

“A STUDY ASSESS THE KNOWLEDGE AND PRACTICE REGARDING EXCLUSIVE BREASTFEEDING AMONG PRIMIPARA MOTHERS AT SELECTED HOSPITAL OF PUNE CITY.”

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ABSTRACT

Introduction: Exclusive breastfeeding (EBF) is recommended for the first six months of age by the World Health Organization. By the time these targets were set in 2012, India was well on its way to reaching a national exclusive breastfeeding rate of 50%. Today, 55% of children under six months are exclusively breastfed in the country. While this should be celebrated, progress must continue so that all children are able to thrive.¹

The present study title - A study assess the knowledge and practice regarding exclusive breastfeeding among primipara mothers at Selected Hospital of Pune city. The objective was assess the knowledge and practice regarding exclusive breastfeeding among primipara mothers.

Material and Methods: Researcher adopted nonexperimental descriptive research design. It was carried out on 60 samples. The Non-probability convenient sampling technique was used to data was collected using self-structured questionnaire and checklist for practices. Data analysis was done mainly using descriptive statistics.

Result: study result showed that the .48.3% mothers were having moderately adequate knowledge, 25% of them were having adequate knowledge and only 18.3% of them were having inadequate knowledge. 53.3% mothers were having average practices, 28.3 % of them were having good practices and only 18.3 them were having poor practices among the primipara mothers **Conclusion:** study concluded that primipara mothers having adequate knowledge and practices regarding breastfeeding

Key words: Knowledge, Practice ,Exclusive Breastfeeding ,Primipara Mothers

INTRODUCTION

“While breastfeeding may not seem the right choice for every parent, it is the best choice for every baby.”

—Amy Spangler.

Exclusive breastfeeding (EBF) is recommended for the first six months of age by the World Health Organization. Mothers' good knowledge and positive attitude play key roles in the process of exclusive breastfeeding practices.

Breastmilk is the ideal food for infants. It is safe, clean and contains antibodies which help protect against many common childhood illnesses. Breastmilk provides all the energy and nutrients that the infant needs for the first months of life, and it continues to provide up to half or more of a child's nutritional needs during the second half of the first year, and up to one third during the second year of life.²

Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat everything your baby needs to grow. And it's all provided in a form more easily digested than infant formula. Breast milk contains antibodies that help your baby fight off viruses and bacteria. Breastfeeding lowers your baby's risk of

having asthma or allergies. Plus, babies who are breastfed exclusively for the first 6 months, without any formula, have fewer ear infections, respiratory illnesses, and bouts of diarrhea. They also have fewer hospitalizations and trips to the doctor.³

Breastfeeding has been linked to higher IQ scores in later childhood in some studies. What's more, the physical closeness, skin-to-skin touching, and eye contact all help your baby bond with you and feel secure. Breastfed infants are more likely to gain the right amount of weight as they grow rather than become overweight children.⁴

Breastfeeding burns extra calories, so it can help you lose pregnancy weight faster. It releases the hormone oxytocin, which helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth. There are continued benefits from breastfeeding beyond 1 year, and up to 2 years especially in the mother. Breastfeeding also lowers your risk of breast and ovarian cancer. It may lower your risk of osteoporosis, too.⁵

NEED OF THE STUDY

Breastfeeding is an essential key factor for reducing child mortality and the risk of disease. Therefore, to

ensure health and wellbeing for all (Sustainable Development Goal 03), and to reduce inequalities in child health status (SDG 10), understanding the determinants of breastfeeding is essential. Our research aims to investigate determinants of different breastfeeding practices from 2005-06 (NFHS-3) to 2015-16 (NFHS-4), and changes in different breastfeeding practices among various demographic, social, religious, and economic groups during this decade.⁶

Analysis of data from 123 countries (see Annex) shows that around the world most babies are breastfed at some point in their lives, with 95 per cent of babies ever receiving breastmilk. However, this rate varies widely between low- and middle-income, and high-income countries. In low- and middle-income countries, just 4 per cent, or 1 in 25 babies, are never breastfed. In high-income countries, 21 per cent of babies, or more than 1 in 5, never receive breastmilk.⁷ During the observation with primipara mothers, the investigator has found that the mothers have inadequate knowledge and practice regarding the breast feeding. So the investigator decided to conduct the study to assess the knowledge and practice regarding exclusive breastfeeding among primipara mothers.

Aim of study

A study assess the knowledge and practice regarding exclusive breastfeeding among primipara mothers at Selected Hospital of pune city.

METHODOLOGY

The study was conducted by adopting a non-experiment descriptive design. The study was carried out with 60 primipara mothers who fulfilled the inclusion criteria. The Non-probability convenient sampling technique was used to select the primipara mothers.

