare to **SultaniaP et al**^[9] who observed that only 55% received proper antenatal care during pregnancy.

36(72.8%) were normal vaginal deliveries, 13 (26.8%) were Caesarean sections, and 1 (0.2%) were assisted vaginal deliveries.

In the present study, 39(78.4%) primi mothers were aware of the benefits of breast feeding and 37(75.4%) primi mothers had understood the exact meaning of exclusive breastfeeding. **Mohapatra and Roy et al.**^[10] found that 33(13.2%) had adequate, 124(49.6%) had moderately adequate, and 93(37.2%) had inadequate awareness of breastfeeding, which was low compared to our study. 364(72.8%) primi mothers had knowledge that breast milk alone was enough and provided all the necessary nutrients during the first 6 months. which was similar to **Sultania et al.**^[9]

32 (64.4 %) primi mothers were aware that breast milk protects from various diseases, infections and promotes immunity although **Avinash Kumar et al.**^[11] reported lesser awareness among only 45.2% mothers towards protection by breast feeding against diarrhea in babies.

In the present study, 122(24.4 %) primi mothers had knowledge that breast milk protects the baby from asthma and allergic diseases. 266(53.2%) of primi mothers had knowledge that breast-fed babies have fewer respiratory infections than formula-fed babies.

16(3.2%) of primi mothers had knowledge that breast milk protects the baby from diabetes mellitus later in life.

Greater awareness regarding protection by breastfeeding against asthma was observed by **Adil Ali Nassir Ayed et al.** ^[12] in 64 % of mothers. Similarly, **Mulugeta WassieAlamirew et al.** ^[13] reported that greater number of the participants, 60.9%, knew that exclusive breast feeding prevents from respiratory infections. **Madiha Mohamed Tosson et al** ^[14], observed that breastfeeding protects the baby against some chronic conditions (asthma, obesity, and diabetes) by 58.0%.

26 (52%) primi mothers knew that colostrum is essential and should be fed to the baby. **Ghure et al.** ^[15] reported 89.2% of mothers had awareness that colostrum is important for the baby. 391(78.2%) primi mothers had an attitude of discomfort when breast feeding in public places.

19 (38.6 %) primi mothers had attitude that it was difficult to carry out daily housework and take care of the family during breast feeding. **Adil Ali Nassir Ayed et al.** ^[12], reported that 6.7% mothers strongly agree and 25.3% mothers agree that it was difficult during breast feeding to care for the family.

34 (68.2 %) primi mothers had attitude that breastfeeding should be started within an hour of delivery. In study by **Sultania et al.** ^[9] 45% of mothers initiated breastfeeding during the first hour of life. **Ghure et al** ^[15] reported that 236(90.8%) mothers had initiated breastfeeding within an hour of delivery.

19 (38%) primi mothers had an attitude that breast feeding affects their beauty and body figure while 304 (60.8%) mothers had an attitude that breast feeding does not affect beauty. Similar finding were observed by **Al Ketbi et al** ^[16].

34(68.2 %) primi mothers had the attitude that breast feeding should be continued during when the child is ill. **Avinash Kumar et al** ^[11], reported that 146(78.5%) mothers had an attitude that breastfeeding should be continued if the child falls sick, a higher attitude compared to our study. 419(83.8%) primi mothers had attitude that Breast feeding should be continued even after initiation of complementary feeding. Similar attitude of the mothers observed by **Al Ketbi et al** ^[16]

Maximum primi mothers 26 (52%) preferred any comfortable position for feeding while 14(28%) had preferred lying down and 10 (20%) preferred a sitting position. **Sultania et al** ^[9]. observed 85% mothers fed their baby in a sitting position.

46(92.8%) primi mothers practiced keeping the baby in the same room “rooming in”, as also reported by **Kakade SV et al** ^[17]. In the present study, 457 (91.4 %) primi mothers were burping babies after feeding as also observed by **Sultania et al** ^[9].

In the present study, 36 (72.8%) of primi mothers practiced hand hygiene before feeding whereas lower rates of only 54% of mothers were reported by **Sultania et al.** ^[9].

In the present study, 28 (5.6%) primi mothers had cracked nipple, while 4 (0.8%) had inverted nipple and 5(1%) had breast abscess. **Sultania et al** ^[9] reported lower rates of only 0.6% mothers having cracked nipple.

CONCLUSION

The following conclusions were drawn from the present study among Primi mothers: “Exclusive breastfeeding” was understood by 75.4% of the primi mothers. It suggests that most primi mothers had adequate knowledge of breastfeeding, but there were gaps in the knowledge of rest of the mothers. 64.4% primi mothers had knowledge about the advantages of breast milk in protecting babies from various diseases and infections.

RECOMMENDATION:

The study indicates the importance of ante-natal mother check up in imparting knowledge regarding breastfeeding. Also, the study emphasizes the need and importance of improvement in adolescent education and maternal education (most, 45.8% of mothers were educated till middle school), which can result in the building of healthy attitude and practice of breastfeeding.

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