



International Journal of Midwifery and Nursing Practice

E-ISSN: 2663-0435
P-ISSN: 2663-0427
www.nursingpractice.net
IJMNP 2020; 3(1): 47-51
Received: 12-04-2020
Accepted: 16-05-2020

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A study to assess the knowledge and attitude regarding breast feeding and its benefits among post- natal mothers in selected community area Hubballi

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Abstract

Background: India is the country with the highest number of underweight children, and around one-third of under-five deaths in the world. Inadequate and suboptimal infant and young child feeding practices are the key determinants of malnutrition. A descriptive approach was adopted and descriptive survey design was used for the study. Postnatal mothers from community area, Hubballi were sample and sample size was 60. Postnatal mothers were selected by Non probability purposive sampling technique.

Method: In this study the structure questionnaire and 5 point LIKERT attitude scale was used to collect data.

Results: Finding of the study depicts that 44 (73.33%) of subjects had average knowledge, 11 (18.34%) of subjects had good knowledge and 05 (08.33%) of subjects had poor knowledge. On assessment of attitude, 02 (03.34%) of subjects had positive attitude, 53 (88.33%) of subjects had neutral attitude and 05 (08.33%) of subject had negative attitude. The findings denotes that there was positive correlation between the level of knowledge and attitude scores.

Conclusion: The study findings showed that the postnatal mother's knowledge was good and attitude was neutral about breastfeeding and its benefits.

Keywords: Assess, knowledge, attitude, structured interview schedule, breastfeeding, postnatal mothers

Introduction

Health is very important in every individual like adolescent, adult, geriatric and children. Health's of the children represent the future and ensuring their healthy growth and development is thought to be a prime concern of all societies. New borns are particularly vulnerable and children are vulnerable to malnutrition and infectious diseases, many of which can be effectively prevented or treated. One among the major health issues that causes death or contributes to the other health problems is malnutrition, especially among young children. Approximately 7.5 million children under the age of 5 die from malnutrition.

Need for the Study

Children are the most precious possession of mankind. The child represents the face of man which is always happy and always new. Every child has the right to possess good health. All children must enjoy good health. Any major deviation in the nutrient intake either in quality or in its quantity from its requirement growth and life span in number of ways particularly in the late period. Nutrition plays an important role in the physical, mental and emotional development of children. Good nutrition is the cornerstone for survival, health and development for current and succeeding generations. If the nutrition does not meets then many problems arises. India is the country with the highest number of underweight children and around one-third of under-five deaths in the world. Inadequate and suboptimal infant and young child feeding practices are the key determinants of malnutrition. Under nutrition is associated with over 50% of deaths in children under 5, but optimal breastfeeding could save around 800,000 lives in this vulnerable age group every year^[1]. Nutrition of the child to be fulfilled by many components in which breast feeding is one. There is evidence that long-term breast feeding fosters a positive maternal-child bond aids in postpartum weight loss, and provides the mother with an opportunity to re-establish healthy eating habits for infant.

Objectives

1. To assess the knowledge regarding breast feeding and its benefits among post-natal

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mothers.

2. To assess the attitude regarding breast feeding and its benefits among post-natal mothers.
3. To find out Co-relation between knowledge and attitude on breast feeding and its benefits among post-natal mothers.
4. To find an association between knowledge scores on breast feeding and its benefits among postnatal mothers with their selected demographic variables.
5. To find an association between attitude scores on breast feeding and its benefits among postnatal mothers with their selected demographic variables.

Hypotheses

H₁: There will be statistical Co-relation between knowledge and attitude scores of postnatal mothers regarding breastfeeding and its benefits at 0.05 level of significance.

H₂: There will be statistical association between knowledge scores of post natal mothers regarding breastfeeding and its benefits with their selected socio demographic variable at 0.05 level of significance.

H₃: There will be statistical association between attitude scores of post natal mothers regarding breastfeeding and its benefits with their selected socio demographic variable at 0.05 level of significance.

Materials and Methods

Research Approach: Descriptive approach was adopted for the study.

Research Design: descriptive survey research design.

Setting of the Study: The study was conducted at the Primary Health Centre, Byahatti, and Hubballi.

Sample and Sample Size: 60 postnatal mothers were selected for the study.

Sampling Technique: Non probability purposive sampling technique was used.

Sampling Criteria

Inclusive criteria: Postnatal mothers who were:

- a) Willing to participate in the study
- b) Understanding the Kannada language
- c) Available at the time of data collection

Exclusive Criteria

- a) Post natal mothers who were sick during time of data collection.

Result

The cylindrical graph represents the percentage distribution of level of knowledge scores of subjects regarding breastfeeding and its benefits.

