

“A study to assess the breastfeeding practices among mothers visiting the immunization opd in selected hospitals”

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ABSTRACT

Background: Breast-feeding is widely recognized as the optimal way to feed a baby. Its positive impacts can be seen not only on the infant, but also on the mother, the parents and, ultimately, the health-care system.

Aims: The aim of this paper is to assess the breastfeeding practices among mothers visiting the immunization opd in selected hospitals.

Methods: Research methodology is an overall plan for addressing the research problem and the research design was descriptive research design. sample technique was non-probability convenient sampling technique. Sample size for the study was 100 mothers. data collection tool was Section a: Demographic data section and b: Questionnaire for breast feeding practice. Data collection technique was interview

Conclusion: The study was carried out to assess the breastfeeding practice that carried out by mothers of different age group educational background, and employment status the study reveals that the Education associated with type of breastfeeding. Remaining employment and age not shown any association, were Education and age is associated with duration of breastfeeding. employment not shown any association. Hence we conclude that there is not as much as adequate information regarding breastfeeding practices in maximum population of mothers and so it is essential to assess knowledge regarding breastfeeding practices time and again, provides education, and abolish if there is any myth and endure that all mothers are equipped with right knowledge as a life dependent on her .

Key words: breastfeeding, breastfeeding practices, lactation

INTRODUCTION

Breast-feeding is widely recognized as the optimal way to feed a baby. Its positive impacts can be seen not only on the infant, but also on the mother, the parents and, ultimately, the health-care system. Breastfeeding, also called nursing, is the process of feeding a mother's breast milk to her infant, either directly from the breast or by expressing (pumping out) the milk from the breast and bottle-feeding it 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. During the first few weeks of life babies may nurse roughly every two to three hours, and the duration of a feeding is usually ten to fifteen minutes on each breast. Older children feed less often. Mothers may pump milk so that it can be used later when breastfeeding is not possible. Breastfeeding has a number of benefits to both mother and baby, which infant formula lacks. Changes early in pregnancy prepare the breast for lactation. Before pregnancy the breast is largely composed of adipose (fat) tissue but under the influence of the hormones oestrogen, progesterone, prolactin, and other hormones, the breasts prepare for production of milk for the baby. There is an increase in blood flow to the breasts. Pigmentation of the nipples and areola also increases. Size increases as well, but breast size is not related to the amount of milk that the mother will be able to produce after the baby is born. "A new born baby has only three demands. They are warmth in the arms of its mother, food from the breasts, and security in the knowledge of her presence; breastfeeding satisfies all three". The initial growth of a child depends upon the duration and frequency of breastfeeding it receives, since the breast milk provides important nutrients to infants and young children and protects them against certain infections and helps in the child survival.⁽¹⁾

NEED FOR THE STUDY

As per WHO, Globally 3 in 5 babies are not breastfed and Over 8,20,000 children could be saved yearly if all children were optimally breastfed .WHO also stated that Undernutrition is estimated to be associated with 2.7million child deaths annually or 45% of all child deaths. Infants and young child feeding is a key area to improve child survival and promote healthy growth and development. According to NFHS 3 survey it showed that only 23.4% of the children less than three years were given breast milk within one hour of delivery. Only 46.3% of children in the age group of five years were exclusively breastfed and 56.7% practiced it more than six months .(2) From the above studies and WHO Reports, and other articles, the researcher found that the most of the mothers were not aware of the facts regarding proper breast feeding practice for their infants. They were often shifted to neonatal intensive care unit due to various problems, like lethargy, poor feeding from the post natal ward. So the researcher is interested to identify the knowledge and practice of mothers about breastfeeding. Researcher felt to do the A Study to assess the breastfeeding practices among mothers visiting the immunization OPD in selected Hospitals

SCOPE OF THE STUDY

- This study will help the investigator to find out the following breastfeeding practices .
- This study will help the investigator to find out relation of demographic variable with Breastfeeding practices
- This study will help the investigator need to provide education to the mothers

PROBLEM STATEMENT

“A STUDY TO ASSESS THE BREASTFEEDING PRACTICES AMONG MOTHERS VISITING THE IMMUNIZATION OPD IN SELECTED HOSPITALS”

OBJECTIVES OF THE STUDY

The main objectives of this review study was,

- To assess the breastfeeding practices among mothers visiting immunization OPD.
- To find out the association with the selected demographic variables of the mother

OPERATIONAL DEFINITION

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- Study :- In the study : In the study, it refers that analysis of breastfeeding practices among the mothers.
- Assess :- In the study : assess means to estimate the practices regarding breastfeeding practices among mothers
- Breastfeeding Practice :- In the study : Breastfeeding refers as the practices to be followed in breastfeeding a baby .
- Mother :- a woman in relation to her child or children, bring up (a child) with care and affection.

CONCEPTUAL FRAMEWORK

Ludwig Von Bertalanffy A theory is a group of related concepts that propose action that guide practice. General system theory describes “how to break whole things into parts and then to learn how the parts work together in systems”. General system theory is known by different names - systems theory, theory of open systems, systems model, and family systems theory. The author of General system theory was Ludwig Von Bertalanffy in 1950’s, A system is a complex of elements in interaction, which on first appearance does not seem interconnected or interrelated Organizations that exist in dynamic environments must be open systems in order to maintain homeostasis. Because dynamic environments are constantly changing, they create a lot of uncertainty about what an organization must do in order to survive and grow. The key to dealing with uncertainty is information. An open organization monitors its environment and collects information about environmental deviations that is labelled as input. Other organizations may change their processes in order to adhere to new environmental laws. Processing positive and negative input to adjust to environmental change is called throughput. After an organizational adapts to environmental changes, its action and messages represent

Fig 1: Schematic representation of the conceptual frame work.

