



A descriptive study to assess the attitude and practice regarding breastfeeding among Primi Mothers at selected Rural Community at Shahdol, M.P.

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Abstract

Background: The most valuable gift a newborn may receive is breast milk, which is rich in nutrients and immune-boosting chemicals. Women must be given correct information on the length of nursing, weaning, diet, the physiology of breastfeeding, and supplements that must be taken during breastfeeding, among other things. Only then will health care and services become more meaningful and assist mothers in nursing successfully.

Objective

1. To assess the demographic data regarding breastfeeding among primi mothers at selected rural community at Shahdol, M.P.
2. To assess the attitude regarding breastfeeding among primi mothers at selected rural community at Shahdol, M.P.
3. To assess the practice regarding breastfeeding among primi mothers at selected rural community at Shahdol, M.P.

Method: A cross sectional study was conducted on 50 primi mothers by using quantitative research approach at rural areas of Shahdol. Data were collected by using self-prepared questionnaire and opinions statement towards attitude and practice among primi mothers. Collected data were analyzed by descriptive and inferential statistics.

Results: Average age of primi mothers were 18-22 years old. And most them were working. Result evidenced that Mothers who scored more than 70% on the attitude test were deemed to have a good attitude, while those who scored less than 70% were deemed to have a less positive attitude. In the view towards practice of breastfeeding the majority of mothers have heard of EBF and believe it is crucial for both the mother's and the child's health, only 45% of them had exclusively breastfed their kid for the first six months. Findings shows that 62% of primi mothers have good attitude score, 13% primi mothers have average attitude score & 25% primi mothers have poor attitude score towards breast feeding. Among 50 primi mother's majority of them (i.e. 50%) having poor practice regarding breast feeding. Only 45% of primi mothers following good practice of exclusive breast feeding. And the average mean value of Attitude & Practice was 30.9 & 22.5.

Conclusion: Study indicated that there are both positive and negative attitudes among primi moms regarding breastfeeding. This research shows that there are still misconceptions about breastfeeding. The results of this study highlight the importance of educating mothers on the different facets of breastfeeding in order to enable them to make well-informed decisions about nursing their infants.

Keywords: Attitude, practice, breastfeeding, exclusive breastfeeding

1. Introduction

Breastfeeding is the process of feeding an infant with milk produced also provides comfort and emotional security. Breastfeeding can help with postpartum recovery by promoting uterine contraction and reducing the risk of certain cancers, such as breast and ovarian cancer. It also helps in building a strong bond between mother and child through physical closeness and interaction.

The World Health Organization (WHO) and UNICEF gather data on breastfeeding trends to monitor and improve global breastfeeding practices. Approximately 43% of infants worldwide are breastfed within the first hour of birth. According to the National Family Health Survey (NFHS-5) (2019-2021), about 51% of newborns in India were breastfed within the first hour of birth. According to NFHS-5 (2019-2021), approximately 41% of newborns in Madhya Pradesh are breastfed within the first hour of birth.

This rate is slightly lower than the national average of 43%. There are regional disparities within the state. Rural areas tend to have higher rates of early initiation compared to urban areas, where access to healthcare and modern practices can delay breastfeeding initiation.

The incidence of breastfeeding practices in Madhya Pradesh is improving but still faces challenges. Exclusive breastfeeding rates are somewhat lower than the national average, and early initiation could be improved. Efforts to promote breastfeeding in both urban and rural areas, improve awareness, and provide better workplace support for breastfeeding mothers will be crucial to improving these statistics.

1.1 Title

A descriptive study to assess the Practice and Attitude regarding Breastfeeding among Primi Mothers at selected

rural community at Shahdol, M.P.

1.2 Objectives

1. To assess the demographic data regarding breastfeeding among primi mothers at selected rural community at Shahdol, M.P.
2. To assess the attitude regarding breastfeeding among primi mothers at selected rural community at Shahdol, M.P.
3. To assess the practice regarding breastfeeding among primi mothers at selected rural community at Shahdol, M.P.
4. To find out the significance association between attitude and practice regarding breastfeeding among primi mothers at selected rural community at Shahdol, M.P.

