



“A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING EXCLUSIVE BREAST FEEDING AMONG PRIMIGRAVIDA MOTHER IN SELECTED HOSPITALS OF ALMORA WITH A VIEW TO DEVELOP INFORMATION BOOKLET”.

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ABSTRACT

BACKGROUND: Breastfeeding is the feeding of babies and young children with milk from a woman's breast. The world Health Organization (WHO) recommends that breastfeeding begins within the first hour of a baby's life and continues as often and as much as the baby wants. Mothers may pump milk so that it can be used later when breastfeeding is not possible. For this study Conceptual Frame Work Based on Ludwig Von Bertalanffy in 1968. The approach used for this study was Non experimental descriptive research design. The research variable of the study is Knowledge of Primigravida mothers regarding Exclusive breast feeding and extraneous variable are age, religion, mother education, mother occupation, type of family, family income, trimester, history of minor ailments previous knowledge on breast feeding and source of information etc. The subject was selected by purposive sampling technique and data was analyzed and interpreted using descriptive and inferential statistics. The overall knowledge on exclusive breast feeding. The mean score is 28.88 with a mean percentage of 72.2% with a standard deviation of 2.558. The overall attitude scores of primi gravid mothers on breast feeding were found to be 57.53% with standard deviation 2.3.

KEYWORDS: Breast feeding, knowledge and attitude, Primi Gravida mothers.

INTRODUCTION

Breastfeeding is the feeding of babies and young children with milk from a woman's breast. The world Health Organization (WHO) recommends that breastfeeding begins within the first hour of a baby's life and continues as often and as much as the baby wants. During the first few weeks of life babies may nurse roughly every two to three hours, and the duration of a feeding is usually ten to fifteen minutes on each breast. Older children feed less often. Mothers may pump milk so that it can be used later when breastfeeding is not possible. Breastfeeding is when you feed your baby breast milk, usually directly from your

breast. It's also called nursing. Making the decision to breastfeed is a personal matter. It's also one that's likely to draw opinions from friends and family.

AIM:

- To assess the level of knowledge regarding breast feeding among Primi gravida mothers.
- To assess the level of attitude regarding breast feeding among Primi Gravida mothers.
- To find out the association between knowledge and attitude score on breastfeeding with demographic variables.

HYPOTHESIS: The hypothesis will be significant association between the level of knowledge of primigravida mothers and their selected demographic variables.

DESIGN : Non-experimental descriptive research design was used for sample selection.

SETTING: District hospital at Almora. Participants 60 primigravida mothers fulfill the inclusion and exclusion criteria selected by for purposive sampling technique he study.

METHODS:

Data was collected by two tools section

1) demographic variables of the participants, 2)Self structured Questionnaire.

Collected data was analysed by using descriptive and inferential statistics.

Findings of the Study: Major Findings are:

Section 1:

Assessment of the level of knowledge regarding breast feeding among Primi gravidmothers.

s.no.	Knowledge regarding breast feeding among Primigravida mothers	Knowledge levels					
		Inadequate Below 50%		Moderate 51 – 75%		Adequate Above 75%	
1.	OVER ALL	No	%	No	%	No	%
		35	58.3	25	41.7	00	00

Table -1 represents that knowledge level of Primigravida mothers regarding breastfeeding, 35(58.3%) had inadequate knowledge, 25(41.7%) had moderate level of knowledge and none of them adequate knowledge.

Section 2:

Assessment of the level of attitude regarding breast feeding among Primi gravidmothers.

s.no.	Attitude regarding breast feeding Among Primi Gravida mothers	Attitude levels					
		Unfavorable attitude Below 50%		Moderate Attitude 51 – 75%		Favorable attitude 75%	
1.	OVER ALL	No	%	No	%	No	%
		8	16.0	37	74.0	5	10.0

Table 2 shows that the represents that attitude level of Primigravida mothers regarding breast feeding, 8(16.0%) had Unfavorable attitude, 37(74.0%) had moderate attitude and 5(10%) had favorable attitude.

