

## A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING COLOSTRUM FEEDING AMONG ANTENATAL MOTHERS IN THE I.G.M HOSPITAL, AGARTALA, WEST TRIPURA, WITH A VIEW TO DEVELOP A LEAFLET ON IMPORTANCE OF COLOSTRUM FEEDING

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### Abstract

*Colostrum has been shown, helps to prevent and control infections. It inhibits the attachment of bacteria to the body's epithelial (surface) tissue, contains lactoferrin that serves as a powerful natural antimicrobial and antiviral, and provides passive immunity to various high-risk organisms. In addition, colostrum includes immunoglobulin A (IgA) and immunoglobulin G (IgG) that neutralize viruses and bind bacteria. Colostrum provides passive immunity through the intestinal absorption of immunoglobulins. To assess the knowledge of antenatal mothers regarding colostrum feeding, to assess the attitude of antenatal mothers regarding colostrum feeding, to find out the co-relation between knowledge and attitude of antenatal mothers regarding colostrum feeding, to find out the association between knowledge of antenatal mothers regarding colostrum feeding with their selected demographic variables, to find out the association between attitude of antenatal mothers regarding colostrum feeding with their selected demographic variables & to develop and distribute a leaflet regarding colostrum feeding. Purposive sampling technique was adopted for the study. Data were collected from 100 antenatal mothers who were attended the MCH clinic of I.G.M hospital by self-administered structured knowledge questionnaire and 5point Likert attitude scale. Collected data were analyzed by using descriptive and inferential statistics. The correlation between knowledge and attitude was  $r = 0.3$ , which indicates there was a positive low correlation, definite but small relationship. There was significant association between knowledge score with educational status (calculated 'F' value=2.35, tabulated 'F' value=2.30, df between the group=5 & df within the group=94), at 0.05 level of significance. There was significant association between attitude score with period of gestation (calculated 'F' value=4.30, tabulated 'F' value=3.09, df between the group=2 & df within the group=97), at 0.05 level of significance. The study concluded that the knowledge of the antenatal mothers regarding colostrum feeding was moderately adequate and the attitude of antenatal mothers regarding colostrum feeding was favourable.*

**Keywords:** Assess, Knowledge, Attitude, Antenatal mothers, Colostrum, Leaflet.

### INTRODUCTION

Colostrum which has also been called the “first milk”, “liquid gold” or “immune milk” is a clear, sticky, thick liquid that produced by mother's mammary glands after the first day of her baby's birth and secreted during the first 3-4 days postpartum. Colostrum also contains many antibodies and growth factors. The growth factors promote development of baby's digestive system and the antibodies promote the immune system. Colostrum is high in leukocytes (protective white blood cells) that can help to protect baby against several bacterial and viral infections. It contains immunoglobulin A, which is an antibody that protects baby against infections of the throat, lungs and intestines. The

antibodies in colostrum protect baby against respiratory infections such as pneumonia, flu and bronchitis, as well as stomach and ear infections. Gradually, baby will start producing his own antibodies.

Colostrum also contains high amounts of sodium, potassium, chloride and cholesterol thought to encourage optimal development of baby's heart, brain and central nervous system. Colostrum is extremely easy to digest, and is therefore the perfect first food for baby. Newborns have very immature digestive systems, and colostrum delivers its nutrients in a very concentrated low-volume form. It has a mild laxative effect, encouraging the passing of the baby's first stool, which is called meconium which reduces the risk of jaundice in baby. This clears excess bilirubin, a waste-product of dead red blood cells, which is produced in large quantities at birth due to blood volume reduction, from the new born body and helps to prevent jaundice.

**According to 'WHO'**, colostrum is the yellowish, sticky breast milk produced at the end of pregnancy, is recommended by WHO as the perfect food for the newborn, and feeding should be initiated within the first hour after birth. Feeding colostrum in the first hour is the first step. It is imperative that every child receives colostrum to get ahead in the race against malnutrition.

Mother and children constitute one fourth of the total national population. They are the most vulnerable group to ill health. One of the main causes of neonatal mortality and morbidity is inadequate breastfeeding, following faulty breastfeeding technique, ignorance of mother regarding feeding practices, lack of health education given by the health care provider. Many cultural beliefs and practices all prevalent in postpartum period that some mothers may not feed the baby immediately after birth. They neglect "COLOSTRUM" instead of it they give sugar water, plain water, honey etc. All these practices lead to suppression of lactation as prolactin gradually ceases and the breast stops secreting milk

### AIM OF THE STUDY

Identify the knowledge of antenatal mother's regarding colostrum and willingness to practice of colostrum feeding among the antenatal mothers.

