



PERCEPTION OF BREAST-FEEDING PRACTICES AMONG POSTNATAL MOTHERS AT SELECTED HOSPITAL

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ABSTRACT

Perception of breast feeding practices among postnatal mothers was assessed at selected hospital, Kanyakumari. Objectives of the study was to determine the perception of breast feeding practices among postnatal Mothers and to associate the perception of breast feeding practices with their selected demographic variables. Descriptive research design was used for the research. Purposive sampling technique was used for selecting the subjects. Structured questionnaire was used to assess the perception of post-natal mothers regarding Breast feeding. The study was conducted at the selected Hospital. The data gathered was analyzed by descriptive and inferential statistical method and interpretation was made based on the objectives of the study. The study results shows that 3(10%) had Adequate Perception, 22(73.3%) had moderately adequate Perception, 5(16.7%) had inadequate Perception. The investigator following the data analysis has come to the conclusion that the postnatal mothers who have inadequate and moderately adequate knowledge require further information regarding breastfeeding which may reflect in breast feeding practices after acquiring adequate knowledge.

Key words: *Perception ,breast feeding practices, postnatal mothers*

INTRODUCTION:

Human milk is an unavoidable source of nutrients and has no substitute for it and breast is considered as nature's apparatus for meeting the nutritional needs of children. Breast milk provides nutrients that help in the growth spurts. Breast milk constitutes 7% (60-70 g/L) carbohydrates, 1% (8-10 g/L) protein, and 3.8% (35-40 g/L) fat.¹ Breastfeeding is considered to be one of the smartest investments that help in increasing human capital and promotes economic growth. Breastfeeding is initiated within the first hour of birth and continued exclusively for upto six months. ² The child is weaned at 6 months and breast feeding is continued up to two years or beyond in addition to safe and appropriate complementary foods. 45% of death in children is due to

under nutrition. According to World Health Organization 149 million under 5 aged children were found to be too short for age, 45 million too thin for height, and 37 million were overweight or obese. Only 44% of infants were exclusively breast fed till 6 months.³ In India, as per (2020-2021) National Family Health Survey-5(NFHS-5), 55.1 % of children were exclusively breastfed up to six months of age and Children under age 3 years breastfed within one hour of birth is 60.2 %.⁴ WHO along with UNICEF formulated Strategy to be practiced globally to promote optimal feeding in infant and young child. The objective of the initiative is to improve nutritional status, growth and development, health thereby promoting the survival of infants and young children at large.⁵

Lassi, Z. S., Rind, F., Irfan, O., Hadi, R., Das, J. K., & Bhutta, Z. A. (2020).⁶ conducted a study to assess the effectiveness of infant and young child feeding (IYCF) interventions through multiple databases searches. Data were obtained from Cochrane Controlled Trials Register, MEDLINE, EMBASE and 77 studies were included. There was 20% increase in rates of early initiation of breastfeeding, 102% increase in exclusive breastfeeding at 3 months and 53% at 6 months in practice of exclusive breastfeeding. With regard to complementary feeding education intervention among the 12 participants showed standard deviation increase in weight-for-age at 0.41, and 0.25 in height-for-age in food secure setting. Complementary food provision with or without education in 17 participants showed 0.14 standard deviation with increase in height-for-age and decrease in 36% stunting. Supplementary food interventions among the 12 participants showed a significant 0.15 standard deviation value with increase in weight-for-height.

Koya, S., Babu, G. R., Iyer, V., Yamuna, A., Lobo, E., Kinra, S., & Murthy, G. V. S. (2020).⁷ conducted a prospective cohort study to assess the effect of breastfeeding practices on infant anthropometry and factors influencing breastfeeding practices. The study was conducted among 240 women at a tertiary care public hospital in Bengaluru from April 2016 to April 2018. Obstetric history, infant feeding practices, anthropometry of mother and child were obtained and the psychosocial status of the women were assessed with Edinburgh Postnatal Depression Scale (EPDS). Data collection was done after the delivery and at 14 weeks after birth. The study findings concluded that 33% (80) were using supplementary food at 14 weeks of infants' age at p-value 0.002 at risk of wasting as compared to exclusively breastfed infants. The study concluded with the need of improving awareness among the public on the same..

This study is focused to assess the Perception of post natal mothers regarding breast feeding. Post natal mothers need to be aware of the need for breast feeding. Therefore this study was undertaken to assess the perception regarding breast feeding in order to create awareness on breast feeding practices among mothers.

