

# A Study to Assess the Knowledge and Attitude Regarding Exclusive Breastfeeding among Primigravida Mothers at Selected Hospitals of Jalalabad, Punjab

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## ABSTRACT

**Introduction:** Exclusive breastfeeding is a vital practice recommended by the WHO for the first six months of an infants life as it provides optimal nutrition and strengthen the immune system. A descriptive research design was employed. The main study was carried out among 100 primigravida mothers selected through a purposive sampling technique to assess the knowledge and attitude regarding exclusive EBF. Data collection was done using a structured tool divided into three sections: Part 1 covered socio-demographic data, Part 2 self-structured interview schedule, Part 3 structured the low infant feeding attitude scale. Data collection is analysis with descriptive and inferential statistics. **Result:** Findings of the study reveals that out of 100 mothers, 4% have good knowledge, 29% have average and 67% have below average knowledge regarding EBF. The attitude score, 8% have unfavorable attitude, 89% have moderate and 3% have favorable attitude towards EBF. **Conclusion:** From the findings of the study concluded that more than average primigravida mothers have deficit knowledge and attitude regarding exclusive breastfeeding.

**KEYWORDS:** Assess, Knowledge, Attitude, Exclusive Breastfeeding, Primigravida Mother.

## INTRODUCTION

Exclusive breastfeeding is used to define initiating breastfeeding immediately after birth and not giving any other solid food including water to neonates. The World Health Organization recommends exclusive breastfeeding for first six months of life with continued breastfeeding alongside solid foods up to two years or beyond.

The breastfeeding mothers produce 570-900ml of milk per day. If the mother do not produce enough amount of breast milk then she can be encouraged to pump technique. The effective milk extraction is the best way to help, keep up milk supply. The steps of hands-on pumping are: (a) massage your breast, (b) place thumbs on either side of nipple about 1-2 inches back from the nipples, (c) gently compress breast tissue with thumbs, rolling fingers towards the chest wall, (d) release pressure and repeat the compress-

release motion, (e) collect expressed milk in a clean container. If this technique is failed or breastfeeding is not producing enough milk for baby,

## NEED OF STUDY

As per National family Health survey - 3 (NFHS-3), only 46% of the Indian infant between 0-6 months are exclusively breastfed. Good practice of exclusive breastfeeding can prevent 13.8% of all deaths among infants aged less than 2 year and 11.6% of under five year children death, but unfortunately, a report estimated in 2012 that, only 35% of infants were exclusively breastfed globally. The infants which are not fed by exclusive breastfeeding has increased infant morbidity and mortality rate in India was at about 25.5 deaths per 1000 live births also we check infant mortality rate among past year that is 25.799 deaths per 1000 live births

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## MATERIAL AND METHOD

A quantitative, non-experimental descriptive research design was employed. The main study was carried out among 100 primigravida mothers selected through a purposive sampling technique to assess the knowledge and attitude regarding exclusive breastfeeding. Data collection was done using a structured tool divided into three sections: Part 1 covered socio-demographic data, Part 2 self-structured interview schedule, Part 3 structured the low infant feeding attitude scale. Data collection is analysis with descriptive and inferential statistics

### RESEARCH SETTING:

The present study was conducted in Civil hospital, Kumar hospital, Seema nursing home, Grover hospital

### SAMPLE AND SAMPLING TECHNIQUE:

Purposive sampling technique was used to select the sample. The total sample size was 100 Primigravida mothers

### STUDY POPULATION:

Population was the entire set of individuals or objects having some common characteristics.

### DESCRIPTION OF TOOL

As study was aimed to assess the knowledge and attitude of primigravida mothers regarding exclusive breastfeeding, so, after intense review of literature, discussion with the guide and experts opinion,

### ANALYSIS AND INTERPRETATION OF DATA

SR. NO.	KNOWLEDGE	FREQUENCY	%	MEAN	S. DEVIATION
1	Good(14-18)	4	4.0%	14.25	.500
2	Average(11-13)	29	29.0%	11.62	.820
3	Poor<10	67	67.05	7.72	2.058

Attitude regarding exclusive breastfeeding it shows majority of students 89% had moderate level of attitude regarding exclusive breastfeeding followed by unfavorable level of attitude 8% and favorable.