### OBJECTIVES OF THE STUDY

1. To assess the knowledge of antenatal mothers regarding colostrum feeding.
2. To assess the attitude of antenatal mothers regarding colostrum feeding.
3. To find out the co-relation between knowledge and attitude of antenatal mothers regarding colostrum feeding.
4. To find out the association between knowledge of antenatal mothers regarding colostrum feeding with their selected demographic variables.
5. To find out the association between attitude of antenatal mothers regarding colostrum feeding with their selected demographic variables.
6. To develop and distribute a leaflet regarding importance of colostrum feeding.

### ASSUMPTIONS

The study assumed that:

1. Antenatal mothers may have some knowledge and attitude regarding feeding of colostrum.

2. Assessing the knowledge and attitude may help to develop effective leaflet regarding importance of colostrum for public awareness.

### HYPOTHESES

All the hypotheses was tested at 0.05 level of significance.

**H<sub>1</sub>:** There is a significant correlation between knowledge score among the antenatal mothers with their attitude score regarding colostrum feeding.

**H<sub>2</sub>:** There is a significant association between knowledge score of antenatal mothers regarding colostrum feeding with their selected demographic variables.

**H<sub>3</sub>:** There is a significant association between attitude score of antenatal mothers regarding colostrum feeding with their selected demographic variables.

### OPERATIONAL DEFINITION

1. **Colostrum:** It refers to thick, yellow and small amount of milk secreted during first three days after child birth.
2. **Assess:** In this study it refers to identify the knowledge and attitude of antenatal mothers regarding colostrum feeding.
3. **Knowledge:** It refers to the level of understanding of the antenatal mothers regarding colostrum feeding which was assessed by structured knowledge questionnaire.
4. **Attitude:** It refers to the opinion, ideas and beliefs of the antenatal mothers regarding colostrum feeding which was assessed by a 5-point Likert attitude scale.
5. **Antenatal mothers:** In this study the antenatal mothers refer to primi and multi para mothers who attended the MCH clinics of I.G.M Hospital at Agartala.
6. **Leaflet:** It refers to self-explanatory information sheet regarding meaning of colostrum, initiating time of colostrum, importance of colostrum and complications due to not initiation of colostrum feeding.

### CONCEPTUAL FRAMEWORK

The conceptual framework used for this study is based on Imogene King's goal attainment theory. The theory of Goal Attainment states that "Nursing is a process of action, reaction and interaction by which nurse and client share information about their perception in a nursing situation" and a process of human interactions between nurse and client whereby each perceives the other and the situation and through communication, they set goals, explore means and agree on means to achieve goals.

### DELIMITATION

The study is delimited to the antenatal mothers attending to the MCH clinic of I.G.M Hospital.

### METHODOLOGY

**Research Approach:** A survey approach was used in this research study.

**Research Design:** A descriptive research design was used for the study.

### VARIABLES

1. **Research variables:** knowledge and attitude regarding colostrum feeding.
2. **Demographic variables:** Age, religion, educational status, occupation, type of family, family income, period of gestation during study, Parity, if multi para did you feed the colostrum to

your previous child?, If no, why?----, previous information regarding colostrum feeding to baby, and if yes, the source of information regarding colostrum feeding to baby.

3. **Setting of the study:** The study was conducted to the MCH clinic at 'Indira Gandhi Memorial Hospital' at Agartala, Tripura West.
4. **Population:** Target population were the antenatal primi and multi para mothers.
5. **Sample Size:** Sample size was 100 antenatal mothers.
6. **Sampling Technique:** In this study the sample was drawn by purposive sampling technique.
7. **Sampling Criteria for selection of sample:**

#### INCLUSION CRITERIA

1. Primi and multi para mothers.

#### EXCLUSION CRITERIA

1. Who were not willing to participate.
2. Who cannot read and write.

#### SELECTION AND DEVELOPMENT OF TOOL

##### a. Selection of the Tool:

A self-administered structured knowledge questionnaire and 5 point Likert attitude scale was selected for the study to collect the data from the antenatal mothers to know their knowledge and attitude regarding colostrum feeding.