STATEMENT OF PROBLEM:

A study to determine the perception of breast feeding practices among postnatal mothers at selected hospitals in k. K. District

OBJECTIVES:

- To determine the perception of breast feeding practices among postnatal mothers.
- To associate the perception of breast feeding practices with their selected demographic variables

RESEARCH METHODOLOGY:

The study utilized quantitative research approach. The research design selected for this study was Descriptive research design. The study was conducted among post natal mothers at selected hospital. The sample for this study was post natal mothers who fulfilled the inclusion criteria. Purposive sampling technique was used for this study to select the sample. Structured questionnaire to assess the perception of post-natal mothers regarding Breast feeding. After getting permission from the principal and formal approval from the hospital the investigator proceeded with the data collection. The data collection was done in a period of one week. The researcher introduces herself and established rapport with the mother and assured that the information would be kept confidential. The structured questionnaire was distributed to mothers and explained about how to answer the given question and 30 minutes was given and data collection was done. The data obtained were planned to be analyzed using both descriptive and inferential statistics

RESULTS AND DISCUSSION:

Demographic variables of postnatal mothers

With regard to the age, 11(36.6%) belongs to the age between 20-25 years, 14(46.4%) belonged to the group 26-30 years and 5 (17%) belongs to the age group between 31-35 years

Scattering the post natal mothers according to their family, 13(43.4%) belonged to Nuclear family and 17(56.6%) belonged to Joint family. As per allocation of post natal mothers according to their religion, 7(23.3%) belonged to the Hindu religion, 1 (2.3%) belonged to the Muslim religion 22 (73.4%) are Christians. 18(60%) are primi Mothers 12(60%) are multi parity. 4(13.3%) had pursued higher education, 1(3.4%) had diploma and 25 (83.3%) were graduate. According to their occupation, 3(10%) were Employees, 27(90%) were Non employees. According to their Monthly income, subjects fallen in the bandwidth of 14(46.6%) in Rs. 5,000-Rs.10, 000, 4(13.4%) in Rs.10, 000-Rs.15, 000, 12(40%) in above Rs.15, 000. Scattering the post natal mothers according to their source of knowledge 4(14%) from internet, 15(50%) were from sister, 8(26%) were from home, 3(10%) had no source. Dispersion of post natal mothers according to the ante natal visit 21(70%) mothers did antenatal visit and 9 (30%) didn't

The first objective was to assess the level of perception of breastfeeding practices

Table 1: Assessment of postnatal mothers according to the level of perception of breastfeeding practices

n=30

LEVEL OF PERCEPTION OF BREAST FEEDING PRACTICES	FREQUENCY (f)	PERCENTAGE (%)
Inadequate Perception (0-49%)	5	16.7%
Moderately adequate Perception (50-74%)	22	73.3%
Adequate Perception (75-100%)	3	10%

Assessment of level of perception of breastfeeding practices revealed that majority of them are 3 (10%) had Adequate level of Perception and 22(73.3%) had moderately adequate level of Perception, 5(16.7%) of them had Inadequate level of Perception. **Mehlawat., Puri., Rekhi.,(2020).**⁸ performed a study to assess the breastfeeding practices among mothers at birth and at 6 months in the state of Delhi. It was found that out of the 78.9% institutional deliveries only 29.7% mothers had initiated breastfeeding immediately. 40.5% infants were not exclusively breast fed, 81.3% were fed with infant formula,13% pre-lacteal feeds of their traditional family custom. 62.2% mothers exclusive breastfed their children upto 6 months of age. Although Complementary feeding were initiated by 71.9% mothers only 45.1% of them initiated rightly at the recommended age of 6 months. The study suggested that the need for recommending institution guidelines and protocols in institutional delivered mothers to promote breast feeding practices.

The second objective was to find out the association between level of perception of breastfeeding practices and selected demographic variables

Analysis of the association of socio demographic variable revealed that Age ($\chi^2 = 2.6$),type of family($\chi^2 = 2.81$) Religion($\chi^2=9.337$), parity($\chi^2=0.696$) , Education($X^2=31.9$),Occupation ($X^2=1.41$) source of knowledge($\chi^2 = 7.39$) Monthly income ($\chi^2 = 3.54$) Antenatal Registration($\chi^2 = 2.66$) where found to be not significant at p value less than 0.05 level. **Sarkar, D., Dalai, C. K., Sarkar, K., Das, S. S., & Banerjee, S. (2020).**⁹ performed a community based study with pretested and predesigned questionnaire to assess the breast feeding and infant feeding practices in tribal population. The demographic variables identified that the majority of the mothers to have completed their high secondary school. Mostly they were home makers and were categorized in the upper lower social class. Rate of institutional delivery was found to be higher than

home delivery. 78 % Infants were exclusive breastfed, 46% initiated early breastfeeding. 48% were fed with prelacteal feed, 62% had colostrum feeding and 82% with complementary feeding.

CONCLUSION:

Breastfeeding within the first hour of birth and be exclusively breastfed for the first 6 months of life – meaning no other foods or liquids are provided, including water. This study is focused to assess the to determine the level of perception of breastfeeding practices among postnatal mothers. The perception of breastfeeding practices among mothers was about 73.3 % and is moderate. Study findings concluded that majority of mothers had moderately adequate perception in breast feeding practices. Necessary intervention has to be planned to improve the perception and promote the wellbeing of the mother and the baby.

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