

# Knowledge Regarding Breast Feeding Among Pregnant Mothers at Selected Community Health Centre, Bareilly, Uttar Pradesh, India.

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## ABSTRACT:

**Background:** Human milk is the ideal nourishment for newborn & infants survival, growth, and development. Breast milk contains all the nutrients an infant needs in the first six months of life. Exclusive breast feeding means that the infant receives only breast milk. It offers infants and young children complete nutrition, early protection against illness and promote growth and development of the baby. Early initiation of breast feeding lowers the mother's risk of postpartum haemorrhage and anaemia.

**Aim:** The aim of the study was to assess the Knowledge regarding breast feeding among pregnant mothers at CHC.

**Objectives:** 1.To assess the knowledge level of pregnant mothers on breast feeding. 2. To find out association between level of knowledge among pregnant mothers with their selected socio demographic variables.

**Methodology:** 50 pregnant mothers attending CHC, Nawabganj were selected by using non-probability purposive sampling technique.

**Results:** The level of knowledge among pregnant mothers, 41 (82%) had adequate knowledge, 5(10%) had moderate knowledge and 4(8%) had inadequate knowledge regarding breast feeding. The mean knowledge score of pregnant mothers was 11.44 and standard deviation was 6.5. **Conclusion:** The study result showed that majority of the pregnant mothers (82%) had adequate knowledge towards breast feeding.

**Keywords:** Knowledge, Breast Feeding, Pregnant Mothers.

## INTRODUCTION:

Human milk is the ideal nourishment for infants' survival, growth, and development. Breast milk contains all the nutrients an infant needs in the first six months of life. Exclusive breast feeding means

that the infant receives only breast milk. It offers infants and young children complete nutrition, early protection against illness and promote growth and development of the baby. Early initiation of breast feeding lowers the mother's risk of postpartum haemorrhage and anaemia. The beneficial effect of breastfeeding depends on breastfeeding initiation, its duration, and age at which the breast-fed child is weaned. Breastfeeding practices vary among different regions and communities. In India breastfeeding practices are influenced by rural and urban residence, cultural, socio-economic factors, psychological status, religious value and literacy especially low level of mother's education, mother's employment.<sup>1</sup>

WHO recommends exclusive breast feeding (EBF) for the first six months of life while it is advised to provide adequate and safe complementary foods with breast feeding for up to two years and beyond. As per WHO, breastfed children are more intellectual and fit. Furthermore, their chances of being overweight, obese, and prone to diabetes are comparatively lesser than the ones who aren't. Breast milk is the best food for newborn babies as it contains antibodies that aid in preventing several prevalent paediatric ailments.<sup>2</sup>

Globally, a minority of infants and children meet these recommendations: Only 44% of infants initiate breastfeeding within the 1st h after birth and 40% of all infants under 6 months of age are exclusively breastfed. At 2 years of age, 45% of children are still breast feeding (World Health Organization, 2020).<sup>3</sup>

#### **NEED FOR THE STUDY:**

As per the WHO reports, 2 out of 3 children are not breastfed. Therefore, it makes it all the more crucial to mark this day. Mothers are recommended to breastfeed their children for 6 months post birth. The world health organization (WHO) recommends exclusive breast feeding (EBF) for the first six months of life while it is advised to provide adequate and safe complementary foods with breast feeding for up to two years and beyond. EBF remains uncommon in most countries (both developed and developing), even in countries with high rates of breast feeding initiation. EBF rates in infants less than six months of age varied from as low as 20% in central and eastern European countries to 44% in south Asia.<sup>4</sup>

In Africa, more than 95% of infants are currently breastfed, but feeding practices are often inadequate; feeding water and other liquids to breastfed infants is a widespread practice [5]. The risk of morbidity is reduced by close to 70% when a child is exclusively breastfed. Exclusive breast feeding protected against serious morbidities in the first six months of life [6]. Research conducted at Ibadan, Nigeria, revealed that prevalence of mothers' knowledge towards EBF is still low, which accounts for about 36.2% and the same thing is true in Ethiopia, where it accounts for about 34.7%. Even though many researches are done about mother's knowledge and attitude towards exclusive breast feeding in many areas of Ethiopia, no research is done about it in and around Dabat Health Center. Due to this fact, this research is initiated and conducted, with the objective of assessing the knowledge and attitude towards exclusive breast feeding among mothers attending antenatal care and immunization clinic in Dabat Health Center, North Gondar zone, Northwest Ethiopia.<sup>5</sup>

