



A descriptive study to assess the knowledge regarding Exclusive Breast feeding among Primigravida mothers on selected Maternity hospitals at Bagalkot

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Abstract

This descriptive study aims to assess the knowledge of primigravida mothers regarding exclusive breast feeding. Exclusive breast feeding is good for the growth and development of infants. It is the best food and gives all the nutrients for healthy development for newborn and infants ^[1]. World health organization recommends exclusive breast feeding for the first six months for newborn. But the prevalence of exclusive breast feeding is very low in india ^[1]. According to National family health survey data. The prevalence of exclusive breast feeding in india for infants under six month is around 55% with a trend of increasing 46% in 2005-06. In Karnataka is relatively low ^[2]. With studies showing a prevalence of 22.9% based on the National family health survey. Significantly below the national average. The study is designed to measure the of primigravida postpartum women regarding exclusive breast feeding ^[2].

Materials and Methods: A descriptive research approach non-experimental research design was used. In the present study to assess the knowledge regarding exclusive breast feeding among primigravida mothers in Bagalkot. A study was conducted in shrusti maternity hospital and shirur maternity hospitals of Bagalkot. Researcher has selected 100 primigravida mothers with simple random technique. Data was gathering by interview method with the use of structured knowledge questioners. Data obtained was analyzed by using descriptive inflectional statistics.

Result: That reveled 1% of mothers had excellent knowledge following this 26%, 32%, 14% and 7%. Mother had good knowledge respectively. In the 100 participants some are excellent have the knowledge (21%), and some are Good have the knowledge (26%), and some are Average have the knowledge (32%), and some Poor have the knowledge (14%), Very poor have the knowledge (7%).

Conclusion: Exclusive breast feeding is very important for infants. A large proportion of primegravida mothers lacked adequate knowledge concerning exclusive breastfeeding, with the practice of exclusive breastfeeding for six months still being uncommon in India. Exclusive breastfeeding counseling to all Primigravid mothers Facilitates better understanding of exclusive breastfeeding.

Keywords: Exclusive breastfeedings, knowledge level, primigravida mother

Introduction

The birth of the baby is an important event in the family. It is therefore important for the mothers to have a healthy baby breast milk is the best food for the babies as breast fed babies are healthy then formula fed babies ^[3]. Exclusive breast feeding According to WHO and UNICEF, it refers to practice of feeding infants solely with their mother's breast milk. Breast feeding is the most natural way of infant feeding to satisfy nutritional, metabolic and psychological needs of the baby ^[3]. A child who is breast fed has greater chances of survival than a child artificially fed. Breastfeeding significantly reduces the risk of death especially from diarrhea and pneumonia in infants compared to formula fed babies ^[4].

World health Organization suggests that babies be nourished solely with breast milk for six months, After which breast feeding should be combined with suitable complimentary foods until at list two years of age ^[5]. National Family

Health Survey reports that 58% of infants aged 0-6 months in Karnataka are exclusively breastfed. Compared with the broader southern India average 57.6%, this is slightly higher 57.6%. Specific Data on Primi-gravida Mothers Unfortunately, there are no large-scale studies specifically reporting EBF prevalence only among primi-gravida mothers in Karnataka. A rural Mysore study found that 48.5% of all mothers practiced EBF through six months but this figure did not isolate primi-gravida women. South India study reported EBF prevalence at 69.4% among mothers of infants under six months, but again without differentiation by parity. A community cohort in Belagavi had about 67% EBF at six months, yet did not separate primi-gravida from multiparous mothers.

A study of 900 mother-infant pairs from three districts Dharwad, Vijayapura (Bijapur), and Bagalkot found rural mothers had slightly higher odds of practicing EBF, but no district-specific EBF percentage for Bagalkot was reported.

Insight from rural North Karnataka A cross-sectional study in villages of North Karnataka (including regions near Bagalkot) surveyed 133 mothers with 6-12-month-old children 90% breastfed, but only 30% practiced exclusive breastfeeding. Only about 28% initiated breastfeeding within 1 hour.

Local trends around Bagalkot, indicating EBF rates of around 30% in that area. Karnataka State-Level Data NFHS reported 54.2% EBF prevalence in infants under six months across Karnataka. Larger surveys like DHS/NFHS-5 often place Karnataka around 50-54% EBF. EBF around Bagalkot is likely in the range of 30-50%, with rural villages around 30%, and combined rural/urban statewide rates averaging 54% [6].

Methodology

Chapter includes Research approach, Research design, Setting of the study, sample and sampling technique, Ethical consideration, Method of data collection, Data collection procedure, Tool.

Research Approach

A Quantitative Research was adopted for the present study.

Research Design

A descriptive research design was adopted for the present study.

Setting of the study

The study was conducted in shanti hospital and shrusti maternity hospital of Bagalkot, Karnataka.