Section 3:

The Association of knowledge scores of Primigravida mothers with selected Socio-demographic variables.

Demographic variables		Level of knowledge			
			Moderate	Inadequate	Chi- Square Test
Age	18-20 Years	23	3	20	Value-4.149 p-0.126
	21-24 Years	23	6	17	
	25-30 Years	14	6	8	
Religion	Muslim	44	10	34	Value-3.143 p-0.208
	Sikh	1	1	0	
	Hindu	15	4	11	
Mother's education	No Formal education	6	3	3	Value-4.807 p-0.186
	Primary school	20	2	18	
	Middle school	16	5	11	
	Graduation & Above	18	5	13	
Mother's Occupation	House wife	24	4	20	Value-5.126 p-0.163
	Daily wages	15	7	8	
	Employed	12	2	10	
	Self employed	9	2	7	
	Unemployed	4	5	9	
Family Type	Nuclear Family	48	13	35	Value-0.556 p-0.456
	Joint Family	12	2	10	
Family Incocme	5000-8000	13	1	12	Value-2.679 p-0.262
	8000-10000	31	9	22	
	More than 10000	16	5	11	
	Irregular	26	5	21	
Trimester	First	12	5	7	Value-3.377 p-0.185
	Second	31	8	23	
	Third	17	2	15	
History of minor aliments	Yes	6	2	4	Value-0.247 p-0.619
	No	54	13	41	
Previous Information of breast feeding	Yes	6	0	6	Value-2.222 p-0.136
	No	54	15	39	
Sorce of Information	Health personnels	11	2	9	Value-5.910 p-0.206
	Friends	13	5	8	
	Teachers	8	4	4	
	Mass media	7	1	6	
	No Information	21	3	18	

The association between socio-demographic variables and the knowledge scores regarding breast feeding. All the selected demographic variables are not significantly associated with the knowledge scores. The association was determined by using Pearson chi square test.

The Association of attitude scores of Primigravida mothers with selected demographic variables.

Demographic variables		Level of Attitude			
			Below median	Median and Above	Chi- Square Test
Age	18-20 Years	23	12	11	Value-0.824 p-0.662
	21-24 Years	23	9	14	
	25-30 Years	14	6	8	
Religion	Muslim	15	3	12	Value-6.226 p-0.044
	Sikh	1	0	1	
	Hindu	44	24	20	
Mother's education	No Formal education	6	5	1	Value-15.224 p-0.002
	Primary school	20	6	14	
	Middle school	16	3	16	
	Graduation & Above	18	13	5	
Mother's Occupation	House wife	24	12	12	Value-6.914 p-0.075
	Daily wages	15	10	5	
	Employed	12	3	9	
	Self employed	9	2	7	
	Unemployed	4	5	9	
Family Type	Nuclear Family	48	24	24	Value-2.424 p-0.0119
	Joint Family	12	3		
Family Incocme	5000-8000	13	1	12	Value-17.507, P=0.000
	8000-10000	31	9	22	
	More than 10000	16	5	11	

The association between socio-demographic variables and the attitude scores regarding breast feeding. Association with religion (chi square 6.226, $P=0.044$), Mother's education (chi square=15.224, $P=0.002$), Family Income (Chi Square= 17.507, $P=0.000$), and source of information (Chi square=10.546, $P=0.032$) are significantly associated with the attitude scores. The association was determined by using Pearson chi square test.

LIMITATION OF STUDY

- The findings could be generalized only to the population which fulfilled the criteria in the study.
- The study limited to assessment of knowledge and attitude.
- The sample was limited to 60 only.
- Long-term follow-up could not be carried out due to time constraints.

CONCLUSION: The present study was to assess the knowledge and attitude of Primigravida mothers regarding breast feeding, 35(58.3%) had inadequate knowledge, 25(41.7%) had moderate level of knowledge and none of them adequate knowledge.

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