

## Assess the Knowledge and Attitude Regarding Breastfeeding among Primipara Mothers in Selected Hospital, Chengalpattu

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### Abstract

**Background:** Breastfeeding is one of the most effective ways to ensure child health and survival. Breastfeeding is a process in which the human breast milk is fed to the infant. Exclusive breastfeeding delays the return of the mother's menstrual period, which can help to extend the time between pregnancies.

**Aim and Objectives:** To assess the knowledge and attitude regarding breastfeeding among primipara mothers.

**Methodology:** Quantitative research approach, descriptive research design was used. 50 postnatal mothers were selected using non-probability convenient sampling technique. The study was conducted at Government hospital, Chrompet.

**Results:** The attitude mean score regarding breastfeeding was 81.48 and the knowledge mean score of breastfeeding was 10.48.

**Conclusion:** The study revealed that there is a significant difference in the knowledge and the attitude regarding breastfeeding among primipara mothers. So, the mothers need to be educated regarding the importance of breastfeeding.

**Keywords:** Knowledge; Attitude; Breastfeeding; Primipara mothers.

## INTRODUCTION

Breastfeeding is one of the most effective ways to ensure child health and survival.

Breastfeeding is a process in which the human breast milk is fed to the infant.

The World Health Organization (WHO) recommends that breastfeeding should begin within the first hour of a baby's life and continue as often and as much as the baby wants. WHO recommends exclusive breastfeeding for the first 6 months of life, followed by continued breastfeeding with appropriate complementary foods for up to 2 years and beyond. It help the breastfeeding mothers to recover from childbirth more quickly and easily. The hormone oxytocin released during breastfeeding acts to return the uterus to its regular size more quickly and can reduce postpartum

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bleeding. Exclusive breastfeeding delays the return of the mother’s menstrual period, which can help to extend the time between pregnancies.

Worldwide, 135 million babies born every year. Only 42% are breastfed within the first hour of life. Only 38% of mothers practice exclusive breastfeeding during the first six months and 58% of mothers continue breastfeeding up to the age of two years and beyond. About 44% of infants 0–6 months old are exclusively breastfed. Over 820000 children’s lives could be saved every year among children under 5 years, if all children 0–23 months were optimally breastfed. (WHO Factsheet, 2022). In India, less than 50% of children are breastfed within an hour of birth, whereas the rate of exclusive breastfeeding in the first 6 months stands at 55%. Many infants and children do not receive optimal feeding.

### OBJECTIVES OF THE STUDY

1. To assess the knowledge and attitude regarding breastfeeding among primipara mothers.
2. To associate the level of knowledge and attitude regarding breastfeeding among primipara mothers with their selected demographic variables.

### HYPOTHESES

**H<sub>1</sub>:** There is a significant difference in the knowledge and attitude regarding breastfeeding among primipara mothers.

**H<sub>2</sub>:** There is a significant association between the level of knowledge and attitude regarding breastfeeding among primipara mothers with their selected demographic variables.

### METHODOLOGY

Quantitative research approach with descriptive research design was used for the study. 50 primipara mothers were selected using non probability convenient sampling technique. The study was conducted at Government hospital, Chrompet. The demographic variables included were age of the mother, education, occupation, religion, type of delivery and sex of the baby. The tool consisted of a semi-structured knowledge questionnaire and 20 items rating scale to assess the knowledge and attitude of primipara mothers. Written informed

consent was obtained from the primipara mothers. Privacy and confidentiality were maintained throughout the data collection.

## RESULTS AND DISCUSSION

The study revealed that majority of the mothers 28 (56%) were in the age group of 20-24 years, 43 (86%) belonged to hindu religion, 50 (100%) were homemakers, 28 (56%) were graduates, 35 (70%) undergone lower segment caesarean section (LSCS) and 28 (56%) mothers had delivered a male baby.

Majority of the mothers 26 (52%) had inadequate knowledge 19 (38%) had moderately adequate knowledge and only 5 (10%) mothers had adequate knowledge regarding breast feeding. Majority of mothers 47 (94%) had positive attitude and only 3 (6%) mothers had negative attitude towards breastfeeding.

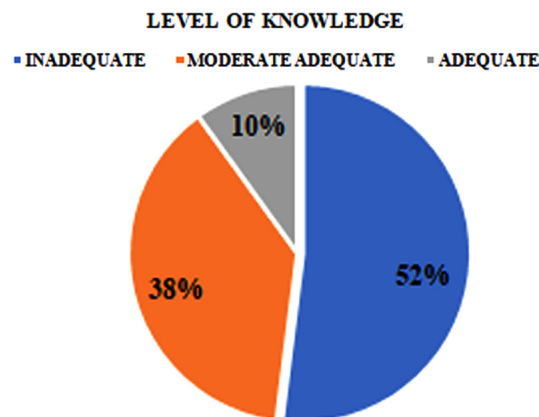


Fig. 1: Knowledge regarding breastfeeding among primipara mothers

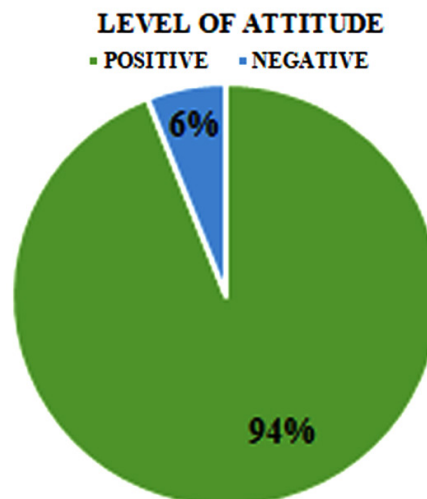


Fig. 2: Attitude regarding breastfeeding among primipara mothers

The study results were consistent with the study conducted by Amarendra B (2019) regarding knowledge of the primipara mothers at selected hospital in Guntur district, Andhra Pradesh. A total of one hundred primigravida were selected by using convenient sampling technique. A structured knowledge questionnaire was used to collect the data. The results showed that out of 100 participants 71% had moderately adequate knowledge, 27% had inadequate knowledge and 2% had adequate knowledge.

Another study conducted by Sandhiya (2015) among primipara mothers admitted in Krishna Hospital, Karad. An evaluative survey approach with purposive sampling technique was used for data collection with a structured interview schedule related to attitude of mothers. Majority 20 (57.14%) mothers had average attitude of breastfeeding.

There was a significant association between the level of knowledge and attitude with the selected demographic variables such as age, religion, education, type of delivery, and sex of the baby were found at  $p < 0.05$  level of significance. The results were supported by Sharma E (2020) conducted a study among 100 mothers using purposive sampling technique. The instrument used for data collection was a self-structured knowledge questionnaire. The study showed that 12% mothers had poor knowledge, 77% had average knowledge and 11% had good knowledge in Govt Hospital, Gandhi Nagar, Jammu. The knowledge score was significantly associated with the age of mothers, education, occupation, type of family, number of family members and the dietary pattern ( $p > 0.05$ ) whereas score was not statistically significantly associated with the religion of the mothers ( $p < 0.05$ ).

## CONCLUSION

The study results revealed that there is a significant difference in the knowledge and attitude regarding breastfeeding among primipara mothers. This study implied that developing programs that enhance women's participation in education and decision making as well as providing nursing mothers with adequate and up-to-date breastfeeding information could be significant in improving breastfeeding practices.

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