1.3 Assumption

Breast feeding is essential tool for mother as well for baby to improve overall mental and physical health in all aspects. There are so many programs running by government and non-government organization but still there is gap in effective use of these lactation management program. By conducting this research study, i want to assess the significant insights into the practice and attitude regarding breastfeeding among primi mothers at selected rural community at Shahdol, M.P. The findings can help in designing targeted interventions to improve breastfeeding practices and overall infant health.

1.4 Delimitations

In this research study the study was delimited

1. The study is limited to 50 primi mothers who are residing in rural areas of Shahdol, M.P.
2. Primi mothers who are willing to participate in the study.
3. Data collection completed within 1 months.

2. Materials and Methods

2.1 Research Design

The study uses a cross-sectional survey approach and a descriptive research design. A systematic questionnaire was used to gather information from 50 primi mothers at the rural areas in Shahdol, Madhya Pradesh. Descriptive and inferential statistics were then used to analyze the gathered data.

2.2 Research approach

In this research study cross sectional survey approach was adopted with aimed to assess the practice and attitude regarding breastfeeding.

2.3 Setting of the study

The pilot study was conducted in Khada. And for the main study samples were selected from Tikuri, Rasmohni, and Rampur Shahdol, Madhya Pradesh.

2.4 Population

In this research study population consist of primi mothers at selected rural community in shahdol.

2.5 Sampling and sample size

For the present study non-probability convenient sampling technique was used to select 50 primi mothers. Who fulfilled the required criteria of our study? which means the study participants were chosen based on the study purpose.

2.6 Variables

Demographic variables: It contains baseline characteristics of primi mothers such as age, religion, educational status, occupation, type of family, previous knowledge regarding breast feeding, sources of health information.

Independent variable: Practice & Attitude is independent variables.

Dependent variable: Practice & Attitude of Primi Mothers are dependent variables

2.7 Sampling Criteria

A) Inclusion criteria

The proposed study will be conducted on Primi mothers at selected rural community at Shahdol, who belongs to

- Age group of 18 - 40years.
- Who are willing to participate in the study?
- Who are present at the time of data collection?
- Who can understand Hindi or English language?
- Who have not taken any training program regarding Breastfeeding?

B) Exclusion criteria

Primi mothers

- Those are not willing to participate in the study.
- Who don't know Hindi or English language?
- They are not present at the time of data collection.
- Who have taken any training program regarding Breastfeeding?

3. Development and description of tools

In this research study structured knowledge survey and statements used to acquire data.

The instrument consisted of two parts -

Tool - I: Demographic data - A structured questionnaire was prepared to assess the demographic variable. It consists of age, gender, religion, educational status, occupation, monthly family income, type of family, previous knowledge regarding breast feeding, sources of health information.

Tool - II: Records - This section consists of structured opinionnaire questionnaire regarding attitude towards breastfeeding

Tool - III: Records - This section consists of pre-designed structured questionnaire regarding practice of breastfeeding.

A total of 22 questions were included in the final self-administered questionnaire, which was broken down into three sections that addressed the participants' socio-demographic traits (7 questions), attitudes regarding breastfeeding (10 questions), and practices (05 questions). To classify these factors as good, fair, or bad, we developed a scaled grading system. Each participant received one point for each right or advantageous response they selected, and the points were then added up for each individual. For

incorrect or unfavourable responses, no points were subtracted.

3.1 The following was the scoring system used by the participants

Attitude

- Good attitude (8-10 points)
- Fair attitude (5-7 points)
- Poor attitude (0-4 points)

Practice scores are as follows

- Good practice (4-5)
- Fair practice (2-3)

Poor practice (1-2)

3.2 Data collection

Using a straightforward random sample technique, 75 families were chosen from rural community of Shahdol. Then I visited the chosen homes to conduct interviews with the participants using the study questionnaire in goggle form app. Only primi mothers who were eligible and gave their agreement to participate in the study were interviewed in these houses. We move on to the next household until we reach the required sample size if the respondents don't fit the study's inclusion requirements. Data collection took place from July 12 to July 30, 2023. To guarantee the quality of the data collected, the supervisors also verified the answers twice daily to make sure they were correct and consistent.