RESULT

SECTION I - DEMOGRAPHIC CHARACTERISTICS OF MOTHERS

Study Result showed that 58 % mothers were from age group of 18 to 25 of years.43% mothers had primary education.70% mothers lived in rural area , 70% of mothers were house maker,50% of mothers are Hindu religion , 86.7% mothers delivered at full term birth, With regard to condition of nipple, 86.7% were with erect nipple, With respect to the nature of delivery, 66.7% mothers were delivered normally and 33.3% have underwent LSCS ,56% of mothers having previous information regarding breastfeeding.

SECTION II DISTRIBUTION OF SAMPLE BY THEIR LEVEL OF KNOWLEDGE WITH REGARD TO EXCLUSIVE BREASTFEEDING.

Table 1 Frequency and percentage distribution of level of knowledgeregarding exclusive breast feeding among primipara mothers.

N= 60

Level of knowledge	Frequency	Percentage	mean	SD
Inadequate	16	18.3	12.5	3.2
Moderately Adequate	29	48.3		
Adequate	15	25		

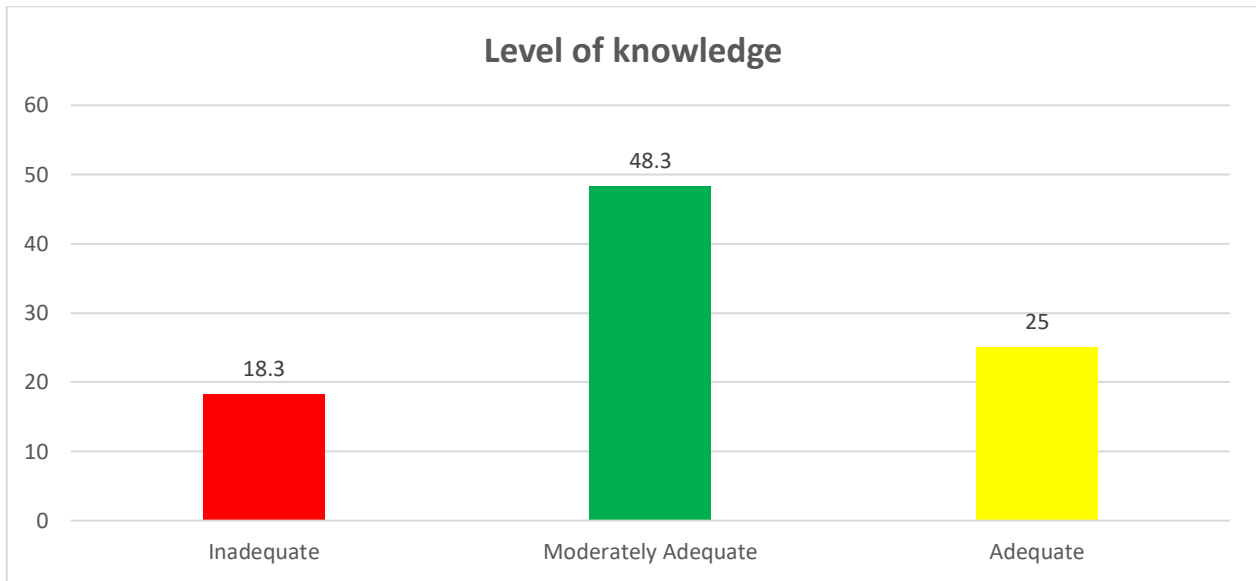


Fig. 1: Percentage distribution of level of knowledge among primipara mothers

Table 1 represents the frequency and percentage distribution of level of knowledge regarding breast feeding among primipara mothers. In 29 (48.3) mothers were having moderately adequate knowledge, 15(25%) of them were having adequate knowledge and only 16(18.3%) of them were having inadequate

knowledge. The mean knowledge score was 12.5 with 3.2 SD

III: DISTRIBUTION OF SAMPLE BY THEIR LEVEL OF PRACTICES WITH REGARD TO EXCLUSIVE BREASTFEEDING

Table 2: Frequency and percentage distribution of pretest level of practice regarding breast feeding among primipara mothers.

N = 60

Level of practice	Frequency	Percentage	mean	SD
Poor	11	18.3	6.8	2.1
Average	32	53.3		
Good	17	28.3		

