

Knowledge on Exclusive Breastfeeding and Lactation Management Among Primigravida Women

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ABSTRACT:

Human milk is the ideal nourishment for infants' survival, growth, and development. The WHO recommends that for the first six months of life, infants should be exclusively breast fed to achieve optimal growth ,development and health and continue till 2 years of age or beyond. There is still a long way to go in filling the gap regarding the Knowledge on exclusive breastfeeding and lactation management amongst primigravida mothers. The study aimed to assess the knowledge of primi mothers on breastfeeding and lactation management. Quantitative, non-experimental approach with descriptive survey design was used . A total of one hundred Primigravida women were selected from Aster MIMS Hospital, Kottackal, Malappuram using purposive sampling technique. The tools used to collect the data were socio-demographic proforma and structured knowledge questionnaire. The responses were analyzed by using descriptive(frequency and percentage) and inferential statistics (chi squared test). The major findings showed that majority (81%) of participants demonstrated moderate knowledge, 17% had good knowledge, and only 2% had poor knowledge and there was no significant association between level of knowledge and selected socio-demographic variables. The discussions on the findings were arranged based on the objectives and hypothesis. The study concluded that adequate teaching and counselling regarding exclusive breastfeeding in all reproductive and child health clinics during the antenatal and postnatal periods may help to improve the mothers' knowledge on breastfeeding.

Keywords: Knowledge, Primigravida, Exclusive Breastfeeding, Lactation Management.

INTRODUCTION

Exclusive breastfeeding (EBF) is defined as giving breast milk only to the infant, without any additional food or drink, not even water in the first six months of life, with the exception of mineral supplements, vitamins, or medicines . The World Health Organization (WHO) and the United Nation Children's Fund (UNICEF) recommend initiation of breastfeeding within the first hour after birth; exclusively breastfeed for the first six months of age and continuation of breastfeeding for up to two years of age or beyond in addition to adequate complementary foods [1]

Breastfeeding is a fundamental component of maternal and child health. Exclusive breastfeeding (EBF)

for the first six months of life provides complete nutrition and enhances immunity in infants. It also plays a crucial role in reducing infant morbidity and mortality.[2]

The World Health Assembly (WHA) set a global target in order to increase the rate of exclusive breastfeeding (EBF) for infants aged 0–6 months up to at least 50% in 2012–2025. Adherence to these guidelines varies globally, only 38% of infants are exclusively breastfed for the first six months of life. High-income countries such as the United States (19%), United Kingdom (1%), and Australia (15%), have shorter breastfeeding duration than do low-income and middle-income countries. However, even in low-income and middle-income countries, only 37% of infants younger than six months are exclusively breastfed .[[1]

In India about 31.3% and 43% of Infants from the NFHS-4 and 5 surveys, respectively, were exclusively breastfed for up to 6 months of age (151–180 days) which is low when compared to the reported national prevalence for India of 54.9% and 63.7%, respectively (as per the NFHS-4 and 5) survey reports^[3]. In Kerala the rate of exclusive breastfeeding was 71% and the continuation of lactation till two years and beyond was 77.78%.^[4] Analysis of data from 123 countries showed that around the world most babies are breastfed at some point in their lives, with 95 per cent of babies ever receiving breast milk. ^[7]

Despite recommendations by global health organizations, the practice of exclusive breastfeeding remains suboptimal. Lack of awareness, cultural beliefs, and inadequate support systems contribute to poor breastfeeding practices.

Primigravida women are particularly vulnerable due to lack of prior experience. Adequate knowledge regarding breastfeeding techniques and lactation management is essential to ensure successful breastfeeding.

Statement of the problem

A study to assess the knowledge on exclusive breast feeding and lactation management among primi gravida women attending the antenatal clinics of selected hospital ,Malappuram.

AIM

The aim of the study was to assess the knowledge of primigravida women on exclusive breast feeding

OBJECTIVES

1. Assess the level of knowledge of primigravida women on exclusive breastfeeding and lactation management.
2. Find out the association between knowledge and selected socio-demographic variables.

Hypothesis

H₁-There is a significant association between level of knowledge and selected socio- demographic variables of primi gravida women

Assumption

Primi mothers may have some knowledge breastfeeding and lactation management.

REVIEW OF LITERATURE

Review literature for the present study were grouped under the following headings:

1. Reviews related to knowledge of mother's regarding exclusive breastfeeding
2. Reviews related to mother's knowledge, attitude and practice regarding exclusive breastfeeding

3. Reviews related to parent's knowledge, attitude and practice on exclusive breastfeeding

METHODOLOGY

- **Research approach:** Quantitative, non-experimental approach
- **Research design:** Descriptive survey design
- **Setting of the study:** Aster MIMS Women and Child Hospital, Malappuram, Kerala.
- **Population:** Primi gravida women
- **Sample:** Primi gravida women attending the antenatal clinics of selected hospital
- **Sampling Technique:** Purposive sampling technique
- **Sample size:** 100
- **Tools and technique:** The tools used for the present study were,