4. Results

Table 1: Description of socio-demographic variables of primi mothers

Sr. No.	variables	Categories	Frequency	Percentage
1.	Age	18-22years	20	40%
		23-26	15	30%
		27-30	8	16%
		Above 30	7	14%
2.	Religion	Hindu	35	70%
		Muslim	11	22%
		Sikhs	0	0
		Christian	04	8%
3.	Level of education	Others	0	0
		Primary	0	0
		High school	05	10%
		High secondary	18	36%
4.	Occupation	Graduation & above	27	54%
		Private employee	18	36%
		Govt employee	09	18%
		Business	05	10%
5.	Type of family	House wife	18	36%
		Nuclear family	14	28%
		Joint family	22	44%
		Extended family	14	28%
6.	Prior Information related breastfeeding	Others	0	0
		Yes	36	72%
7.	Sources of health information	No	14	28%
		Media	18	36%
		Health care centre	19	38%
		Anganwadi	12	24%
		Others	01	02%

Data from the above table shows that 40% of the primi mothers were aged between 18-22 years old, majority (i.e. 70%) of the primi mothers were Hindu. All of the primi mothers had minimum qualification upto high school level, 54% of them were graduate or above. Most of the primi

mothers were working, majority of them were working in private sector. Most of the primi mothers (i.e. 44%) belong to joint family, 72% of primi mothers have prior information regarding breastfeeding and 38% primi mothers were receiving health information from health care centers.

Table 2: Descriptive statistics of attitudes of primi mothers towards breast feeding

S. No.	Characteristics	Variable			Mean
		Agree	Unsure	Disagree	
1.	Babies who are breastfed are healthier than those who are bottle fed.	39(78%)	03(6%)	08(16%)	
2.	Compared to breastfeeding, formula feeding is more convenient	26(52%)	04(8%)	20(40%)	
3.	Compared to formula milk, breast milk is easier to digest.	46(92%)	01(2%)	03(6%)	
4.	There are benefits to exclusively breastfeeding a baby for six months.	44(88%)	0	06(12%)	
5.	Breast milk can be replaced with cow's milk.	32(64%)	07(14%)	11(22%)	
6.	Breastfeeding is appropriate for women in public settings	29(58%)	06(12%)	15(30%)	
7.	Is formula milk less demanding than exclusive breastfeeding?	33(66%)	0	17(34%)	
8.	Should infants be given liquids other than breast milk, such as water, honey, etc.?	16(32%)	12(24%)	22(8%)	
9.	Is exclusive breastfeeding preferred over formula milk in your community?	22(44%)	16(32%)	12(24%)	
10.	Does breastfeeding improve the attachment between a woman and her child?	43(86%)	04(8%)	3(6%)	

Above table indicated the following attitudes towards breastfeeding-

1. 78% of primi mothers were the opinion that babies who are breastfed are healthier than those who are bottle fed
2. 52% of primi mothers were agreed that formula feeding is more convenient.
3. 92% of primi mothers were agreed that breast milk is easier to digest as compared to formula milk
4. 88% of primi mothers were opinion that exclusive breastfeeding is benefited to the baby for 6 months
5. 64% of primi mothers were felt that breast milk can be replaced with cow's milk.
6. 58% of primi mothers were agreed that breastfeeding is appropriate in public settings also
7. 66% of primi mothers were felt that formula milk is less demanding than exclusive breastfeeding
8. Only 44% of primi mothers were disagreed that infants should be given liquid other than breast milk such as honey, water etc.
9. 44% of primi mothers realised that exclusive breastfeeding is preferred over formula milk in her community.
10. 86% of primi mothers were agreed that breastfeeding improves the mother baby attachment.