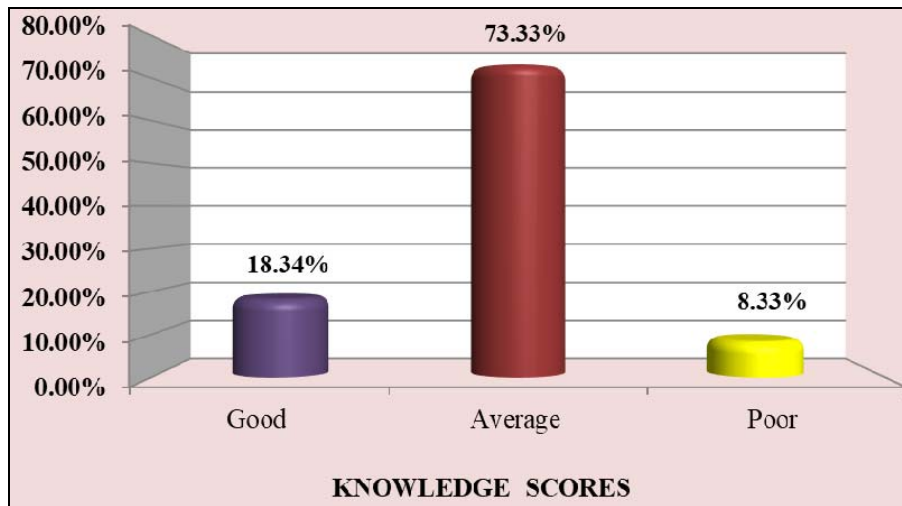


Fig 1: Knowledge scores

Table 1: Frequency and percentage distribution of knowledge scores of subjects regarding breastfeeding and its benefits.

Knowledge scores	Frequency(f)	Percentage (%)
Good (24 and above)	11	18.34%
Average (17 to 23)	44	73.33%
Poor (17 and below)	05	08.33%

Above table no.1 depicts that 44 (73.33%) of subjects had average knowledge, 11 (18.34%) of subjects had good knowledge and 05 (08.33%) of subjects had poor knowledge.

The Cylindrical chart represents the percentage distribution of level of attitude scores of subjects regarding breastfeeding and its benefits.

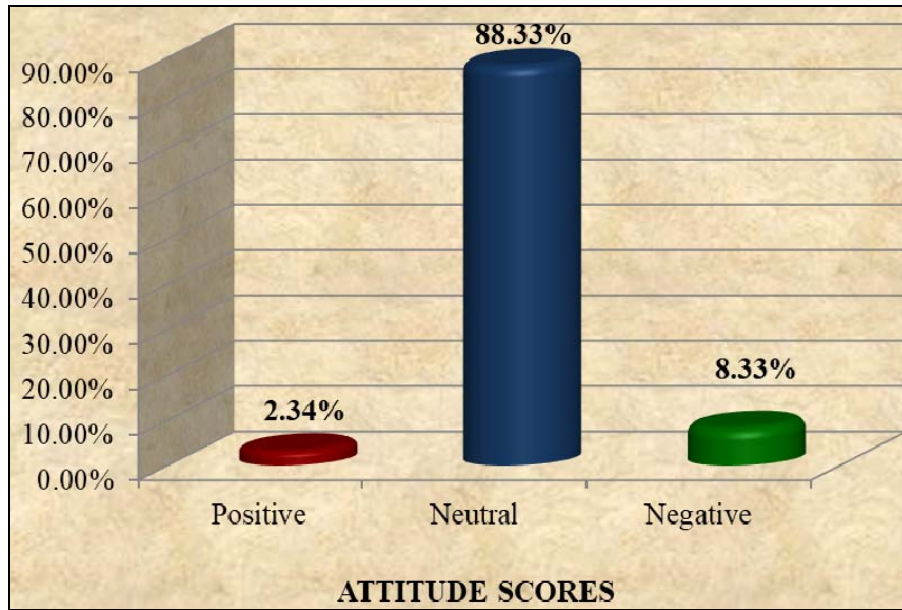


Fig 2: Attitude Scores

Table 2: Frequency and percentage distribution level of attitude scores of Subjects regarding breastfeeding and its benefits.

Attitude scores	Frequency(f)	Percentage (%)
Positive (141 and above)	02	03.34%
Neutral (120 to 140)	53	88.33%
Negative (120 and below)	05	08.33%

n=60

Above table no. 2 revealed that 02 (03.34%) of subjects had positive attitude, 53 (88.33%) of subjects had neutral attitude and 05 (08.33%) of subject had negative attitude.

Table 3: Analysis and interpretation of correlation between knowledge scores and attitude scores.

\bar{X}	\bar{Y}	Karl Pearson Coefficient of Correlation (rxy)
20.73	130.5	r = 0.19 (0 < rxy < 1) positive correlation

n=60

Table No 3 revealed that there was positive correlation between the level of knowledge and attitude scores. Hence H_1 was accepted.