Tool-1: Socio-demographic proforma

Tool-2: Structured Questionnaire

Technique: Self report

Description of the tools

Tool 1: Socio-demographic proforma

This tool was to assess the socio-demographic status of the pregnant women and it includes 8 items which were age, education, occupation, religion, income per month, type of the family, place of residence and prior information regarding breastfeeding. **Tool 2:** Structured questionnaire used to assess the knowledge regarding breastfeeding and lactation management among primigravida women, which is prepared by the researcher. The questionnaire consisted of 20 multiple choice questions with 1 correct answer and 3 distracters for each question. Each correct answer has 1 score and zero score for wrong answer. The total score of the questionnaire is 20. Based on the score knowledge is categorized as, 0-7 (poor knowledge) 8-14 (average knowledge) 15-20 (good knowledge)

Data Collection Procedure

After obtained the approval of the institutional review board, permission to conduct the study was obtained from the authorities of the selected hospital and gained the approval from IEC. The study subjects were selected from primi gravida women who met the sampling criteria, through purposive sampling technique. After explanation about the purpose of the study, informed consent was taken from each subject and ensured the confidentiality of the data. The demographic data was obtained by using socio-demographic proforma and knowledge was assessed by using self structured knowledge questionnaire. After the collection of data an information booklet on breast feeding was distributed to the sample. The data collected were, organized, tabulated and subjected to statistical analysis with SPSS-26.

Statistical Analysis

Data were analyzed using descriptive (frequency, percentage) and inferential statistics (Chi-square test). A p-value <0.05 was considered significant.

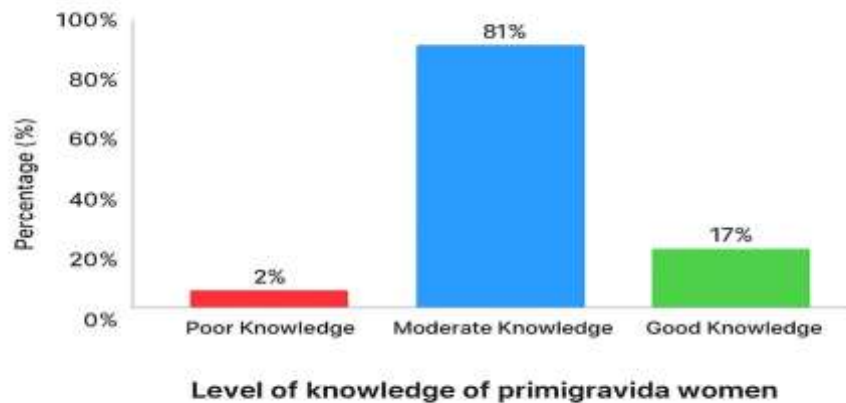
RESULTS AND DISCUSSION

Sample characteristics

- Most (51%) of the subjects belonged to the age group of 24-29 years and 45% of the subjects belonged to the group of 18-23 years.
- Majority of the study participants (80%) were graduates and 19% had higher secondary education

- Most of study samples (53%) were housewives and 33% had private job.
- Most (53%) of the subjects belonged to joint family and 42% belonged to nuclear family.
- Majority (89%) of the subjects were Muslims and 11% were Hindus
- Most (32%) of them had family income of ₹10001-30000, 27% each had the income of ₹30001-50000 and >50001 respectively and 14% had the income of ₹<10000.
- Majority (70%) of samples from rural area followed by 30% from urban area.
- More than half (56%) of the subjects had no prior information and 44% had prior information regarding exclusive breastfeeding and lactation management
- Half (51%) of the pregnant women had information from health care professionals, 22.4% of them had the information from mass media, 18.4% of the samples had from friends and relatives and 8.2% of the samples had information from books and magazines.

Level of knowledge of primi gravida women



The graph depicts that only 17% of primi gravida women have good knowledge, majority (81) of them have moderate knowledge followed by 2% have poor knowledge.

Inferential statistics

Association between level of knowledge and socio-demographic variables

n- 100

Sl.No	Sociodemographic characteristics	X ² value	df	Table value	P value
1.	Age	3.11	6	12.59	0.795 NS
2.	Education	1.11	6	12.59	0.981 NS
3.	Occupation	3.33	6	12.59	0.766 NS
4.	Type of family	0.48	2	5.99	0.786 NS
5.	Religion	1.11	2	5.99	0.574 NS
6.	Monthly income	4.44	6	12.59	0.618 NS
7.	Place of residence	2.96	2	5.99	0.228 NS
8.	Prior information	0.74	2	5.99	0.691 NS
9.	Source of information	4.44	6	12.59	0.618 NS

Level of significance:0.05 NS – Not significant

The table shows that there is no statistically significant association between knowledge and socio-demographic variables ($p > 0.05$).

CONCLUSION

The study concluded that primi pregnant women had less knowledge (most of them have moderate knowledge) regarding exclusive breastfeeding and lactation management. There is a need for targeted educational interventions during antenatal and postnatal periods to improve knowledge and practices.

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DECLARATION OF INTEREST

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