##### b. Development of the Tool:

Tools were prepared on the basis of the objectives of the study. The tool was developed by the investigator based on her personal and professional experience. The related literature was reviewed from books, journals, periodicals, unpublished research studies and mass education media and tool developed was refined and validated by subject experts and guide.

The following steps were carried out in preparing the tool:

- Review of literature.
- Preparation of the structured knowledge questionnaire to assess the knowledge and 5 point Likert attitude scale to measure the attitude regarding colostrum feeding.
- Preparation of blue print.
- Based on experts opinion.
- Establishment of validity and reliability.

#### ETHICAL CONSIDERATION

1. The ethical clearance was obtained from the research committee of Tripura College of Nursing, Hapania.
2. The ethical clearance was obtained from the ethical committee of Society For Tripura Medical College & DR. BRAM Teaching Hospital, Hapania.
3. Written permission was obtained from Medical Superintendent of Tripura Medical College & DR. BRAM Teaching Hospital, Hapania.

4. Written permission was obtained from Medical Superintendent of Indira Gandhi Memorial Hospital, Agartala.
5. Written permission was obtained from HOD, Dept. of MCH, Indira Gandhi Memorial Hospital, Agartala.
6. Informed consent taken from each sample before collecting the data.

#### DATA COLLECTION PROCEDURE

The data was collected in the following way: -

- Formal authoritative permission was taken.
- Self-introduction was given and purpose of the study was explained to the respondents.
- Informed consent was obtained and confidentiality was assured to each participant to get their co-operation.
- The purposive sampling was adopted according to the availability of the samples.
- Structured questionnaire and 5 point Likert attitude scale was administered to assess the knowledge and attitude.
- The questionnaire was given to fill up and total time allotted was 30 minutes.
- Data were collected from 10 samples each day, starting from 10 am to 2 pm.

#### PLAN FOR DATA ANALYSIS

The data collection was analyzed by using descriptive and inferential statistics.

##### Descriptive Statistics—

- Frequency and percentage distribution were used to study the demographic variables of antenatal mothers such as age, religion, educational status, occupation, type of family, family income, Period of gestation during study, Parity, if multi para did you feed the colostrum to your previous child?, If no, why?---, previous information regarding colostrum feeding to baby, and if yes, the source of information regarding colostrum feeding to baby.
- Mean, mean percentage, standard deviation were used to assess the knowledge and attitude of antenatal mothers regarding colostrum feeding.

##### Inferential statistics—

- It includes the correlation coefficient to find out the correlation between the knowledge and attitude of antenatal mothers regarding colostrum feeding. 'Karl Pearson's correlation coefficient' formula was used to correlate the knowledge and attitude.
- 'ANOVA' was used to find out the association between knowledge and attitude of antenatal mothers regarding colostrum feeding with their selected demographic variables.

#### RESULTS

**Section-1:** Finding related to demographic characteristics of the antenatal mothers regarding colostrum feeding.

Out of 100 antenatal mothers 48 (48%) were between the age group of 18-22 years, 36 (36%) were between 23-28 years, 13 (13%) were between 29-34 years, only 3 (3%) were in the age group of more than 34 years. Majority of the antenatal mothers 80 (80%) were from Hindu religion and 20 (20%) were from Muslim religion. 53 (53%) antenatal mothers were high school passed, 22 (22%) were higher secondary school passed, 10 (10%) were primary school passed, 8 (8%) were can able

to read and write, 4 (4%) were post-graduate and above and 3 (3%) were graduate. Majority of the antenatal mothers 91 (91%) were home maker, 6 (6%) were daily labour and 3 (3%) were Govt. employee. 58 (58%) antenatal mothers were from joint family and 42 (42%) were from nuclear family. 31% of the antenatal mothers had family income of Rs: 10,000-14,999, 27 (27%) had family income of Rs: less than or equal to 5,000, 23 (23%) had family income of Rs: 5001-9,999, 10 (10%) had family income of Rs: more than or equal to 20,000 and 9 (9%) had family income of Rs: 15,000-19,000. 37 (37%) antenatal mothers period of gestation was 3<sup>rd</sup> trimester, 34 (34%) was 2<sup>nd</sup> trimester and 29 (29%) antenatal mothers was 1<sup>st</sup> trimester. 64 (64%) antenatal mothers parity were primi para and 36 (36%) were multi para. Out of 36 (36%) of multi para antenatal mothers, 34 (34%) has given colostrum milk to the newborn baby but 2 (2%) did not, because one baby was admitted in NICU and another mother was restricted by family member because they think it may harm the baby. 91 (91%) mother had previous information regarding colostrum feeding and 9 (9%) had no information regarding colostrum feeding. 46 (46%) of the antenatal mothers got information regarding colostrum feeding from family, 27 (27%) got from health personnel, 11 (11%) got from mass media, 4 (4%) got from others and 3 (3%) of the antenatal mothers from friends.

