JETIR.ORG ISSN: 2349-5162 | ESTD Year : 2014 | Monthly Issue
JOURNAL OF EMERGING TECHNOLOGIES AND INNOVATIVE RESEARCH (JETIR)
An International Scholarly Open Access, Peer-reviewed, Refereed Journal

"A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING COLOSTRUM FEEDING AMONG MOTHERS AT SELCTED AREA OF KARTARPUR, JALANDHAR , PUNJAB, 2023-2024.

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Abstract : The mammary glands release colostrum, the first type of breast milk, after giving birth. It is rich in nutrients, antibodies, and antioxidants that help a newborn baby's immune system develop. After your baby is born, it transforms into breast milk within two to four days.. Colostrum is thicker and too much yellow than traditional breast milk.The aim of the study is to assess the knowledge and attitude regarding colostrum feeding among mother at selected area of Kartarpur , Jalandhar , Punjab. Quantitative research approach with descriptive research design was used in this study. 60 mothers were selected through convenient sampling technique. Data collection was done by using tool that consist of Socio demographic sheet, Self structured interview schedule to assess knowledge and Likert scale to assess attitude.After analysis of the data, study reported that 33% mothers have poor knowledge, 42% mothers have average knowledge and 25% mothers have good knowledge regarding colostrum feeding and 25% mothers have positive attitude and 75% mothers have negative attitude regarding colostrum feeding. There was no association between knowledge and attitude regarding colostrum feeding among study. 60 mothers were selected through convenient sampling technique. Data collection was done by using tool that consist of Socio demographic sheet, Self structured interview schedule to assess knowledge and Likert scale to assess attitude.This study shows that half of mothers have good knowledge and half of mothers have poor knowledge regarding colostrum feeding and majority of mothers have negative attitude regarding colostrum feeding. There was no association between knowledge and attitude regarding colostrum feeding among mothers

IndexTerms **- Colostrum Feeding, Knowledge, Attitude.**

I. INTRODUCTION

According to different studies, children who did not receive colostrum are more likely to develop many infections, underweight, and wasting [13-15]. Many studies have identified that several factors influence the colostrum feeding in developing countries, although there are few studies regarding the factors affecting the timely initiation of colostrum feeding. These variables include place of residence, maternal education, age, occupation, religion, marital status, income, and obstetric history such as parity, number of living children, household leadership, family support, prior deliveries, infant illness, peer pressure, number of prenatal visits, history of prior deliveries, mode of delivery, and breastfeeding advice[16,17] were discovered to be predictors that affect the timing, awareness, and attitude of colostrum feeding either favorably or unfavorably. Even though neonatal and infant morbidity and mortality have steadily decreased in Ethiopia, it remains a significant public health issue. Colostrum feeding remains insufficient or low [18,19]. Studies conducted in West Gojjam and Gondar found that neonatal mortality was as high as 18.6 and 48.3 per 1000 live births, respectively. Infant mortality is still 48 deaths per 1,000 live births in the country [20].

RESEARCH METHODOLOGY

The methodology section outline the plan and method that how the study is conducted. This includes Universe of the study, sample of the study,Data and Sources of Data, study's variables and analytical framework. The detailsare as follows;

Population and Sample

Methodology is the specific procedures or techniques used to identify, select, process, and analyze information about a topic. The methodology portion of a study enables the reader to assess the general validity and reliability of the study. The methodology section answers two main questions: How was the data collected or generated? How was it analyzed?

Sample consists of subset that composes population. Sampling refers to the process of selecting a portion of population to represent the entire population.

Sampling technique for data collection was convenient sampling technique. Sample for this study included 60 mothers in Kartarpur,Jalandhar, Punjab.

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OBJECTIVES OF THE STUDY

The objectives of the study were to:

1.To assess the knowledge regarding colostrum feeding among mothers.

2.To assess the attitude regarding colostrum feeding among mothers.

3.To determine the association between the knowledge and attitude regarding colostrum feeding among mothers along with their socio-demographic variables.

RESEARCH APPROACH

The selection of the research approach is the basic procedure for the conduct of research. Research approach helps to decide the presence or absence as well as manipulation and control over variables in view of nature of problem selected for the study and objectives to be accomplished.