A descriptive cross-sectional study was conducted among 120 pregnant women from four primary health-care centres in south western Ethiopia. A structured questionnaire was developed and face to face interview technique was used for data collection. Overall, 61.7% of mothers had a poor level of knowledge of breastfeeding despite having a positive attitude (96.7%). There was a significant association between mothers' knowledge and mothers' education level, age, occupation, and type of family. A significant number of pregnant mothers had not sufficient knowledge that indicating the necessity of interventional programs by the health system.<sup>6</sup>

**STATEMENT OF THE PROBLEM:**

A Study to Assess the Knowledge Regarding Breast Feeding Among Pregnant Mothers at selected Community Health Centre, Nawabganj, Bareilly, Uttar Pradesh, India.

**OBJECTIVES OF THE STUDY:**

1. To assess the knowledge level of pregnant mothers on breast feeding.
2. To find out association between level of knowledge among pregnant mothers and with their selected socio demographic variables.

**DELIMITATIONS:**

- Pregnant mothers attending CHC, Nawabganj.
- Both Primi and multigravida.
- Who are willing to participate

**METHODOLOGY:**

**Research Approach:** Quantitative approach.

**Research Design:** Descriptive design

**Setting:** The study was carried out at CHC, Nawabganj.

**Population:**

**Target population:** All pregnant mothers.

**Accessible population:** Pregnant mothers attending CHC, Nawabganj.

**Sample:** Pregnant mothers attending selected CHC and who fulfilled the inclusion criteria.

**Sample size:** The sample size selected for the present study includes 50 pregnant mothers.

**Sampling technique:** Non-probability purposive sampling technique was adapted to the selected samples.

**Variables:**

**Independent variable:** Pregnant mothers.

**Dependent variable:** Level of knowledge.

**Sampling criteria****Inclusion criteria:**

- Pregnant mothers attending selected CHC.
- Willing to participate in the study.
- Available during the period of data collection.

**Exclusion criteria:**

- Pregnant mothers who are not available at the time of data collection.
- Pregnant mothers admitted for serious illness.
- Those who are not willing to participate in the study.

**Description of the tool:**

- **Part-I:** Demographic data consisting of items age, gravida, trimester, education, occupation, type of family, religion, FMI and source of information.
- **Part-B:** Self structured questionnaire to assess the knowledge on breastfeeding among pregnant mothers. It had 20 MCQ questions.

## Pilot Study: -

After obtaining permission from the concerned authorities the pilot study was conducted at CHC, Nawabganj in antenatal OPD & IPD of antenatal ward.

## Data Collection Procedure: -

The data collection procedure was carried out after obtaining formal written permission from the concerned authorities. The main study was conducted at CHC, Nawabganj. 50 pregnant women were selected by using Non-probability purposive sampling technique. The pregnant women were informed by investigator about the nature and purpose of the study and then written consent was obtained. At first demographic data was collected, followed by knowledge assessment was done by using self structured questionnaire. The data was organized according to objectives of the study.

