

**TO ASSESS KNOWLEDGE, ATTITUDE AND KNOWLEDGE OF PRACTICE REGARDING BREAST FEEDING AMONG PRIMI PARA MOTHERS**Sandhya Jagadale<sup>1</sup>, Jyoti A. Salunkhe<sup>2</sup>, Kavita S. Kapurkar<sup>3</sup>, Sangeeta Patil<sup>4</sup>, Naseema V. Kanase<sup>5</sup>**HOW TO CITE THIS ARTICLE:**

Sandhya Jagadale, Jyoti A. Salunkhe, Kavita S. Kapurkar, Sangeeta Patil, Naseema V. Kanase. "To Assess Knowledge, Attitude and Knowledge of Practice Regarding Breast Feeding among Primi Para Mothers". Journal of Evolution of Medical and Dental Sciences 2015; Vol. 4, Issue 30, April 13; Page: 5121-5127, DOI: 10.14260/jemds/2015/748

**ABSTRACT:** The study was conducted on 35 primi para mothers admitted in Krishna hospital, Karad. A evaluative survey approach was considered. Study design was descriptive purposive sampling technique was used. The instrument used for data collection was a structured interview schedule.

**RESULTS:** The present study found that 11(31.42%) having good knowledge, 22(62.85%) having average knowledge and 2(5.71%) having poor knowledge. Related to attitude of mothers majority of 20(57.14%) having average attitude of breast feeding and 19(54.28%) mothers were not using knowledge of practice for giving breast feeding to new born baby. **CONCLUSION:** Majority of 60% mothers having good knowledge of breast feeding but they were not practicing the knowledge of breast feeding. Also there was no association found in-between knowledge, attitude, and practice with socio-demographic variable. **OBJECTIVES:** To assess knowledge, attitude and knowledge of practice regarding breast feeding. To find an association between knowledge, attitude and knowledge of practice with demographic variable.

**KEYWORDS:** Primi Para mothers, Breast feeding.

**INTRODUCTION:**

"THERE IS NO SUBSTITUTE FOR MOTHER'S LOVE, THERE IS NO SUBSTITUTE FOR MOTHERS MILK."

**William Gouge.**

The birth of the baby is an important event in the family. It is therefore important for the mothers to have a healthy baby. Breast milk is the best food for the babies as breast fed babies are healthier than formula fed babies.<sup>1</sup>

Child birth and breast feeding are unique experiences for women. They can only be cherished and nurtured by the health care workers, the baby friendly way.<sup>2</sup>

Human milk is a remarkable and renewable resource. It cannot be duplicated. Human milk has no substitute and the breast is nature's apparatus for feeding the baby. Breast feeding is an art. 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.<sup>2</sup>

Breast milk is not only the best but is also a must for the babies. Lack of breast feeding – especially exclusive breast feeding during first few months of life is important as it reduces the risk factors for the infant mortality and the morbidity rate. WHO estimates that 1.5 million of infant's life can be saved each year through increased breast feeding.<sup>3</sup>

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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 mothers results in stoppage of the breast feeding or started giving artificial milk or commercial infant formula feeds to the baby. Problems may be like the flat nipples, inverted nipples, breast engorgement, swelling, sore nipples or not enough milk. These problems are preventable if due care is taken from the pregnancy period to prepare for the breast feeding.<sup>4</sup>

Breast milk is the best source of nutrition for the baby. The foundation for breast-feeding is established in the first few weeks after delivery. Proper techniques are crucial for successful breast-feeding. Although some aspects of breast-feeding technique comes naturally, learning new skills also is important.<sup>5</sup>

Breastfeeding technique is a learned skill for both mother and newborn. Breast feeding techniques comprises of commencement of breast feeding, breastfeeding positions, latching on, taking your baby off the breast and burping.<sup>6</sup>

**Literature Survey:** The reviewed literature for the present study:

A study was conducted in 30 primigravida mothers on their knowledge and practice of breast feeding in Ahmadabad, Gujarat. A knowledge check list and an observation schedule were used as tools. The findings revealed a significant gain in knowledge and practice in mothers who are exposed to a significant programme. This study was helpful for the investigator to construct the observation schedule and in designing research methodology to present the study.<sup>7</sup>

