

UNDERSTANDING BREASTFEEDING POSITIONS AMONG NURSING MOTHERS– AN EXPLANATORY INVESTIGATION

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ABSTRACT

Background: Breastfeeding is the process in which human breast milk is given to a child. According to WHO the breastfeeding should be begin within 1 hour after birth. The exclusive breastfeeding should be given for 6 months. You shouldn't provide any outside food or drink to the newborn baby up to 6 months. While breastfeeding proper positioning of the baby is necessary such as supporting whole of baby's body, ensure baby's head, neck and back. Objective: The objective of the study is to assess the knowledge regarding breastfeeding positions among nursing mothers and find out the association between knowledge regarding breast feeding positions and selected demographic variables. Methodology: a descriptive study was conducted among 100 nursing mothers. Data was collected from Parul Sevasharm Hospital, Vadodara using sampling technique is Purposive Sampling Technique. (Descriptive and inferential statistics were used). Results: The research study shows that illustrates the distribution of knowledge regarding breastfeeding positions among nursing mothers revealed that majority 42% of nursing mothers had average knowledge, 32% had poor knowledge and 26% had good knowledge



with obtained score range between 20(2-22), with median score of 12 and mean stress score was 12.04 with standard deviation 5.453. Conclusion: Breastfeeding positions are the most important practices among nursing mothers. It needs a big effort by nursing mothers to learn the proper technique and positions of breast feeding. From the above findings it was considered that almost all nursing mothers were not having adequate knowledge about breastfeeding and its position. It was found that this problem of nursing mothers was associated with demographic variables such as educational level. It was concluded that the knowledge regarding breastfeeding positions among nursing mothers revealed that the majority 42% of nursing mothers had average knowledge, 32% had poor knowledge and 26% had good knowledge.

Keywords: Knowledge, Breastfeeding, Breastfeeding Position, Nursing Mothers.

INTRODUCTION

Breastfeeding, or nursing, is the process by which human breast milk is fed to a child. Breast milk may be from the breast, or may be expressed by hand or pumped and fed to the infant. The World Health Organization (WHO) recommends that breastfeeding begin within the first hour of a baby's life and continue as often and as much as the baby wants. Health organizations, including the WHO, recommend breastfeeding exclusively for six months. This means that no other foods or drinks, other than vitamin D, are typically given. 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. Of the 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. Exclusive breastfeeding is recommended for up to 6 months. It meets nutritional needs as well as emotional and psychological needs of the infants. Exclusive breastfeeding will be a perfect food for infants and provides total nutrients requirements for the first six months of life. So, it will prevent malnutrition and allow the child to develop fully. Breastfeeding is natural feeding and it's very beneficial for children. Breastfeeding is the feeding of an infant or young child with breast.

OBJECTIVE

The objective of the study is to assess the knowledge regarding breastfeeding positions among nursing mothers and find out the association between knowledge regarding breast feeding positions and selected demographic variables.

MATERIALS AND METHODS:

This study used a Quantitative research Approach. Having a research design which is descriptive design. The setting consists of Parul Sevashram hospital. The target population of the study is breastfeeding mothers. The inclusion criteria of our study are post-natal mothers who are directly breastfeeding her baby in ward and Mothers who are willing to participate in this study for survey whereas the exclusion criteria are the mothers whose baby is admitted in NICU. Mothers who have postpartum depression, peripudental block, postpartum blues and the mothers who is unable to breastfeed directly due to any disease condition, and who are not willing to participate in this study for survey. The sample size for this study was 100. And the sampling technique is Purposive Sampling Technique. The tools and technique consist of

Section A: Socio-demographic Variable, Section B: Knowledge Questionnaire. The pilot study has been conducted on 10% of population of our main study in selected hospital of Vadodara. Data collection has been done by using validated and reliable tools. Data was analyzed by using both descriptive and inferential statistics, wherever required the data has been shown in graphical representation. Ethical permission has been taken from the institutional ethical committee and the approval number is PUIECHR/PIMSR/00/081734/5415

RESULTS AND DISCUSSION

The research study shows that illustrates the distribution of knowledge regarding breastfeeding positions among nursing mothers revealed that majority 42% of nursing mothers had average knowledge, 32% had poor knowledge and 26% had good knowledge with obtained score range between 20(2-22), with median score of 12 and mean stress score was 12.04 with standard deviation 5.453.

