

A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE REGARDING BREASTFEEDING AMONG POSTNATAL MOTHERS WITH VIEW TO DEVELOP SELF INSTRUCTIONAL MODULE AT CIVIL HOSPITAL, JIND, HARYANA.

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Abstract	<i>Breastfeeding has many health and developmental advantages for infant and mothers. Breastfeeding remains the simplest, healthiest and least expensive feeding method that fulfills the infant's needs. In the study the aim was assess the knowledge regarding breast-feeding among postnatal mother and develop self-instructional module at civil hospital Haryana.A descriptive study was conducted to assess the knowledge regarding breastfeeding among postnatal mothers at civil hospital Jind, Haryana. 30 samples were selected by means of convenient sampling technique. Data was collected with the help of self structured knowledge questionnaire. Data analyzed by Descriptive(Mean, Median, Mode, Standard Deviation) and Inferential technique. A little above one half of the total sample 16 (53.33%) have Average level of knowledge among post-natal mothers regarding breast feeding followed by good level of knowledge were 14 (46.67 %). None of the postnatal mother have low level of knowledge. There is no significant relationship between breastfeeding knowledge and selected demographic variables (age, education status, religion, residence, income, knowledge on breastfeeding and its source). The study shown that assess knowledge regarding breastfeeding among postnatal mothers with view to self-instructional module.</i>
Keywords	<i>Descriptive, Knowledge, Breastfeeding, Postnatal mothers, self-instructional module.</i>

INRODUCTION

Breastfeeding is a basic human activity, vital to infant and maternal health and of immense economic value to households and societies.⁽¹⁾ Exclusive Breast Feeding (EBF) is defined as infant feeding with human milk without the addition of any other liquids or solids.⁽²⁾In India, breastfeeding appears to be influenced by social, cultural, and economic factors. In 1991, Breastfeeding Promotion Network of India (BPNI) was born to protect, promote and support breastfeeding.⁽³⁾Breastfeeding has many health and developmental advantages for infant and mothers. Breastfeeding remains the simplest, healthiest and least expensive feeding method that fulfills the infant's needs.⁽⁴⁾Feeding an infant is an exciting, satisfying but often worrisome task for a mother but meeting the essential need of their new child helps them to strengthen their attachment with the baby as a nurturer and provider. Mother is gifted by which she feeds her baby even though she is hungry she may not be having enough money to feed herself but the natural gift which is present in the mother will never keep the baby fast.⁽⁵⁾ Thereafter, to meet their nutritional requirements, infants should receive nutritionally adequate and safe complementary foods while breastfeeding continues for up to two years of age or beyond.⁽⁶⁾ Breast milk is free from contamination, safe, readily available to the needs of the infants because of its anti-infective properties and being free from contamination. The breastfeed babies have Low incidence of diarrhea and acute respiratory infection. There is reduced risk of allergy.⁽⁷⁾ Colostrum which has also been called the "first milk", "liquid gold" or "immune milk" is a clear, sticky, thick liquid that is produced by mom's mammary glands after the first day of her baby's birth and secreted during the first 3-5 days postpartum. In the initial days after birth body produces colostrum, which is best suited for baby's need for relatively small feeds. On an average, women will make about 50 ml of

colostrum in the first 48 to 72 hours after birth. Baby stomach is barely the size of a large marble. One day one baby's stomach capacity is about 5-7 ml, so just a few tsp. of colostrum is needed to satisfy baby's appetite.⁽⁸⁾

OBJECTIVE OF STUDY

1. To assess knowledge regarding breastfeeding among postnatal mothers.
2. To find out the association between knowledge regarding breastfeeding among postnatal mothers with selected socio-demographic variables.

RESEARCH HYPOTHESES

H1 There will be no significant association between level of knowledge on breastfeeding among postnatal mothers & socio-demographic variables.

ASSUMPTIONS

Postnatal mothers will be having some knowledge regarding breastfeeding.

DELIMITATIONS

- This study is limited to postnatal mothers of selected civil hospital Jind.
- This study is limited to single setting is Jind.
- Postnatal mothers between age 20-35 year.

REVIEW OF LITERATURE

1. Literature related to assess knowledge regarding Breastfeeding.
2. Literature related to Breastfeeding practices.
3. Miscellaneous.

METHODOLOGY:

- **Research approach:** Quantitative approach
- **Research design:** Non-experimental descriptive design will be adopted for this study.
- **Variables:** -
 - Independent variables:** Self-instructional module.
 - Dependent variables:** Knowledge of breast feeding among Post-natal mothers.
- **Setting of the study:** Civil hospital of Jind, Haryana.
- **Population:** Post-natal mothers at civil hospital of Jind, Haryana.
- **Sample:** Post-natal mothers who fulfil the inclusion criteria will be consider as a sample.
- **Sample size:** Sample size consists of 30 Post-natal mothers at civil hospital of Jind, Haryana.
- **Sampling Technique:** Convenient sampling technique had been used for selection of the subject.

RESULTS & INTERPRETATION

Table - 1: Frequency Distribution and Level of Knowledge among Breast feeding post-natal mothers (N = 30)

S. No	Level of Knowledge	Frequency (f)	Percentage (%)
1.	Low knowledge (0 - 10)	0	0
2.	Average knowledge (11 - 20)	16	53.33
3.	Good knowledge (21 - 30)	14	46.67

Frequency and percentage distribution of level of knowledge of samples regarding Breast feeding among post-natal mothers is shown in the above table.