A study was conducted to determine breast-feeding knowledge and practices among mothers before and after an educational intervention on breast feeding. Cross-sectional, descriptive study using a face-to-face questionnaire. 158 women in the early postpartum period were taken as sample. 10.8% of women were not aware that they should offer colostrum to their babies. Only 43.7% of women commenced breast feeding within the first 30 minutes of giving birth. Prior to receiving the educational intervention, 55.7% of mothers knew how often they should feed their baby, 48.7% knew that they should breast feed their baby for two years together with additional food, although 55.1% of women did not know how to hold their breast during a feed. The mean pre-test score was 9.9, and the mean post-test score was 12.6. The difference between the mean pre- and post-test scores was statistically significant.<sup>8</sup>

A study was conducted to assess the knowledge, attitude and practice of breast feeding among employed mothers who were attending in the paediatric OPD's in Salem. 60 mothers were selected by convenient sampling method and the findings revealed that majority of the mothers have average knowledge and 67% had positive attitude towards breast feeding but the practices were partially adoptive for 52% and completely adoptive for 43% of mothers. The study concluded that mothers had positive attitude towards exclusive breast feeding up to 6 months but practice is poor related to their ignorance.<sup>9</sup>

A study was conducted to assess the knowledge and confidence of the primipara mothers regarding exclusive breast feeding. Non probability purposive sampling technique was used to select the sample size of 110 registered primipara mothers. The findings were 15.45% had good knowledge, 65.45% had average knowledge and 19.09% of them had poor knowledge. 34.58% mothers were very confident; only 21.81% were not at all confident to breast feed their babies.<sup>10</sup>

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**MATERIALS AND METHODS:** The study was conducted on 35 primi para mothers admitted in Krishna hospital, Karad. A evaluative survey approach was considered. Study design was descriptive purposive sampling technique was used. The instrument used for data collection was a structured interview schedule

**DISCUSSION:** The present study found that 11(31.42%) having good knowledge, 22(62.85%) having average knowledge and 2(5.71%) having poor knowledge. Related to attitude of mothers majority of 20(57.14%) having average attitude of breast feeding and 19(54.28%) mothers were not using knowledge of practice for giving breast feeding to new born baby. Similar result found in study conducted to assess the knowledge, attitude and practice of breast feeding among employed mothers who were attending in the paediatric OPD's in Salem. 60 mothers were selected by convenient sampling method and the findings revealed that majority of the mothers have average knowledge and 67% had positive attitude towards breast feeding but the practices were partially adoptive for 52% and completely adoptive for 43% of mothers. The study concluded that mothers had positive attitude towards exclusive breast feeding up to 6 months but practice is poor related to their ignorance.<sup>9</sup>

**CONCLUSION:** Majority of 60% mothers having good knowledge of breast feeding but they were not practicing the knowledge of breast feeding. Also there was no association found in-between knowledge, attitude, and practice with socio-demographic variable.

**RESULTS:** Analysis and interpretation of the data was based on the projected objectives of the study viz.

1. To assess knowledge, attitude and knowledge of practice regarding breast feeding.
2. To find an association between knowledge, attitude and knowledge of practice with demographic variable.

Sl. No.	Variables	Frequency	Percentage %
1	Age		
	18-20 yrs	4	11.4
	21-23 yrs	14	40
	24-26 yrs	11	31.4
	27-29 yrs	3	8.5
	>30 yrs	3	8.5
2	Education		
	Primary	8	22.85
	Secondary	13	37.14
	Higher secondary	2	5.71
	Graduate	12	34.28
3	Urban	13	37.14
	Rural	22	62.8
4	Type of family		
	Nuclear	10	28.57
	Joint	25	71.42

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5	Source of information		
	TV /Radio	22	62.8
	News paper	6	17.14
	Health personnel	7	20

**Table no. 1: Distribution of patient according to frequency and percentage of demographic Variable. N=35**

The data presented in table one reveals that majority of mothers 14(40%) belong to age group of 21-23 years. Maximum mothers 13(37.14%) were secondary educated, Majority of mothers were living in rural area, and 25(71.42%) mothers were living in joint family and 22(62.8%) women's collecting the health information from TV/Radio.

Sl. No.	Particulars	Frequency/%	Mean/SD	P. value
1	Poor	0/0	17.42/2.31	0.0058
2	Average	13/37.14		
3	Good	21/60		
4	Excellent	1/2.8		

**Table no. 2: Categorisation according to knowledge score of primigravida mothers**

Table 2 indicates that majority of 21/60% mothers having good knowledge of breast feeding.