Breastfeeding positions are the most important practices among nursing mothers. It needs a big effort by nursing mothers to learn the proper technique and positions of breast feeding. From the above findings it was considered that almost all nursing mothers were not having adequate knowledge about breastfeeding and its position. It was found that this problem of nursing mothers was associated with demographic variables such as educational level. It was concluded that the knowledge regarding breastfeeding positions among nursing mothers revealed that the majority 42% of nursing mothers had average knowledge, 32% had poor knowledge and 26% had good knowledge.

SECTION 1: Frequency and Percentage Distribution of Demographic Variables.

The frequency and percentage distribution of demographic variables of mothers, according to their age majority 47% were in 22-25 years of age, followed by 24% were in 26-29 years of age, 15% were in 18- 21 years of age and 14% were in more than 30 years of age. Regarding family income monthly, maximum 38% had income of RS 10,001-15,000, followed by 35% had Rs 15,001-20,000, 19% had more than Rs 20,000 and 8% had Rs 5,000-10,000. As per education of mothers, majority 43% had higher secondary school, 41% had primary school, 10% had graduation and 6% had no formal education. With regard to occupation of mothers, 49% were housewife, 25% were part time worker, 23% were full time worker and 3% were doing business. According to marital status of mothers, maximum 88% were married, 5% were divorced, 4% were widow and 3% were unmarried. Regarding where do you live, majority 53% were living

in urban area, 36% were living in rural area and 11% were living in semi urban area. As per how many times you become pregnant, maximum 56% had pregnant for 2nd time, 37% had pregnant for 1st time and 7% had pregnant for more than 2 times. With regard to how many children do you have, majority 49% had 1 child, 35% had 2 children, 9% had more than 2 child and 7% had pregnant for first time. According to religion of mothers, maximum 72% belongs to Hindu, 13% belongs to Muslim, 8% belongs to Christian, 5% belongs to Sikh and 2% belongs to other religion. As per dietary habits of mothers, majority 68% were vegetarian and 32% were non vegetarian.

SECTION 2: Distribution of level of knowledge regarding breastfeeding positions among nursing mothers. the distribution of knowledge regarding breastfeeding positions among nursing mothers revealed that majority 42% of nursing mothers had average knowledge, 32% had poor knowledge and 26% had good knowledge with obtained score range between 20(2-22), with median score of 12 and mean stress score was 12.04 with standard deviation 5.453.

SECTION 3: Association between level of knowledge regarding breastfeeding positions among nursing mothers with their selected socio-demographic variables. The association between level of knowledge regarding breastfeeding positions among nursing mothers with their selected socio-demographic variables which was tested by using chi-square test. Result showed that education, marital status, where do you live and how many children do you have been found significant association at $p < 0.05$ but age, family income monthly, occupation, how many times you got pregnant, religion and dietary habits were found to be non-significant with knowledge regarding breastfeeding positions among nursing mothers.

CONCLUSION

Breastfeeding positions are the most important practices among nursing mothers. It needs a big effort by nursing mothers to learn the proper technique and positions of breast feeding. From the above findings it was considered that almost all nursing mothers were not having adequate knowledge about breastfeeding and its position. It was found that this problem of nursing mothers was associated with demographic variables such as educational level. It was concluded that the knowledge regarding breastfeeding positions among nursing mothers revealed that the majority 42% of nursing mothers had average knowledge, 32% had poor knowledge and 26% had good knowledge.

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