Table 4: Association between knowledge scores with their selected demographic variables.

Sl. No	Demographic Variable	Good	Average	Poor	Chi Square			
					Cal	Tab	df	
1.	Age in Years							
	<20	0	0	0				
	20-30	10	43	5	1.46	9.49	4	
	>30	1	1	0				
2.	Religion							
	Hindu	4	16	1				
	Muslim	3	19	2	25.1*	12.59	6	
	Christian	4	09	0				
	Others	0	0	2				
3.	Education status of mother							
	Illiterate	0	0	0				
	Primary	3	19	2	4.63	12.59	6	
	Secondary	2	15	1				
	Degree	6	10	2				
4.	Occupation of mother							
	Housewife	4	32	2				
	Business	5	8	1	20.4*	12.59	6	
	Govt. Employee	2	3	0				
	Cooli	0	1	2				
5.	Income in Rupees							
	< 10,000 Rs	4	28	4				
	10,000-20,000	5	9	1	9.20	12.59	6	
	20,000-30,000	1	7	0				
	>30,000	1	0	0				
6.	Type of family							
	Nuclear	4	27	2	2.72	5.99	2	
	Joint	7	17	3				

7.	Age at marriage						
	<20 years	2	19	4			
	20-30 years	9	25	1	5.56	9.49	4
	>30 years	0	0	0			
8.	Parity						
	Primipara	6	36	3	4.15		2
	Multipara	5	8	2			
9.	Mode of delivery						
	Vaginal	8	37	4	0.769		2
	Cesarean section	3	7	1			
10.	Source of Information						
	Print Media	0	2	0			
	Electronic media	0	1	0			
	New Age Media	0	1	1	6.32	15.51	8
	Peer Group	0	1	0			
	Health Professionals	11	39	4			

Over all there was no statistical association between knowledge scores and selected demographic variables for age, education, income, type of family, age at marriage, number of parity, mode of delivery and source of

information. Hence Hypotheses was rejected for above variables, where as there was association between the religion and occupation. Hence in these cases H_2 was accepted.

Table 5: Association between attitude scores and selected demographic variables.

n=60

Sl. No	Demographic Variable	Good	Average	Poor	Chi Square		
					Cal	Tab	df
1.	Age in Years						
	a) <20	0	0	0			
	b) 20-30	2	51	5	0.273	9.49	4
	c) 30& above	0	2	0			
2.	Religion						
	a) Hindu	1	18	2			
	b) Muslim	1	20	3	2.78	12.59	6
	c) Christian	0	13	0			
	d) Others	0	2	0			
3.	Education status of mother						
	a) Illiterate	0	0	0			
	b) Primary	1	21	2			
	c) Secondary	1	16	1	1.25	12.59	6
	d) Degree	0	16	2			
4.	Occupation of mother						
	a) Housewife	1	32	5			
	b) Business	1	13	0	4.06	12.59	6
	c) Govt. Employee	0	5	0			
	d) Cooli	0	3	0			
5.	Income in Rupees						
	a) < 10,000 Rs	1	31	4			
	b) 10,000-20,000	1	14	0	2.75	12.59	6
	c) 20,000-30,000	0	7	1			
	d) >30,000	0	1	0			
6.	Type of family						
	a) Nuclear	0	31	2	3.16		2
	b) Joint	2	22	3			
7.	Age at marriage						
	a) <20 years	1	32	2			
	b) 20-30 years	1	21	3	0.84	9.49	4
	c) >30 years	0	0	0			
8.	Parity						
	a) Primipara	1	41	3	1.42		2
	b) Multipara	1	12	2			
9.	Mode of delivery						
	a) Vaginal	2	44	3	2.08		2
	b) Cesarean section	0	9	2			
10.	Source of Information						
	a) Print Media	0	2	0			
	b) Electronic media	0	0	1			
	c) New Age Media	0	2	0	11.7	15.51	8

	d) Peer Group	0	1	0			
	e) Health Professionals	2	48	4			

There was no statistical association between attitude scores and selected demographic variables such as age, religion, education, occupation, family income, type of family, age at marriage, number of parity, mode of delivery and source of information Hence, H_3 was rejected.

Discussion: The present study comprises of 60 postnatal mothers from selected community area Hubballi. Finding of the study depicts that 44 (73.33%) of subjects had average knowledge, 11 (18.34%) of subjects had good knowledge and 05 (08.33%) of subjects had poor knowledge. On assessment of attitude, 02 (03.34%) of subjects had positive attitude, 53 (88.33%) of subjects had neutral attitude and 05 (08.33%) of subject had negative attitude. The findings denotes that there was positive correlation between the level of knowledge and attitude scores.

Conclusion

The study findings showed that the postnatal mother's knowledge was good and attitude was neutral about breastfeeding and its benefits.

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