Sample and sample size

Primigravida mother 100 were. sample in the present study and sample size was 100

Sampling technique

- Selection of hospital. The hospital was chosen using a convenience sampling method. shanti hospital and shrusti maternity hospital for present study.
- Sample selection: purposive sampling technique was used to select the sample in the present study.
- Sources of data: Primigravida mothers

Sampling Criteria

Inclusion Criteria

In the present study researcher includes primigravida mothers who are:

1. Not in active phase of labor.
2. Attending OPD of shanti and shrusti Maternity Hospital of Bagalkot.
3. Willing to Participate in the study.
4. Available at the time of data collection.
5. Able to read and write kannada.

Exclusive Criteria

In the present study researcher excludes primigravida mother who are:

1. Mentally Disturbed and able to Co-operative for the present study.

- **Instruments:** The structured questioners with 28 MCQ items was used for data collection.
- **Ethical Approval:** Ethical clearance was obtained from the hospital's ethics committee.
- **Mode of data collection:** Data were gathered from the subjects using a structured knowledge Questionnaire.
- **Data collection Procedure:** A written permission is Obtained. The investigator informed the participant about the purpose of the study and as taken an informed consent from the same. The data were collected during the First week of August. All the Primi-Gravida mothers answered the questionnaire.

Tool: A 28 - item structured questionnaire served as the data collection tool in this study, developed through an extensive review of books and research studies, along with experts guidance and suggestions.

Result

Section 1: Analysis of demographic performance of the sample.

Table 1: Frequency and percentage distribution of socio-demographic characteristics of primi gravid mothers.

Age in years	Frequency	Percent
21	2	2.0
22	13	13.0
23	40	40.0
24	30	30.0
25	14	14.0
26	1	1.0
Total	100	100.0
Educational status		
1	25	25.0
2	51	51.0
3	14	14.0
4	10	10.0
Total	100	100.0
Pregnancy health Problems		
1	1	1.0
Valid 1	99	99.0
Total	100	100.0
Occupation		
1	1	1.0
1	8	8.0
2	91	91.0
Total	100	100.0

Section -2: Analysis of data related to knowledge of Primi-gravida mothers on exclusive breastfeeding

Table 2: Frequency and percentage analysis of knowledge score of primi- ravid mothers regarding exclusive breastfeeding.

Level of Knowledge	Frequency	Percent
Excellent	21	21
Good	26	26
Average	32	32
Poor	14	14
very Poor	7	07
Total	100	100.0

The value in the above table shows the 26% primi gravid mothers had good knowledge, majority of have [21%], and some are have the good knowledge [26%], and some have the knowledge of average [32%], and some are have the poor knowledge [14%], and some are have the very poor knowledge [7%] regarding exclusive breast feeding.

Section 3: Assessing the knowledge of primi mothers on exclusive breast feeding

Table 3: Mean, Median, standard deviation Minimum, maximum of knowledge score of Primigravida mothers on exclusive Breast feeding.

	Knowledge
Valid	100
Missing	0
Mean	16.34
Median	16.00
Std. Deviation	2.148
Minimum	12
Maximum	24

Table 4: Association between sociodemographic variables and knowledge of regarding exclusive breast feeding among Primi-gravida mothers

S N	Socio-demographic variables	Chi square value	DF	Table value	P value
1	Age in year	3.26	3	7.81	0.12
2	Educational level	12.86	3	7.81	0.013*
3	Pregnancy health problems	3.22	1	3.84	0.38
4	Occupation	4.21	3	7.81	0.41

Discussion

Present study was descriptive research approach and non-experimental research design was used the study research setting was conducted selected maternity hospitals at Bagalkot. the sample consist of 100 primigravida mothers. purposive sampling technique was used to select the sample. prior to data collection procedure, formal permission was obtained from the superintendent of hospital. Socio-demographic profile, a self-structured questionnaire are used to collect the personal information. Socio-demographic profile include items like age, education, occupation. self-structured questionnaire prepared to assess the knowledge regarding exclusive breast feeding.

Dr. Shalini Hajela was conducted on Primigravida mothers in Mothers Ward. we are using A descriptive study to assess the knowledge among Primigravida mothers regarding exclusive breast feeding at Bundelkhand region of Madhya Pradesh. Method is using to A cross-sectional descriptive study was conducted on a total 50 primi mothers. A pre-designed questionnaire is used to collect the data. findings suggest that most primi mothers had adequate knowledge of Exclusive breast feeding. Maternal education was an important factor affecting knowledge about benefits of Exclusive breast feeding.

Recommendation: A study of the same nature may be conducted among multi gravida

A study can be extended to included B, Sc Nursing students. A similar study may be conducted among staff nurses working in maternity hospitals.

Conclusion: Majority of primi gravid mothers in the study had limited knowledge regarding exclusive breastfeeding, and a significant association was found between their knowledge and occupation.

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