**Section-2:** Finding related to knowledge of the antenatal mothers regarding colostrum feeding.

**Table 1: Frequency & percentage distribution of knowledge score regarding colostrum feeding among antenatal mothers. N=100**

Knowledge score	Frequency (f)	Percentage (%)
1-3	0	0%
4-6	5	5%
7-9	10	10%
10-12	22	22%
<b>13-15</b>	<b>40</b>	<b>40%</b>
16-18	21	21%
<b>19-21</b>	<b>2</b>	<b>2%</b>
<b>Total</b>	<b>100</b>	<b>100</b>

**Table 2: Frequency & percentage distribution on level of knowledge regarding colostrum feeding among antenatal mothers. N=100**

Level of knowledge	Score	Frequency (f)	Percentage (%)
<b>Adequate</b>	<b>15-21</b>	<b>37</b>	<b>37%</b>
<b>Moderately adequate</b>	<b>8-14</b>	<b>55</b>	<b>55%</b>
<b>Inadequate</b>	<b>1-7</b>	<b>8</b>	<b>8%</b>
<b>Total</b>	<b>21</b>	<b>100</b>	<b>100</b>

**Table 3: Area wise mean, mean percentage and standard deviation of knowledge score regarding colostrum feeding among antenatal mothers. N=100**

Sl No.	Aspects of knowledge	No. of items	Max. Score	Mean	Mean %	SD
1.	General information on colostrum feeding	12	12	7.48	63.33	2.24
2.	Importance of colostrum feeding	5	5	2.99	59.8	0.14
3.	Practices regarding colostrum feeding	4	4	2.5	62.5	0.3
	<b>Overall knowledge</b>	<b>21</b>	<b>21</b>	<b>12.97</b>	<b>61.76</b>	<b>2.68</b>



Minimum knowledge score = 1  
Maximum knowledge score = 21

**Section-3:** Finding related to attitude of the antenatal mothers regarding colostrum feeding.

**Table 4: Frequency & percentage distribution on level of attitude regarding colostrum feeding among antenatal mothers.**

Level of attitude	Score	Frequency (f)	Percentage (%)
Favourable	26-50	94	94%
Unfavourable	1-25	6	6%
<b>Total</b>	50	100	100