In this study Quantitative research approach will be used to assess the knowledge and attitude of mothers regarding colostrum feeding at Kartarpur, Jalandhar, Punjab.

RESEARCH DESIGN

Research design is a plan, structure and strategy of investigation of answering the research question. The research design selected for this study was non-experimental descriptive research design.

RESEARCH SETTING:

Setting refers to the area where study is conducted. It is the physical location and condition in which data collection takes place in the study.

The present study was conducted in Kartarpur, Jalandhar, Punjab.

POPULATION:

In the present study, the accessible population is mothers at the selected area of Kartarpur, Jalandhar, Punjab.

SAMPLE:

Sample is the number of individuals from whom the required information is obtained. In the present study the sample was 60 mothers.

SAMPLE SIZE:

In the present study the sample size is 60 mothers.

SAMPLING TECHNIQUE

Sample consists of subset that composes population. Sampling refers to the process of selecting a portion of population to represent the entire population.

Sampling technique for data collection was convenient sampling technique. Sample for this study included 60 mothers in Kartarpur,Jalandhar, Punjab.

DESCRIPTION OF TOOL:

Tool was developed by keeping in mind the objectives of the study, extensive review of literature and discussion with guide and co-guides. To accomplish the objectives of the study Likert scale and structured questionnaire is used to measure attitude and knowledge of mothers regarding colostrum feeding. The final tool consisted of three sections:-

Part 1:- Socio demographic sheet This part of tool consist of 7 items which included age of the mother, religion, level of education, occupation, type of family number of children, monthly family income,

Part 2:- Self structured interview schedule to assess knowledge related to colostrum feeding. This part consist of 14 items which were self-structured multiple choice questions having one correct answer among four options to assess the knowledge of mothers regarding colostrum feeding

Part 3:- Likert scale for attitude assessment (Colostrum Feeding Attitude Assessment Scale)

This part consists of 16 statements concerning the attitude of mothers regarding colostrum feeding. These statements were developed for the respondents to respond on five points Likert scale i.e. Strongly Disagree, Disagree, Neutral, Agree, and Strongly Agree

Total Items= 16

Positive Items in Likert Scale are: 1,3,4,7,11,12,15,16

Negative Items in Likert Scale are: 2,5,6,8,9,10,13,14

RESULT

TABLE NO. 1 :- Frequency and percentage distribution of mothers as per their knowledge regarding colostrum feeding .

n=60

Level of Attitude	Frequency	Percentage (%age)
Positive attitude(0-42)	15	25
Negative attitude(43-85)	45	75

Table no. 1 :- Depicts that 15 women were having Positive attitude and 45 women were having Negative attitude regarding colostrum feeding. Hence, it was concluded that maximum of women have Negative attitude regarding colostrum feeding.

TABLE NO. 2:- Mean score and standard deviation of knowledge of mothers regarding colostrum feeding

n= 60

Area	Maximum score obtained	Minimum score obtained	Median	Mean score	Standard deviation
Knowledge	14	0	14	8.36	2.89

Table no. 2:- Depicts the mean and standard deviation of knowledge of women under age group 21-40 years of age regarding colostrum feeding. Maximum score obtained was 14 and minimum score obtained was 00 regarding colostrum feeding. Mean score was 8.36 and standard deviation was 2.89 score.

TABLE NO.3:- Mean score and standard deviation of attitude of mothers regarding colostrum feeding

n= 60

Area	Maximum score obtained	Minimum score obtained	Median	Mean score	Standard deviation
Attitude	80	0	80	42.06	5.4

Table no.3:- depicts the mean and standard deviation of attitude of women under age group 21-40 years regarding colostrum feeding. Maximum score obtained was 80 and minimum score obtained was 00 regarding colostrum feeding. Mean score was 42.06 and standard deviation was 5.4 score.

CONCLUSIONS

The following findings can be concluded from the present study:

This study shows that half of mothers have good knowledge and half of mothers have poor knowledge regarding colostrum feeding and majority of mothers have negative attitude regarding colostrum feeding. There was no association between knowledge and attitude regarding colostrum feeding among mothers.

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