A little above one half of the total sample 16 (53.33%) have Average level of knowledge among

post-natal mothers regarding breast feeding followed by good level of knowledge were 14 (46.67 %). None of the samples have low level of knowledge.

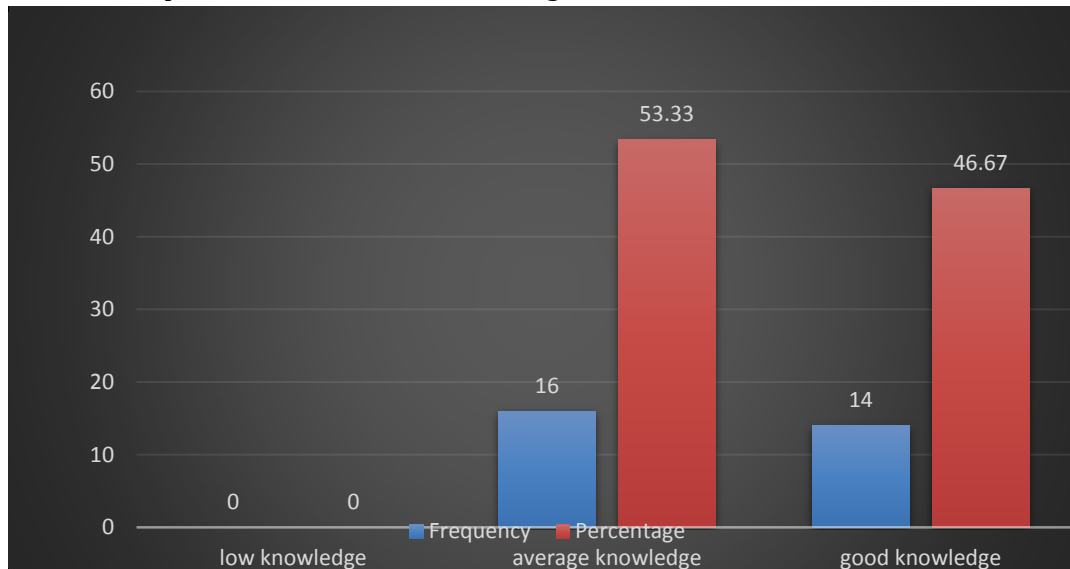


Fig 1: Bar diagram showing the frequency and percentage distribution regarding knowledge scores on breast feeding.

Table - 2: Level of Association between Level of Knowledge on Breast feeding among post-natal mothers and Selected Demographic Variables

S. No	Variables	Chi-Square Value	'P' Value	Df	Association
1.	Age	3.59	0.5154	4	Not Significant
2.	Education	12.56	0.2747	10	Not Significant
3.	Religion	2.637	0.6202	4	Not Significant
4.	Residence	0.721	0.6972	2	Not Significant
5.	Income of the family	3.730	0.7131	6	Not Significant
6.	Knowledge regarding Brest feeding	0.276	0.8709	2	Not Significant
7.	Source of information regarding Brest feeding	1.176	0.555	2	Not Significant

There will be no significant association between level of knowledge on breast feeding among post-natal mothers and socio demographic variables. (Age, Education, Religion, Residence, Income of the family, knowledge regarding breast feeding, and Source of Information.)

NURSING IMPLICATIONS

The findings of the study will help the investigator in the following ways:

- Gaining the more knowledge regarding breast feeding among postnatal mothers.
- Encourage the students to improve their knowledge regarding breast feeding.

NURSING EDUCATION

The nurses play a key role in educating people regarding breast feeding among postnatal mothers to children in Hospitals and schools. Increasing awareness and understanding of the phenomena among the general population will result in high level of breast feeding among postnatal mothers and that will spontaneously reduce the morbidity of children due to problems of lack of breast feeding. The investigator as a nurse felt the need that nurses should act as facilitators to educate adolescents, teachers, general population, and clinical patients regarding the oral hygiene.

NURSING RESEARCH

Nurses being the largest group in health care delivery system should take initiative to conduct further research studies in breast feeding among postnatal mothers. The study will motivate the beginning researcher to conduct same study with different variables on a large scale considering

individual aspects. The findings of the present study are helpful for the nursing professionals and nursing teachers to conduct further studies to find out the effectiveness of various methods of providing education on improving the knowledge regarding breast feeding.

NURSING ADMINISTRATION

Nurse administrator should take interest in motivating the nursing personnel to improve their professional knowledge and skill by attending the workshops, conferences, seminars on breast feeding. Nurse administrator should arrange regular in-service education program to the health care workers for gaining knowledge. The nurse administrators should explore their potentials and encourage innovative ideas in the breast feeding among postnatal mother.

NURSING PRACTICE

Nurse owes a great responsibility in educating the people regarding breast feeding. Nurses by getting knowledge and impact into their clinical practice. Many nurses can conduct evidence base nursing practice by referring to these results. Nurses can use to assess the level of knowledge regarding breast feeding in clinical as well as in community settings that will play a vital role in reducing the morbidity due to lack of breast feeding.

RECOMMENDATIONS

On the basis of findings following recommendations are offered for further research:

- A similar study can be conducted in large sample in different areas.
- A comparative study can be conducted in different setting like rural and urban areas.
- A video teaching programme can be conducted in large scale to the postnatal mothers of selected civil hospital in Haryana to improve breast feeding.

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