SR. NO.	ATTITUDE	FREQUENCY	PERCENTAGE	MEAN	S.DEVIATION
1	UNFAVORABLE(20- 46)	8	8.0%	43.38	1.768
2	MODERATE(47-78)	89	89%	57.65	6.111
3	FAVORABLE(79- 100)	3	3%	79.00	.000

following tools were used to assess the knowledge and attitude of primigravida mothers.

### Tool: SOCIO-DEMOGRAPHIC PROFILE OF MOTHER

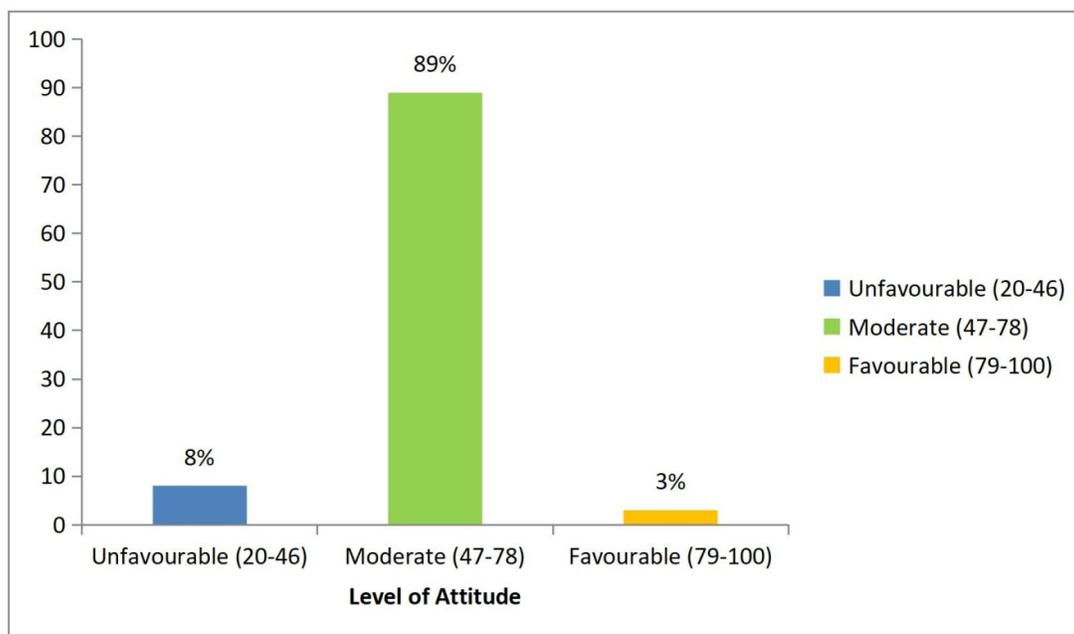
Respondent age, religion of mother, educational level, occupation of mother, family income per month.

### Tool2: SELF STRUCTURED INTERVIEWING SCHEDULE REGARDING KNOWLEDGE OF EXCLUSIVE BREASTFEEDING

This tool has 18 multiple choice questions to assess the knowledge of Primigravida mothers regarding exclusive breastfeeding. Questions related to definition of exclusive breastfeeding, age up to which breast milk should be given, average interval between breastfeed, best time to start complementary feeding, best position while breastfeeding, steps to increase milk supply, ways to relieve nipples soreness, benefits of exclusive breastfeeding to the mother and infants .Each question has four multiple choice options .The correct answer carries one mark and wrong answer carry zero mark.

### Tool3: STRUCTURED THE LOWA INFANTFEEDING ATTITUDE SCALE

This tool has 17 statements regarding exclusive breastfeeding for assessing the attitude from choosing between strongly agree, agree, neutral, disagree and strongly disagree.



Distribution of sample according to level of attitude of primigravida mothers.

## RESULT

Findings of the study reveals that out of 100 mothers, 4% have good knowledge, 29% have average and 67% have below average knowledge regarding EBF. The attitude score, 8% have unfavorable attitude, 89% have moderate and 3% have favorable attitude towards EBF.

## DISCUSSION

The findings depict that (67%) had poor knowledge (29%) had average knowledge about exclusive breastfeeding. The above findings were similar with the findings as reported by Kaur Gurpreet (2003) that maximum sample (58.3%) had poor knowledge.

According to current study, among primigravida mother's attitude towards breastfeeding, (8%) were unfavorable, (89%) were moderate and (3%) were in favor, with standard deviation of 7.9.

## Conclusion

More than half of the subjects i.e. 67% had poor knowledge regarding exclusive breastfeeding.

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