



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 8.4  
IJAR 2020; 6(11): 236-238  
[www.allresearchjournal.com](http://www.allresearchjournal.com)  
Received: 19-09-2020  
Accepted: 25-10-2020

**Amandeep Kaur**  
Assistant Professor, College of  
Nursing, Pt. Deen Dayal  
Upadhyay University of  
Health Sciences, Karnal,  
Haryana, India

**Corresponding Author:**  
**Amandeep Kaur**  
Assistant Professor, College of  
Nursing, Pt. Deen Dayal  
Upadhyay University of  
Health Sciences, Karnal,  
Haryana, India

## **A descriptive study to assess knowledge and practices regarding exclusive breast feeding among postnatal mothers in selected hospital, Hoshiarpur, Punjab**

**Amandeep Kaur**

### **Abstract**

Exclusive breast feeding means giving only breast milk, from birth upto 6 months to an infant. This means no water, liquids, teats, herbal preparations or foods throughout the first 6 months of life. International guidelines recommended exclusive breast feeding based on the scientific evidence of the benefits for infant survival, growth and cognitive development and helped to reduce mortality and morbidity rates of neonates worldwide. Aim of study: The aim of study was to assess knowledge and practices regarding exclusive breast feeding among postnatal mothers Design: A non-experimental descriptive research design was used with purposive sampling technique. Material and methods: The sample of the study consisted of 60 postnatal mothers. A self structured questionnaire was used to assess knowledge and self structured checklist was used to assess practices of postnatal mothers regarding exclusive breast feeding. Analysis was done by using both descriptive and inferential statistics. Findings: The study findings showed that 55% of postnatal mothers had average knowledge, 45% had good knowledge regarding exclusive breast feeding. In terms of practices, 95% postnatal mothers had good practices and remaining 5% had poor practices regarding exclusive breast feeding. There was highly positive correlation between knowledge and practices regarding exclusive breast feeding among postnatal mothers.

**Keywords:** Knowledge, practices, exclusive breast feeding

### **Introduction**

Postnatal period begins from birth and ends when the baby is six weeks of age. The postnatal period is very special time where women undergo transition into motherhood. However, once the baby is born women has to face major changes in their lives. The changes women undergo donot just include the physical changes that occur after birth, but social and psychological changes as well. By acquiring knowledge and skills about caring for a newborn baby, women are able to work it out and enjoy this wonderful part of life.

Breast feeding is ideal for the fulfillment of desire of hunger, provision of nutrition and also for growth and development of newborn. It has an undisputed biological and emotional influence on health of both mother and child. Breast feeding is ideal method suited for physiological and psychological needs of infants. Breast feeding is most important for every mother. It is the unique experience to be cherished. Sometimes certain simple problems like flat nipples, inverted nipples, breast engorgement, swelling, sore nipples or not enough milk faced by mothers resulting stoppage of the breast feeding or started giving formula feeds to the baby.

Breast feeding is ideal for the fulfillment of desire of hunger, provision of nutrition and also for growth and development of newborn. It has an undisputed biological and emotional influence on health of both mother and child. Breast feeding is ideal method suited for physiological and psychological needs of infants. Breast feeding is most important for every mother. It is the unique experience to be cherished. Sometimes certain simple problems like flat nipples, inverted nipples, breast engorgement, swelling, sore nipples or not enough milk faced by mothers resulting stoppage of the breast feeding or started giving formula feeds to the baby.

Initiation of breast feeding within first half an hour of birth is the first and most vital step towards reducing infant & under five mortality, by reducing the overwhelming high neonatal

mortality rate. Save one million babies-beginning with one action, one hour 4 support and one message. This single intervention can save more than 2.5 lakhs babies in India i.e. equivalent to 22% of deaths among newborns. In a world where more than 10 million children die before their fifth birthday due to preventable causes, malnutrition alone kills more than half of these children. Improving breast feeding practices saves lives, especially in poor communities.

Hence, from the literature review and through personal experience through clinical posting we felt that the most of the postnatal mothers had poor knowledge and inadequate practices of exclusive breast feeding. There is a need to improve information and communication for postnatal mothers on knowledge and practices of exclusive breast feeding.

### Methodology

A quantitative research approach using non- experimental descriptive research design was adopted for study. The study was carried out with 60 postnatal mothers selected by non-probability purposive sampling technique at selected hospitals, Hoshiarpur, Punjab. Demographic Performa, self-structured questionnaire for assessment of knowledge and self structured checklist to assess the practices regarding exclusive breast feeding among postnatal mothers was

prepared. Demographic performa consisted of items for obtaining personal information about the subjects such as age, education, occupation, religion, type of family, place of residence, family income, type of delivery, number of children, and source of information. The self –structured questionnaire consisted of 20 multiple choice questions having one best answer among four options to assess the knowledge regarding exclusive breast feeding. Self structured checklist includes 16 items with two options with every item i.e. Yes and No. Respondents had to choose between two. One mark was given to right answer and zero to wrong and unattempted question. The preliminary drafting of tool was done after extensive review of literature. The tool was then given for validity to expert teachers in the different field of Nursing. As per the guidance and suggestions of experts, necessary amendments and corrections were made. The tool was checked for its reliability by split half method and Karl Pearson coefficient of correlation and was found 0.9. Hence the tool was highly reliable. Ethical consideration: Formal administrative approval was obtained from the authorities of selected Hospitals, Punjab. Informed written Consent was taken from the participants.