**N=100**

Minimum attitude score = 1  
Maximum attitude score = 50

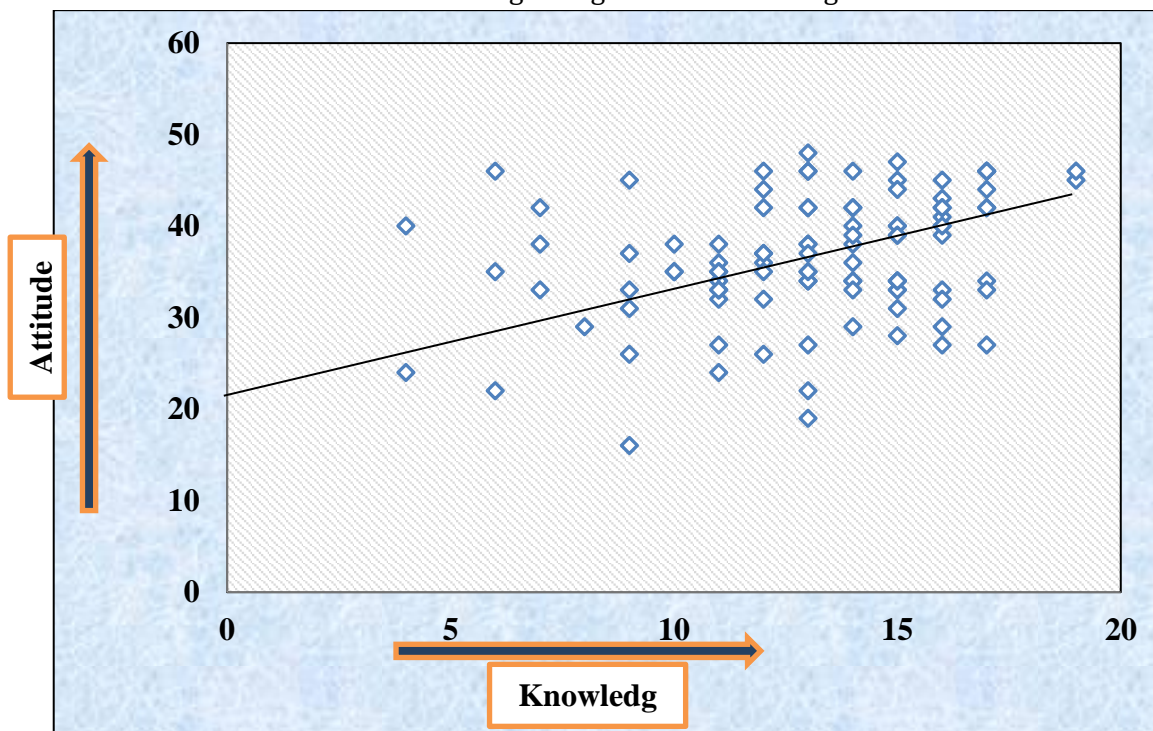
**Table 5: Mean, mean percentage and standard deviation of attitude score regarding colostrum feeding among antenatal mothers.**

Sl No.	Aspects of attitude	No. of Statements	Max. Score	Mean	Percentage (%)	SD
1.	Overall attitude	10	50	36.45	72.9	6.91

**N=10**

**Section-4:** Finding related to correlation between knowledge and attitude of antenatal mothers regarding colostrum feeding.

**A :** The section shows the correlation of knowledge and attitude of antenatal mothers regarding colostrum feeding.



**Fig 1:** Scattered diagram shows positive correlation between knowledge & attitude score of antenatal mothers.

**Section-5:** Finding related to association between knowledge of antenatal mothers regarding colostrum feeding with their selected demographic variables.

**Table 6: ANOVA ('F') showing association between knowledge score of antenatal mothers regarding colostrum feeding with their selected demographic variables.**

SL NO.	Demographic variables	Category	Frequency	DF		Mean of sum of square between the group	Mean of sum of square within the group	Tabulated 'F' value	Calculated 'F' value
				Between the group	Within the group				
1.	Age	<ul style="list-style-type: none"> <li>• 18-22 years</li> <li>• 23-28 years</li> <li>• 29-28 years</li> <li>• More than 34 years</li> </ul>	48 36 13 3	3	96	21.69	983.3	2.68	0.70 NS
2.	Educational status	<ul style="list-style-type: none"> <li>• Can able to read &amp; write</li> <li>• Primary school</li> <li>• High school</li> <li>• Higher secondary school</li> <li>• Graduate</li> <li>• Post-graduate &amp; above</li> </ul>	8 10 53 22 3 4	5	94	111.72	893.27	2.30	2.35*
3.	Occupation	<ul style="list-style-type: none"> <li>• Home maker</li> <li>• Daily labour</li> <li>• Self-employment</li> <li>• Private employee</li> <li>• Govt.employee</li> </ul>	91 6 0 0 3	2	97	0.74	1004.25	3.09	0.03NS
4.	Family income (in rupees)	<ul style="list-style-type: none"> <li>• Less than or equal to 5000</li> <li>• 5001-9,999</li> <li>• 10,000-14,999</li> <li>• 15,000-19,000</li> <li>• More than or equal to 20,000</li> </ul>	27 23 31 9 10	4	95	31.17	973.82	2.46	0.76NS
5.	Period of gestation	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> trimester</li> <li>• 2<sup>nd</sup> trimester</li> <li>• 3<sup>rd</sup> trimester</li> </ul>	29 34 37	2	97	24.41	980.58	3.09	1.20NS



**Table 7: ANOVA (‘F’ value) showing association between attitude score of antenatal mothers regarding colostrum feeding with their selected demographic variables. N=100**