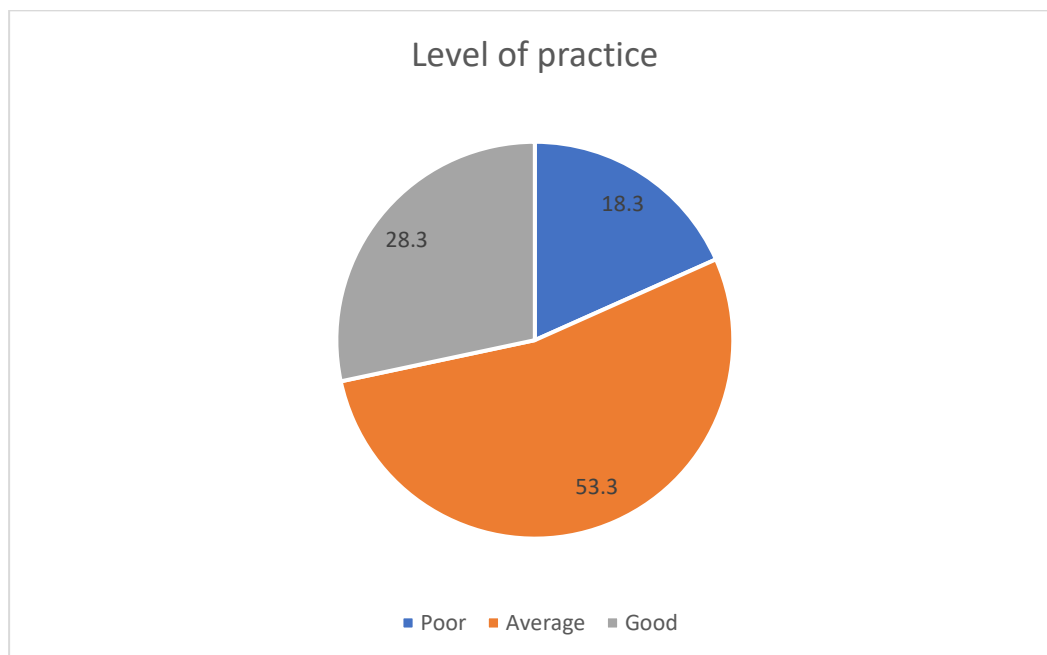


Fig. 2: Percentage distribution of level of practice among primipara mothers

Above table showed the data regarding distribution of level of practices among primipara mothers .in which 53.3% mothers were having average practices, 28.3 % of them were having good practices and only 18.3 them were having poor practices of among primipara mothers. The mean practices score was 6.8 with 2.1 SD .

SECTION – IV: ASSOCIATION OF PRETEST LEVEL OF KNOWLEDGE REGARDING BREAST FEEDING AMONG PRIMIPARA MOTHERS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

Study result shows the association between pretest on level of knowledge regarding breast feeding among primipara mothers with their selected demographic variables. The analysis revealed that there was no association found between pretest level of knowledge with their demographic variables.

SECTION – VI: ASSOCIATION OF PRETEST LEVEL OF PRACTICES REGARDING BREAST FEEDING AMONG PRIMIPARA MOTHERS WITH THEIR SELECTED DEMOGRAPHIC VARIABLES.

Study results show the association between pretest on level of practices regarding breast feeding among primipara mothers with their selected demographic variables. The analysis revealed that there was no association found between pretest level of practices with their demographic variables.

DISCUSSION

The findings of the study was discussed with the objectives and hypothesis stated. The present study was undertaken to assess the knowledge and practice

regarding exclusive breastfeeding among primipara mothers at Selected Hospital of pune city.

Present study findings are supported by study done in Andhra Pradesh in May 2018.in which Quantitative approach with descriptive design was used to assess the knowledge of the Primigravida mothers at selected hospital at Guntur district. A total of one hundred Primigravida mothers were selected by using convenient sampling technique. A structured knowledge questionnaire was used to collect the data. Results: Out of 100 participants, majority (71%) had moderate knowledge, many (27%) had inadequate knowledge and very few (2%) had adequate knowledge. Significant association was found between the knowledge of exclusive breastfeeding among the Primigravida mothers with their occupation ($\chi^2=40.22$) at 0.05% level of significance.⁸

In present study majority of 58 % mothers were from age group of 18 to 25 of years.43% mothers had primary education.70% mothers lived in rural area , 70% of mothers were house maker,50% of mothers are Hindu religion , 86.7% mothers delivered at full term birth, With regard to condition of nipple, 86.7% were with erect nipple, With respect to the nature of delivery, 66.7% mothers were delivered normally and 33.3% have underwent LSCS ,56% of mothers having previous information regarding breastfeeding.48.3% mothers were having moderately adequate knowledge, 25% of them were having adequate knowledge and only 18.3%of them were having inadequate knowledge. 53.3% mothers were having average practices, 28.3 % of them were having good practices and only 18.3 them were having poor practices among the primipara mothers.

Conclusion: The present concluded that Breastfeeding is very important for an infant. Prevalence of exclusive breastfeeding up to six months is still low in India. Majority of the Primigravida mothers had adequate knowledge and practices regarding exclusive breastfeeding. Exclusive breastfeeding counselling in all reproductive and child health clinics especially during the antenatal and postnatal periods may help to improve the mothers' knowledge on exclusive breastfeeding.

Recommendation: Similar Study can be done in larger population and interventional study can conducted ..

Conflict of Interest: The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

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