## Plan of Data Analysis:

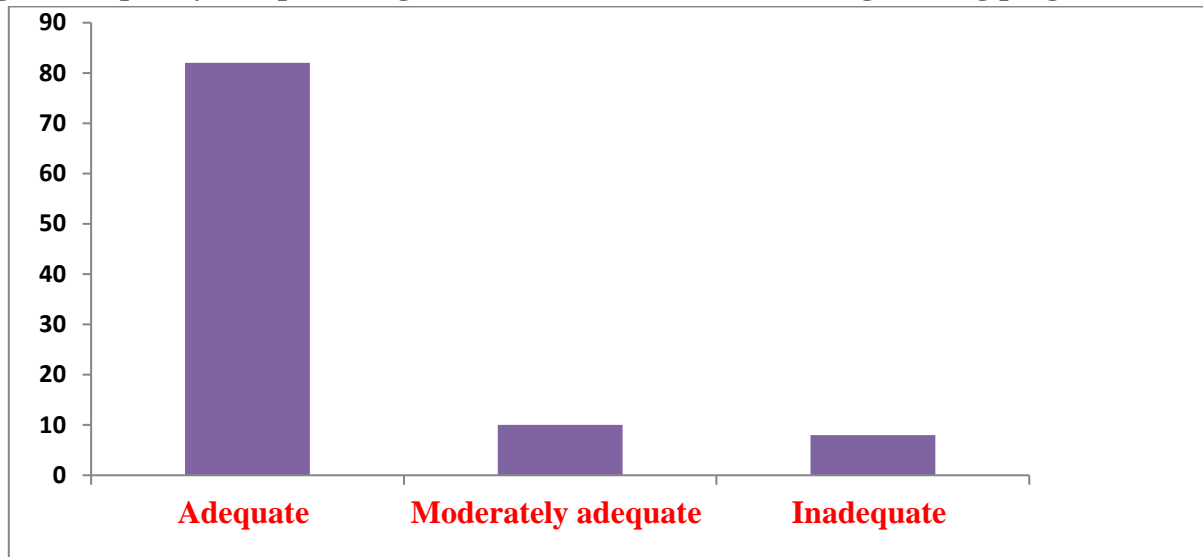
S.No	Data Analysis	Methods	Remarks
1.	Descriptive statistics	• Frequency and Percentage Distribution	❖ Frequency and percentage of demographic variables. ❖ Frequency and percentage of Level of knowledge.
		• Mean and Standard Deviation	❖ Mean and standard deviation of Level of knowledge.
2.	Inferential statistics	• Chi square test	Association between Level of knowledge among women with their socio demographic variables.

## ANALYSIS & INTERPRETATIONS:

**Table-1: Frequency and percentage distribution of level of knowledge among pregnant mothers. (N=50)**

Level of knowledge	F	P
Adequate	41	82
Moderately adequate	5	10
Inadequate	4	8

**Fig-1: Frequency and percentage distribution of level of knowledge among pregnant mothers.**



**Table-2: Frequency and percentage distribution of Mean and Standard deviation of knowledge.**  
(N=50)

Category	MEAN	SD
Level of knowledge	11.44	6.5

**Table-3: Association between knowledge among pregnant women with their socio demographic variables.**  
(N=50)

S.No	Demographic variables	Adequate knowledge		Moderately adequate		Inadequate Knowledge		Chi-square ( $\chi^2$ )
		F	%	F	%	F	%	
1.	<b>Age in years</b>							C=10.94 T=9.49 df=4 P<0.05 S*
	a)<21	16	32	1	2	2	4	
	b) 21-30	15	30	3	6	-	-	
	c) 30-40	10	20	1	2	1	2	
2.	<b>Gravida</b>							C=6.66 T=5.99 df=2 P<0.05 S*
	a)primi gravida	13	26	2	4	1	2	
	b) Multigravida	28	56	3	6	3	6	

#### MAJOR FINDINGS OF THE STUDY:

- Regarding demographic variables, 38% of pregnant mothers were in the age group of <21 yrs, 38% of pregnant mothers were completed higher education, 76% pregnant mothers were housewives,

90% of them were Hindus, 50% of them earns 15,000-20,000 per month, 48% of them living in joint family, 68% of them were multi gravida and 55% them were in first trimester, 58% of mother's source of knowledge was friends and family.

- Regarding the level of knowledge among pregnant mothers, 41 (82%) had adequate knowledge, 5(10%) had moderate knowledge and 4(8%) had inadequate knowledge regarding breast feeding.
- The mean knowledge score of pregnant mothers was 11.44 and standard deviation was 6.5.
- There was a significant association found between level of knowledge and demographic variables such as age & gravida at  $P < 0.05$  level. None of the other variables has got association.

### CONCLUSION:

The study result showed that majority of the pregnant mothers had adequate knowledge (82%) towards breast feeding. Hence it can be concluded that, due to availability and accessibility of good family welfare services and health education, mothers had an adequate knowledge on breast feeding. Still they need to be constantly educated about the benefits of breastfeeding during screening and antenatal care for successful breast feeding. And health care workers who work in the areas of MCH clinic are better to give appropriate information about EBF to mothers who follow ANC and for those who come to immunization.

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