SL NO.	Demographic variables	Category	Frequency	DF		Mean of sum of square between the group	Mean of sum of square within the group	Tabulated ‘ F’ value	Calculated ‘ F’ value
				Between the group	Within the group				
1.	Age	<ul style="list-style-type: none"> <li>• 18-22 years</li> <li>• 23-28 years</li> <li>• 29-28 years</li> <li>• More than 34 years</li> </ul>	48 36 13 3	3	96	30.17	1561.96	2.68	0.61NS
2.	Educational status	<ul style="list-style-type: none"> <li>• Can able to read &amp; write</li> <li>• Primary school</li> <li>• High school</li> <li>• Higher secondary school</li> <li>• Graduate</li> <li>• Post-graduate &amp; above</li> </ul>	8 10 53 22 3 4	5	94	388.73	4190.23	2.30	1.71 NS
3.	Occupation	<ul style="list-style-type: none"> <li>• Home maker</li> <li>• Daily labour</li> <li>• Self-employment</li> <li>• Private employee</li> <li>• Govt.employee</li> </ul>	91 6 0 0 3	2	97	118.01	4578.96	3.09	1.24 NS
4.	Family income (in rupees)	<ul style="list-style-type: none"> <li>• Less than or equal to 5000</li> <li>• 5001-9,999</li> <li>• 10,000-14,999</li> <li>• 15,000-19,000</li> <li>• More than or equal to 20,000</li> </ul>	27 23 31 9 10	4	95	205.79	4373.17	2.46	1.11NS
5.	Period of gestation	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> trimester</li> <li>• 2<sup>nd</sup> trimester</li> <li>• 3<sup>rd</sup> trimester</li> </ul>	29 34 37	2	97	373.49	4205.47	3.09	<b>4.30*</b>

\*= Significant at 0.05 level, NS=Not Significant.

## DISCUSSION

**The first objective was to assess the knowledge of antenatal mothers regarding colostrum feeding.**

The statistical findings of the present study revealed that- out of 100 antenatal mothers, the highest knowledge score found in between 13-15 (40%), only 2% of antenatal mothers were obtain 19-21. 55 (55%) of antenatal mothers had moderately adequate knowledge, 37 (37%) had adequate knowledge and 8 (8%) antenatal mothers had inadequate knowledge. The area wise mean knowledge score was maximum (7.48) in general information on colostrum feeding and minimum (2.5) in practices regarding colostrum feeding. The overall mean knowledge score regarding

colostrum feeding was 12.97, overall mean percentage was 61.76 and overall SD was 2.68.

**The second objective was to assess the attitude of antenatal mothers regarding colostrum feeding.**

The statistical findings of the present study revealed that- 94 (94%) of antenatal mothers had favourable attitude and 6 (6%) of antenatal mothers had unfavourable attitude regarding colostrum feeding. The attitude mean score was 36.45, mean percentage was 72.9 and SD was 6.91.

**The third objective was to find out the co-relation between knowledge and attitude of antenatal mothers regarding colostrum feeding.**

**In the present study the hypothesis and null hypothesis was stated as—**

**H<sub>1</sub>–** There is a significant correlation between knowledge score among the antenatal mothers with their attitude score regarding colostrum feeding.

**H<sub>01</sub>:** There is no significant correlation between the knowledge score among the antenatal mothers with their attitude score regarding colostrum feeding.

The statistical findings of the present study revealed that the correlation between knowledge and attitude was  $r = 0.3$ . The correlation between knowledge score and attitude score was equal ( $r = 0.3$ ). This indicates there was a positive correlation between knowledge and attitude of antenatal mothers regarding colostrum feeding. Hence, the research hypothesis (H<sub>1</sub>) was accepted and null hypothesis (H<sub>01</sub>) was rejected. Thus, the evidence showed that, there was a positive low correlation, definite but small relationship between the knowledge and attitude score of antenatal mothers regarding colostrum feeding, which means that if the score of knowledge increases, the score of attitude also increase.

**The fourth objective was to find out the association between knowledge of antenatal mothers regarding colostrum feeding with their selected demographic variables.**

**In the present study the hypothesis and null hypothesis was stated as—**

**H<sub>2</sub>:** There is a significant association between knowledge score of antenatal mothers regarding colostrum feeding with their selected demographic variables.

**H<sub>02</sub>:** There is no significant association between knowledge score of antenatal mothers regarding colostrum feeding with their selected demographic variables.

