

A descriptive study on the knowledge and practice regarding breastfeeding among primiparous women of children 0-2 years in selected hospital, Bangalore

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Abstract:

Breastfeeding is crucial for the health and development of infants and plays a vital role in establishing a strong mother-child bond. Despite the known benefits, the practice and knowledge of breastfeeding can vary significantly, especially among first-time mothers. This descriptive study aimed to assess the knowledge and practices of breastfeeding among primiparous mothers at a selected hospital in Bangalore. A total of 100 Primiparous women were participated, random sampling technique was used to select the samples, and data were collected through a structured questionnaire. The study's objectives included assessing the knowledge and practice levels regarding breastfeeding and determining the association between socio-demographic variables and knowledge scores. The results indicated that the mean knowledge score was 19.88 and SD was 5.9, suggesting a relatively good understanding of breastfeeding among participants. In contrast, the mean practice score was 26.03 and SD was 5.67, indicating that while knowledge was adequate, practical application was suboptimal. The findings highlight a disparity between knowledge and practice, emphasizing the need for targeted educational interventions to enhance breastfeeding practices among new mothers.

Keywords: Breastfeeding, primiparous mothers, knowledge, practices, infant health, maternal education.

Introduction:

Breastfeeding is a fundamental aspect of maternal and infant health, particularly for first-time mothers, or primi mothers, who embark on this transformative journey. The practice of breastfeeding is not only crucial for providing optimal nutrition but also plays a significant role in establishing a strong emotional bond between mother and child. For primi mothers, understanding the multifaceted benefits of breastfeeding can empower them to navigate this experience with confidence.

Breast milk, often referred to as “liquid gold,” is uniquely tailored to meet the nutritional needs of infants, offering essential antibodies that bolster their immune systems and reduce the risk of infections and chronic conditions later in life. This knowledge is vital for primi mothers, as it highlights the significance of breastfeeding in promoting their baby’s health and development. Moreover, breastfeeding contributes to maternal well-being by facilitating postpartum recovery, reducing the risk of depression, and promoting a sense of accomplishment and connection with their newborn.

Creating a supportive environment is crucial for primi mothers as they embark on their breastfeeding journey. Encouragement from family, friends, and healthcare providers can significantly impact a mother’s ability to persist in breastfeeding despite challenges. Moreover, community support initiatives that promote breastfeeding-friendly policies and practices can enhance mothers’ confidence and willingness to breastfeed.

In essence, the knowledge and practice of breastfeeding among primi mothers are intertwined, shaping the experience of both mother and child. By equipping mothers with the necessary information, practical skills, and emotional support, we can foster a positive breastfeeding experience that not only nurtures the infant’s health but also enriches the mother’s journey into motherhood, establishing a strong foundation for their lifelong relationship.

Significance:

Breastfeeding is recognized globally as the optimal form of infant nutrition, providing numerous health benefits for both mother and child. Many primiparous women face challenges in initiating and sustain breastfeeding due to limited knowledge, inadequate practical skills, and a lack of proper support. Understanding the knowledge and practices of these women is crucial to identifying gaps that hinder successful breastfeeding.

This study is significant as it aims to assess their level of awareness and adherence to recommended breastfeeding practices, providing valuable insights into the barriers they face. The findings can guide the development of targeted educational programs and support systems to improve breastfeeding outcomes. By addressing these challenges, the study can contribute to enhancing maternal and infant health, reducing morbidity and mortality, and empowering primi mothers to make informed decisions about breastfeeding.

Objectives of the Study:

- To assess the knowledge regarding breastfeeding among primiparous women.
- To assess the practice of breastfeeding among primiparous women.
- To determine the association between the knowledge regarding breastfeeding and socio-demographic variables.

Hypotheses:

H₁: There will be a significant association between demographic variables and knowledge scores of primiparous women regarding breastfeeding.

H₀: There will not be a significant association between knowledge scores of primiparous women regarding breastfeeding and sociodemographic variables.

Assumption:

- Primiparous women have some knowledge regarding breast feeding.
- Primiparous women are not practicing breastfeeding adequately.

Research methodology:**Research approach**

Quantitative research approach is considered appropriate for the present study.

Research Design

Descriptive survey design was adopted for this study.

Variables:

Research Variables: Knowledge and practice regarding breastfeeding

Demographic variables: In this study it refers to the age, education, occupation, religion, income and how do you primarily obtained information about breastfeeding.

Sources of the data:**Setting of the study:**

The study is conducted in selected hospital, Bangalore.

Sample:

Samples for the study will be 100 Primiparous women of children 0-2years .

Sampling Technique:

Simple Random sampling technique is adopted to select the samples.

Sampling Criteria:

Primiparous women who are:

- Available during the period of data collection.
- Willing to participate in the study.

Exclusion criteria:

- Primiparous women who are not available during the period of data collection.
- Multiparous women.

Data collection tool:

The data was collected through the self-administered structured questionnaire.

It was prepared to assess the knowledge and practices regarding breastfeeding among primi mothers in selected hospital, Bangalore.

The tool consists of three sections

Section 1:

It consists of 7 socio-demographic variables which includes Age, Education, Occupation, Religion, Income, Primarily obtained information about breastfeeding.

Section 2:

A structured questionnaire was prepared to assess the knowledge regarding breastfeeding among primiparous women.

Section 3:

A checklist containing 10 items was designed to assess the practices regarding breastfeeding among primiparous women.