Categorization	Knowledge - F (%)	Attitude- F (%)	Practice-F (%)
Good	11 (31.42)	4 (11.42)	3 (8.57)
Average	22 (62.85)	20 (57.14)	13 (37.14)
Poor	2 (5.71)	11 (31.42)	19 (54.28)

**Table no 3: Categorisation of knowledge, attitude and practice score of primigravida mothers**

The present study found that 11(31.42%) having good knowledge, 22(62.85%) having average knowledge and 2(5.71%) having poor knowledge. Related to attitude of mothers majority of 20(57.14%) having average attitude of breast feeding and 19(54.28%) mothers were not using knowledge of practice for giving breast feeding to new born baby

Sl. No.	Variables	Particulars	Good	Excellent	Fisher exact test P. Value
1	Age	18-23 years	12	7	0.3179
		> 24 years	7	9	
2	Education	Up to SSC	13	8	0.1756
		Above SSC	5	9	
3	Residence	Urban	8	5	0.4887
		Rural	10	12	

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4	Type of Family	Joint	11	4	1.000
		Nuclear	7	3	
5	occupation	Housewife	14	15	1.000
		Others	5	4	
6	Source of information	TV/Radio	13	9	0.3053
		Newspaper/Health workers	5	8	

**Table no 4: Association of knowledge of primigravida mothers with socio demographic variables**

Fisher exact test used to find an association of knowledge among primigravida mothers and socio demographic variables, it showed that there is no significant association found between knowledge of mothers and socio demographic variables.

Sl. No.	Variables	Particulars	Poor	Average	Good	Excellent	Chi square value	P. Value	D/F
1	Age	18-23 years	2	8	5	3	10.450	0.0151	3
		> 24 years	0	1	12	4			
2	Education	Up to SSC	2	6	9	4	1.877	0.5984	3
		Above SSC	0	3	8	3			
3	Residence	Urban	2	6	12	2	5.197	0.1579	3
		Rural	0	3	5	5			
4	Type of Family	Joint	2	9	11	3	7.576	0.0556	3
		Nuclear	0	0	6	4			
5	occupation	Housewife	2	9	14	5	3.5157	0.681	3
		Others	0	0	3	2			
6	Source of information	TV/Radio	0	9	8	5	100.74	0.0132	3
		Newspaper/Health workers	2	0	9	2			

**Table no. 5: Association of Attitude of primigravida mothers with socio demographic variables**

Chi square test used to find an association of Attitude among primigravida mothers and socio demographic variables, it showed that there is no significant association found between Attitude of mothers and socio demographic variables.

Sl. No.	Variables	Particulars	Poor	Average	Good	Excellent	Chi square value	P. Value	D/F
1	Age	18-23 years	1	13	3	1	3.44	0.1459	3
		> 24 years	2	7	8	0			
2	Education	Up to SSC	1	14	5	1	3.3396	0.3396	3
		Above SSC	2	6	6	0			

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3	Residence	Urban	1	15	5	1	4.401	0.2213	3
		Rural	2	5	6	0			
4	Type of Family	Joint	3	14	7	1	1.947	0.5834	3
		Nuclear	0	6	4	0			
5	Occupation	Housewife	3	19	7	1	6.454	0.0915	3
		Others	0	1	4	0			
6	Source of information	TV/Radio	3	13	6	0	2.134	0.3440	3
		Newspaper/Health workers	0	7	5	0			

**Table no. 6: Association of Practice of primigravida mothers with socio demographic variables**

Chi square test used to find an association of Practice among primigravida mothers and socio demographic variables, it showed that there is no significant association found between Practice of mothers and socio demographic variables.

**FUTURE SCOPE: NURSING IMPLICATION:** The findings of this study have implications for nursing practice, nursing education, nursing administration and nursing research.

**NURSING PRACTICE:** The practice of breast feeding needs to be encouraged in all postnatal wards, NICU and can be continued by the mother at home.

**NURSING ADMINISTRATION:** The findings of the study will help the nurse administrator to organize more workshops, panel discussion, short-term refresher courses and health education programme for nurses.

**NURSING RESEARCH:** Research suggests that early breast feeding is first key of immunization.

**NURSING EDUCATION:** The institutes of nursing education should play an active role in conducting in-service education programme, workshops and continuing education programmes to educate nursing personnel of the hospital regarding breast feeding.

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### FINANCIAL OR OTHER

**COMPETING INTERESTS:** None

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Date of Submission: 17/03/2015.  
 Date of Peer Review: 18/03/2015.  
 Date of Acceptance: 31/03/2015.  
 Date of Publishing: 10/04/2015.