The statistical findings of the present study revealed that there was significant association between knowledge score with educational status (calculated 'F' value=2.35, tabulated 'F' value = 2.30, df between the group = 5 & df within the group=94), at 0.05 level of significance. Therefore, the null hypothesis (H<sub>02</sub>) was rejected and the research hypothesis (H<sub>2</sub>) was accepted. This indicates the knowledge of the antenatal mothers regarding colostrum feeding was dependent on their educational status.

**The fifth objective was to find out the association between attitude of antenatal mothers regarding colostrum feeding with their selected demographic variables.**

**In the present study the hypothesis and null hypothesis was stated as—**

**H<sub>3</sub>:** There is a significant association between attitude score of antenatal mothers regarding colostrum feeding with their selected demographic variables.

**H<sub>03</sub>:** There is no significant association between attitude score of antenatal mothers regarding

colostrum feeding with their selected demographic variables.

The statistical findings of the present study revealed that there was significant association between attitude score with period of gestation (calculated 'F' value = 4.30, tabulated 'F' value = 3.09, df between the group = 2 & df within the group = 97), at 0.05 level of significance. Therefore, the null hypothesis ( $H_{03}$ ) was rejected and the research hypothesis ( $H_3$ ) was accepted. This indicates the attitude of the antenatal mothers regarding colostrum feeding was dependent on their period of gestation.

**The sixth objective was to develop and distribute a leaflet regarding colostrum feeding.**

Based on the findings of assessment of knowledge and attitude, leaflet on importance of colostrum feeding was developed and distributed to all the antenatal mothers.

**MAJOR FINDINGS OF THE STUDY**

Major findings of the study were summarized as below: —

**The major finding related to demographic variables:**

Out of 100 antenatal mothers—

- 48% were between the age group of 18-22 years.
- 80% were from Hindu religion.
- 53% were high school passed.
- 91% were home maker.
- 58% antenatal mothers were from joint family.
- 31% of the antenatal mothers had family income of Rs: 10,000-14,999.
- 37% of the antenatal mothers period of gestation was 3<sup>rd</sup> trimester.
- 64% antenatal mothers parity were primi para.
- Out of 36% of multi para antenatal mothers, 34% has given colostrum milk to the newborn baby but 2% did not, because her child was admitted in NICU and another was restricted by family member because they think it may harm the child.
- 91% mother had previous information regarding colostrum feeding.
- 46% of the antenatal mothers got information regarding colostrum feeding from family.

**The major findings related to the level of knowledge regarding colostrum feeding among antenatal mothers:**

- 55% had moderately adequate knowledge regarding colostrum feeding.
- The overall area wise mean knowledge score was 12.97, mean percentage was 61.76 and standard deviation (SD) was 2.68.

**The major findings related to the level of attitude regarding colostrum feeding among antenatal mothers:**

- 94% antenatal mothers had favourable attitude regarding colostrum feeding.
- The mean attitude score was 36.45, mean percentage was 72.9 and standard deviation (SD) was 6.91.

**The major findings related to correlation between knowledge and attitude regarding colostrum feeding antenatal mothers:**

- The correlation between knowledge and attitude was  $r = 0.3$  and the correlation between attitude and knowledge was  $r = 0.3$ , which indicates there was a positive low correlation, definite but small relationship.

**The major findings related to association between knowledge of antenatal mothers regarding colostrum feeding with their selected demographic variables:**

- There was significant association between knowledge score with educational status. (calculated 'F' value = 2.35, tabulated 'F' value = 2.30, df between the group = 5 & df within the group = 94), at 0.05 level of significance.

**The major findings related to association between attitude of antenatal mothers regarding colostrum feeding with their selected demographic variables:**

- There was significant association between attitude score with period of gestation. (calculated 'F' value = 4.30, tabulated 'F' value = 3.09, df between the group = 2 & df within the group = 97), at 0.05 level of significance.

## CONCLUSION

The findings of the present study concluded that the antenatal mothers had moderately adequate knowledge regarding colostrum feeding and most of them had favourable attitude towards colostrum feeding. The findings of the study revealed that there was a positive low correlation, definite but small relationship between the knowledge score and attitude of antenatal mothers regarding colostrum feeding. There was significant association between knowledge score with educational status. The study also revealed that there was significant association between attitude of antenatal mothers regarding colostrum feeding with period of gestation, which indicates the emotional attachment with baby will be more, if the period of gestation is more, which will help the mothers to build favourable attitude for her baby.

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