



A STUDY TO ASSESS THE KNOWLEDGE OF ANTENATAL MOTHERS REGARDING BREAST FEEDING IN SELECTED HOSPITAL KANPUR.

Nursing

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ABSTRACT

A descriptive study was conducted on 50 antenatal mothers in Rama Medical College Hospital and Research Centre, Mandhana Kanpur, to evaluate the knowledge of antenatal mothers regarding breast feeding in selected hospital Kanpur. 50 antenatal mothers were selected by convenient sampling technique. The validity and reliability of tool was established. Closed ended questionnaire were used to collect the data. The data was collected and analyzed by using descriptive and inferential statistics. The result of the study revealed the most of the antenatal mothers 42(84%) had average knowledge, the overall mean knowledge and standard deviation scores were 17.08±3.13., There are 7% antenatal mothers had good knowledge. Most of the antenatal mothers had average knowledge regarding general aspect of breast feeding. there was no association between the knowledge score and selected demographic variables such as age, religion, type of family, monthly family income and occupation status.

KEYWORDS

Breast Feeding, Knowledge, Antenatal Mothers

INTRODUCTION

Children are vital to the nations present. Healthy children are more likely to become to healthy adult promotion of health today requires consideration of the overall status of children, not just identification and treatment of specific disease or injuries. Hence the care of children at birth places a vital role with initiation of exclusive breast feeding. mothers milk time tested for millions of years is the best nutrient for all the babies because it is the nature's perfect food.

Although it is normal during the process of birth, delivery and breast feeding are unique experience for women. The neonates need to adjust to extra uterine life to maintain normal physiological activity. Most of the newborn problems occur due to inadequate breast feeding during the neonatal period. Many a time the cultural practice may also cause problems the practice like avoid giving Colostrum, supplementing honey soon after birth may cause a change in the immune system of the baby and tend to develop sickness and infections

W.H.O estimates that over 4-million babies die every year in first 4-weeks of life. 3-million of these deaths occur in the early neonatal period. According to UNICEF (2009) 26% of neonatal death is due to neonatal sepsis, 27% is due to preterm, 23% is due to asphyxia, 7% is due to tetanus, 3% is due to diarrheal disease, 7% is due to congenital disease, 7% is due to others. A study conducted in UP demonstrated that a 50% neonatal mortality decline through arising awareness in the nursing home and hospital of such simple serviceable strategy skin to skin contact with the mother, aseptic techniques use and exclusive breast feeding for the first 6-months.

Breast milk is the richest food for the baby. proper techniques are crucial for successful breast feeding, exclusive breast feeding will save the lives of many babies by preventing malnutrition and diarrhoea. Most of the mothers don't know the correct techniques of breast feeding. this leads to many unnoticed and biased problems in babies and lactating mothers.

The investigator observed that many mothers find difficulty in proper technique of breast feeding and ignore the importance of proper breast feeding techniques. if a mother does decide to breast feed her child, she will maintain excellent nutrition to her child.

OBJECTIVES OF THE STUDY

- To assess the knowledge of antenatal mothers regarding breast feeding.
- To find the association between the knowledge score with their selected socio-demographic variables.

Hypothesis:

H₁: There is a significant association between the knowledge score and selected demographic variables.

ASSUMPTION:-

- Antenatal mothers may have some knowledge regarding breast feeding.
- Knowledge regarding breast feeding may differ with their selected socio demographic variables.

DELIMITATIONS:-

The study delimited to

- Primi Antenatal mothers who admitted, visited antenatal O.P.D.
- Two week of data collection period.

MATERIAL AND METHODS USED:

Research design: Simple descriptive design was used for the study.

Research approach:

Cross-sectional survey approach was adopted for the present study.

Setting of the study:

The study was conducted in Rama Hospital, Mandhana, Kanpur.

Population:

Population for the present study was all antenatal mothers.

Sampling and sample size:

Non-probability convenient sampling technique was used to select 50 antenatal mothers of Rama hospital, Kanpur who fulfilled the sampling criteria for the present study.

VARIABLES:

Research variable:

In this present study knowledge of antenatal mothers regarding breast feeding was the independent variables.

Demographic variable:

Age, religion, educational status, occupation, monthly family income, type of family

SAMPLING CRITERIA

Inclusion criteria

- Participant who were available during the period of data collection.
- A women experiencing her first pregnancy
- Mothers who Know Hindi Or English

Exclusion criteria

- Who were not willing to participate in the study.