Table 1: Sample Characteristics

Sl. No.	Demographic Variables	Category	Frequency	Percentage
1	Age	18-21 Years	44	44%
		22-25 Years	42	42%
		26-29 Years	11	11%
		>30 Years	3	3%
2	Education	Primary Level	27	27%
		Secondary Level	50	50%
		PUC	17	17%
		Graduate	6	6%
3	Occupation	Unemployed	13	13%
		Housewife	71	71%
		Govt Employee	0	0%
		Private Employee	16	16%
4	Religion	Hindu	69	69%
		Muslim	18	18%
		Christian	12	12%
		Others	1	1%
5	Income	<10,000	43	43%
		10,000-20,000	38	38%
		20,000-30,000	16	16%
		>30,000	3	3%
6	How do you primarily obtain information about breastfeeding?	Health Care Providers	21	21%
		Family and friends	69	69%
		Internet and social media	7	7%
		Parenting classes/books/articles	3	3%

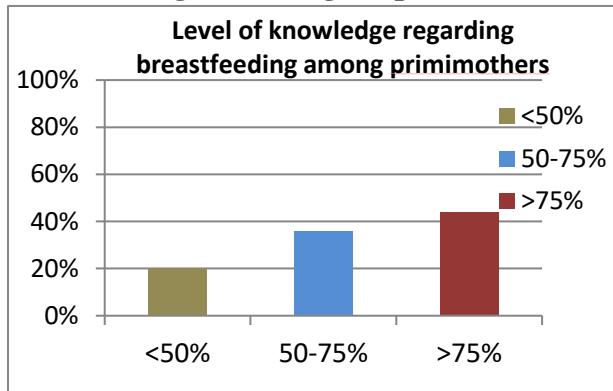
Result:

A. Sample characteristics

Percentage wise distribution of primiparous women to their age group reveals that the majority of the primiparous women (44%) was in the age group of 18-21. Majority of primiparous women (50%) were studied up to secondary level.

Majority of the primiparous women (71%) were housewives. Majority of the primiparous women (69%) were from Hindu families. Majority of primiparous women (43%) family income is less than 10000 per month. Majority of primiparous women (69%) were primarily obtained information about breastfeeding from their families and friends.

B. Level of knowledge regarding breastfeeding among primi mothers



The graph present the distribution of level of knowledge among primiparous women. It shows that a larger group 44% have more than 75% knowledge, indicating a strong understanding of breastfeeding. 36%, fall into the 50-75% range, demonstrating a moderate level of knowledge. The remaining 20% of women have

less than 50% knowledge reflecting limited understanding of breastfeeding. Overall it shows the primi mothers are having adequate knowledge regarding breastfeeding.

Table 2: Practice of primi mothers regarding breastfeeding (N=100)

Level of Practice	Frequency	%
Poor practice	42	42%
Moderate practice	53	53%
Good Practice	5	5%
Total	100	100%

The above data indicates that a significant majority of individuals (53%) engage in moderate breastfeeding practices. During observation, these mothers were consistent in breastfeeding, but there were some gaps in frequency, duration or technique. While they provided breast milk, they did not fully follow the recommended guidelines for optimal breastfeeding.

42% of mothers exhibited poor breastfeeding practices, often struggling with issues such as improper latching, infrequent breastfeeding sessions or introducing formula too early. Only 5% of the mothers followed good breastfeeding practices, demonstrating a strong commitment to exclusive breastfeeding, proper positioning and a regular feeding schedule.

These mothers effectively met the recommended standards of breastfeeding, promoting the best possible outcomes for both the mother and infant...

Table 3: Association between socio-demographic variables with their knowledge regarding breastfeeding

Sl No	Demographic Variables	Category	Respondents		Chi-Square Value
			</=22	>22	
1	Age	18-21 Years	18	25	7.408 S
		22-25 Years	27	16	
		26-29 Years	9	2	
		>30 Years	2	1	
2	Education	Primary Level	20	7	9.363 S
		Secondary Level	20	29	
		PUC	11	6	
		Graduate	5	2	
3	Occupation	Unemployed	9	4	2.68 NS
		Housewife	36	34	
		Govt Employee	0	0	
		Private Employee	11	6	
4	Religion	Hindu	37	32	1.95 NS
		Muslim	12	6	
		Christian	6	6	
		Others	1	0	
5	Income	<10,000	17	25	9.815 S
		10,000-20,000	29	10	
		20,000-30,000	8	8	
		>30,000	2	1	
6	How do you primarily obtain information about breastfeeding?	Health Care Providers	11	9	4.54 NS
		Family and friends	40	30	
		Internet and social media	2	5	
		Parenting classes/books/articles	3	0	

Conclusion:

In summary, while many primi mothers possess valuable knowledge about breastfeeding, the challenge lies in translating that knowledge into effective practice. As nurses, our role is pivotal in this transformation. We must focus on building

trusting relationships with these mothers, offering practical support and personalized education that addresses their unique needs and concerns.

By conducting workshops, providing one-on-one consultations, and ensuring accessible resources, we can empower mothers to

embrace breastfeeding confidently. Encouraging open communication and creating supportive networks will further enhance their experience. Ultimately, our dedication to nurturing these mothers will not only improve their breastfeeding practices but also foster healthier outcomes for their infants, promoting a stronger start for the next generation. Together, we can make a meaningful impact on maternal and child health through dedicated support and guidance.

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