### Results

**Table 1:** Frequency and percentage distribution of postnatal mothers as per their demographic variables

Demographic variables	n	%
<b>Age (in years)</b>		
8-23	9	15
23-29	35	58.3
29-35	16	26.7
<b>Education</b>		
Illiterate	16	26.7
Upto Secondary	19	31.7
Upto Senior Secondary	17	28.3
Graduation & above	8	13.3
<b>Occupation</b>		
Working	4	6.7
Non-working	56	93.3
<b>Religion</b>		
Hindu	38	63.3
Sikh	15	25
Others	07	11.7
<b>Type of family</b>		
Nuclear	25	41.7
Joint	34	56.7
Extended	1	1.6
<b>Place of residence</b>		
Rural	44	73.3
Urban	16	26.7
<b>Family income (Rs/month)</b>		
<10,000	45	75
10,001-20,000	10	16.7
20,001-30,000	1	1.7
>30,000	4	6.7
<b>Type of delivery</b>		
Normal vaginal delivery	39	65
Caesarean Section	21	35
<b>Number of children</b>		
2	49	81.7
3 or more	11	18.3
<b>Source of information</b>		
Newspaper	9	15
Peer group	15	25
Internet	9	15
Health Personnel	27	45

**Table 2:** Frequency and percentage distribution of postnatal mothers regarding exclusive breast feeding according to level of knowledge

Level of Knowledge	Criterion Measure	n	%
Good	>15	27	45
Average	7-15	33	55
Poor	<7	0	-

Table 2: depicts that half of postnatal mothers i.e. 33 (55%) had average knowledge and least 27 (45%) had good knowledge regarding exclusive breast feeding. Therefore, it was concluded that half of the postnatal mothers had average knowledge regarding exclusive breast feeding.

**Table 3:** Frequency and percentage distribution of postnatal mothers regarding exclusive breast feeding according to level of practices

Level of Practices	Criterion Measure	n	%
Good	>9	57	95
Poor	≤9	3	5

Depicts that majority of postnatal mothers i.e. 57 (95%) had good practices and remaining 3 (5%) had poor practices regarding exclusive breast feeding. Therefore, it was concluded that maximum postnatal mothers had good practices regarding exclusive breast feeding.

### Discussion

Findings of the present study revealed that approximately half of postnatal mothers i.e. 55% had average knowledge, 45% had good knowledge regarding exclusive breast feeding. These findings were inconsistent with other study conducted by Radha Krishnan R, Mini Jacob S, Parameshwari S on knowledge and practices regarding exclusive breast feeding the results of the study shows that 84% of mothers were aware about benefits of breast feeding, 62% mothers at Namakkal fed their infant with sugar water, honey and Jaggery soon after the delivery. 90% feed their infant with colostrums at Chennai and 85% at Namakkal.

The result of present study showed that majority of postnatal mothers i.e. 95% had good practices and least 5% had poor practices regarding exclusive breast feeding. The result of present study was consistent with study conducted by Kumar D, Aggarwal N, Swami HM on knowledge and practices regarding exclusive breast feeding. The results of the study revealed that majority i.e. 61% had good practices regarding exclusive breast feeding

### Conclusion

The study revealed that more than half of postnatal mothers had average knowledge regarding exclusive breast feeding. In terms of practices postnatal mothers had good practices of exclusive breast feeding.

### References

1. Frozer DM, Cooper. Textbook for midwives, London, Churchill Livingstone 2003.
2. Jones G, Steketee RW, Black RE, Bhutta ZA, Morris SS. How many child deaths can we prevent this year, Lancet 2003;362:65-71. 10.1016/S0140-6736(03)13811-1.
3. Suraj Gupta. The Short textbook of Pediatrics, 10th edition New Delhi, Jaypee Brothers Medical Publishers 2004, 113-116.

4. Lawrence RM, Pane CA. Human breast milk current concepts of immunology and infectious diseases. Curr Probl Pediatr Adolesc health care 2007;37(1):7-36.
5. Arora S, Mcjukin C, Weher, Kuhn P. Major factors influencing breast feeding rates: mother's perception of fathers attitude and milk Supply. Pediatrics 2000;10:e67.
6. Grater LM. Breast feeding and the use of human milk (policy statement) pediatrics 2005;115(2):496-506.
7. World Health Organization; Global Strategy for infant and young Child feeding 2003, Geneva; World Health Day.
8. Rinda John. Study on knowledge, attitude and practices of employed mothers in breast feeding, Nurses of India 2005;6(1):5-6.
9. Radha Krishnan R, Mini Jacob S *et al*, study on exclusive breast feeding practices 2003, 8(1):1066.
10. Lakhwinder kaur MS, Mahinder Kaur. Study on importance of Breast Feeding Role of health Professionals, Indian Journal of Holistic Nursing 2007;2(4):25-26.