Development and description of tools used in the study

Structured knowledge questionnaire used for data collection. The tool consists of two sections:

Section-A: Consist of socio-demographic data including Age, gender, religion, marital status, professional educational status, designation and years of experiences

Section-B: Consist of 30 closed ended questionnaires for assessing the knowledge level regarding breast feeding

DATA COLLECTION PROCEDURE

Data was collected from 19-06-2018 to 26-06-2018. Prior to the data collection, permission was obtained from CMS, Rama Hospital and research centre, to conduct the study. 50 antenatal mothers were selected by using convenient sampling technique. Informed consent was obtained from the sample by explaining the purpose of the study and assured them about Confidentiality and anonymity of the subject. The data were collected by administering closed ended questionnaire regarding breast feeding. Data was collected from OPD, and ante natal wards. 30 minutes were provided for answering to the questionnaire.

PLAN FOR DATA ANALYSIS

The data was analyzed on the basis of objectives of the study. The obtained data was analyzed by using descriptive and inferential statistics. The demographic data would be analyzed in term of descriptive statistics. The data analysis was follows.³

- Organized data in a master sheet or computer.
- Personal data analyzed in term of frequencies and percentage.
- Relationship between the variables and association was analyzed by using inferential statistics.

Data analysis and major findings

Section 1: Demographic data

- Majority of antenatal mothers 32(64%) were 21-25 years of age group.
- Majority of antenatal mothers 40(80%) were Hindu..
- Most of the antenatal mothers 16(32%) had completed secondary school education.
- Majority of antenatal mothers 47(94%) were house wives
- Most of antenatal mothers 24(48%) were having the monthly family income between Rs.5001/- Rs.10,000/-
- Mostly were raised up in nuclear family 25(52%)

Section 2: Level of knowledge score among antenatal mothers regarding breast feeding

Among 50 antenatal mothers, the majority of respondent 42(84%) had average knowledge on breast feeding and 14% of antenatal mothers's (7) knowledge shows that Good level of knowledge.

Table 1: Percentage distribution of antenatal mothers according to their knowledge score towards breast feeding N=50

Levels of knowledge	Score	Frequency	Percentage
Poor	1-10	1	2
Average	11-20	42	84
Good	21-30	07	14

Overall, mean, median, SD and mean percentage of antenatal mothers' knowledge on breast feeding shows that they had 17.08 mean knowledge score.

Table.2 Area wise and overall Mean, SD, and Mean %, Median, Mode and Range of score N=50

Area	Total	Mean	SD	Mean%	Median	Mode
Introduction /general information on breast feeding	12	7.42	1.67	61.83	7	8
exclusive breast feeding techniques	2	1.12	.56	56	1	1
Assess the quantity of milk	9	4.86	1.4	54	5	5
Increase secretion of milk	1	.42	0.5	42	0	0
Mothers who are employed	1	.48	0.5	48	0	0
Mothers who are employed	5	2.78	1.09	55.6	3	3
Grand total	30	17.08	3.13	34.26	17	17

Area wise and overall Mean, SD, Mean %, Median, Mode and Range of score shows that mean knowledge score reveals that the Antenatal mothers had more knowledge about general information of breast feeding (61.83%±1.67), in exclusive breast feeding aspect antenatal mothers had knowledge (56%±0.56), and techniques of breast feeding aspect antenatal mothers had knowledge (54%±1.4)

Section-3: This section deals with association between the demographical variables and knowledge score of subjects on breast feeding.

There was no significant association between knowledge score and selected demographic variables like. Age, religion, educational status, occupation ,monthly family income ,type of family at 0.05 level of significant.⁵

RECOMMENDATIONS:-

On the basis of finding, it is recommended that,

- The similar study may be replicated on large samples.
- The similar study can be conducted to evaluate the effectiveness of knowledge of antenatal mothers regarding breast feeding in selected hospital Kanpur.
- A comparative study can be done to assess the knowledge of antenatal mothers regarding breast feeding in selected community Kanpur.
- Correlative study can be done to assess the knowledge and practice regarding breast feeding

CONCLUSION

- From the findings of present study, it can be concluded that most of the Antenatal mothers had average knowledge regarding breast feeding . The knowledge level was limited with only general information of breast feeding. The indepth knowledge need to be imparted or inculcated on breast feeding among all antenatal mothers , post natal mothers, and their supportive family .it can be a great asset to make it a good lactatation practices

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