Table 3: Descriptive statistics of practice of primi mothers regarding breast feeding

Sr. No.	Characteristics	Categories	Frequency	Percentage
1.	When did you initiate breast feed after birth of your child?	Within 30 minutes	23	46%
		Within 30- 60 minutes	21	42%
		After 60 minutes or more	06	12%
		Never	0	0
2.	Thrown out colostrum	Yes	14	28%
		No	36	72%
3.	Given pre-lacteal feeds	Yes	27	54%
		No	23	46%
4.	Preferred breastfeeding types	Ebf- exclusive breast feeding	24	48%
		Mixed	18	36%
		Exclusive top feeding	08	16%
5.	The number of times a day that newborns are fed	Less than 5 times	05	10%
		5-10 times	33	66%
		11-15 times	12	24%

Table 3 summarized the practice of primi mothers regarding breastfeeding on the basis of followings points:

1. Majority of primi mothers (i.e. 46%) were initiated breast feed within 30 minutes after the birth of her baby.
2. 72% of primi mothers were not thrown out the colostrum.
3. 54% of primi mothers were given pre-lacteal feeds to her baby.
4. Only 48% of primi mothers were preferred exclusive breast feeding.
5. Majority of (66%) primi mothers were breastfeeding only 5-10 times in a day to her baby.

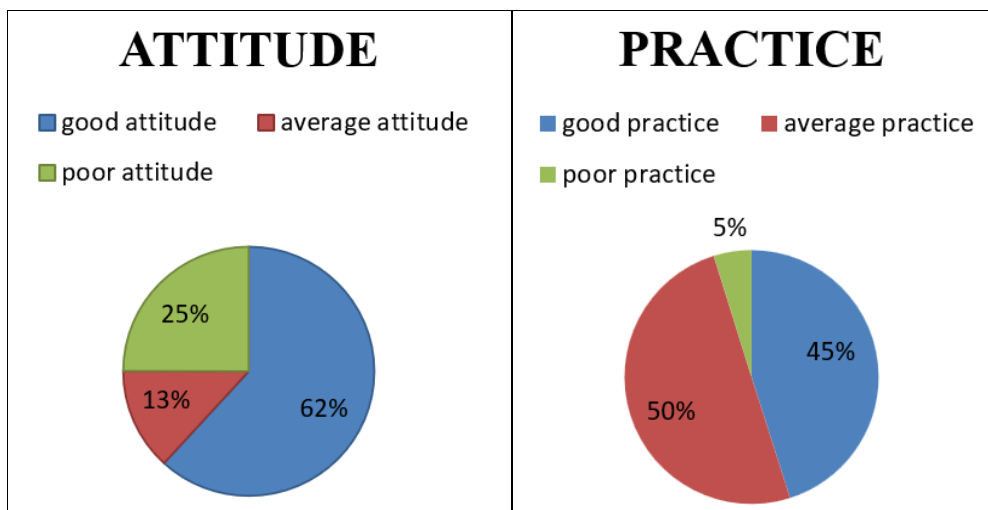


Fig 1: Shows the distribution of attitude and practice score of primi mothers regarding breast feeding

Figure 1 shows that 62% of primi mothers have good attitude score, 13% primi mothers have average attitude score & 25% primi mothers have poor attitude score towards breast feeding. Among 50 primi mother's majority

of them (i.e. 50%) having poor practice regarding breast feeding. Only 45% of primi mothers following good practice of exclusive breast feeding. And the average mean value of Attitude & Practice was 30.9 & 22.5.

5. Conclusion

Even though Primi Mothers in Shahdol's rural area had generally positive attitudes towards breastfeeding, the practice was still not at its best. Mothers' employment position and breastfeeding expertise are modifiable factors that have been found to predict exclusive breastfeeding. The baby seeming hungry or dissatisfied after feeding and inadequate breast milk production was the most frequent causes of breastfeeding cessation. Therefore, during prenatal follow-up appointments, healthcare providers should educate all women about breastfeeding, particularly those with limited educational background and no prior nursing experience. Breastfeeding obstacles should be addressed, particularly for working moms, by offering them paid breaks and extended maternity leave so they may continue to breastfeed.

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