RESEARCH METHODOLOGY

Research methodology is an overall plan for addressing the research problem it cover multiple aspects of the study structure. It includes the description of the research approaches, research design ,variables, sampling techniques, tool for data collection and planned format for data collection and a plan for data analysis.

Criteria for article selection

1] INCLUSION CRITERIA :

- Mothers visiting Immunization OPD in during the Study Period.
- Mothers who are willing to participate in the Study

2] EXCLUSION CRITERIA :

➤ Mothers who are not able to read & write Hindi, Marathi or English Language.

➤ Mothers who are not present at the time of data collection.

FINDINGS AND INTERPRETATION

SECTION-I

A analysis of demographic data under study. It is analysed and presented in the form of frequency and percentage table.

Sr.no	Demographic variable of mother	Frequency	Percentage
1	Age		
	18-22	24	24.0%
	23-27	49	49.0%
	28-32	19	19.0%
	33-37	6	6.0%
	38-42	2	2.0%
2	EDUCATION		
	Illiterate	3	3.0
	Primary	37	37.0
	Secondary	29	29.0
	Graduation	31	31.0
3	EMPLOYMENT		
	Unemployment	61	61.0
	Government	9	9.0
	Private	22	22.0
	OTHER	8	8.0

SECTION-II

According to age group, employment status and educational background which type of breastfeeding practices are followed by mother

When Did You Start Breastfeeding After Delivery		
	Frequency	Percentage
Just After Delivery	62	62%
After 5 Days	38	38%
Which Type Of Breastfeeding Given To Baby		
	Frequency	Percentage
Exclusive Breastfeeding	63	63%
Mixed Feeding	33	33%
Exclusive Top Feeding	4	4%
How Frequently Do You Breast Feed?		
	Frequency	Percentage
On Demand	20	20%
At Random	67	67%
At Specific Interval	13	13%
Duration Of Exclusive Breast Feeding?		
	Frequency	Percentage
1-3 Month 4-5 Month	2	2%

6 Month	35	35%
Other	61	61%
	2	2%
What Is Your Breast Feeding Pattern During Each Breast Feeding?		
	Frequency	Percentage
From One Breast	4	4%
From Both Breast	96	96%

SECTION-III

Analysis of association between age group, educational background and employment status with breastfeeding practices followed by mother

Sr. no	Demographic variable of mother	N	Mean	STANDARD DEVIATION	F VALUE	P VALUE
1	Age					
	18-22	24	2.375	0.4945	3.248	0.0152
	23-27	49	2.673	0.4738		
	28-32	19	2.684	0.4776		
	33-37	6	3.000	0.000		
	38-42	2	3.000	0.000		
2	EDUCATION					
	ILLITERATE	3	1.000	0.000	4.465	0.0056
	PRIMARY	37	1.486	0.5067		
	SECANDARY	29	1.724	0.4549		
	GRADUATION	31	1.774	0.4250		
3	EMPLOYMENT					
	UNEMPLOYMNET	61	2.541	0.5025	1.803	0.1518
	GOVERNMENT	9	2.778	0.4410		
	PRIVATE	22	2.773	0.4289		
	OTHER	8	2.750	0.4629		

Table 3. display association of duration of breastfeeding followed by mother with age, educational background and employment status.

Sr. no	Demographic variable of mother	N	Mean	STANDARD DEVIATION	F VALUE	P VALUE
1	Age					
	18-22	24	1.875	0.6769	3.426	0.0116
	23-27	49	1.367	0.6019		
	28-32	19	1.474	0.5130		
	33-37	6	1.333	0.5164		
	38-42	2	1.000	0.000		
2	EDUCATION					
	ILLITERATE	3	1.000	0.5774	3.981	0.0101
	PRIMARY	37	1.486	0.7018		
	SECANDARY	29	1.724	0.4173		
	GRADUATION	31	1.774	0.5699		
3	EMPLOYMENT					
	UNEMPLOYMNET	61	2.541	0.6333		
	GOVERNMENT	9	2.778	0.6607		

	PRIVATE	22	2.773	0.4558	3.350	0.222
	OTHER	8	2.750	0.4629		

DISCUSSION

The study was conducted to assess the breastfeeding practices among mothers visiting the immunization opd in selected hospital after the analysis and interpretation of the data obtain from the samples, the researcher found that there are some common practices that are followed by mother in specific area or hospital visiting mother

The study discussed under the following heading :

1.Findings related to the selected demographic variables to determines the types of practices followed by mother visiting immunization OPD

In the present study of selected variables are age ,educational background,mother employment status. The present study show the data as follow; 18-22 years with 24 mothers, 23-27 year with 4 mothers, 28-32 years with 19 mothers, 33-37 year with 6 mothers 38- 42year with 2 mothers. And in educational background data as follows illiterate 3 mothers(3%),primary 37 mothers (37%),secondary 29 mothers and for graduation 31 mothers

A similar study was conducted the demographic data as total number of sample A total of 500 respondents completed the questionnaire of which 216 were from urban areas and 284 were from rural areas, with 53% mothers having completed at least secondary level education. Equal representation of mothers from rural and urban areas was achieved through a quota sampling technique based on place of residence [15].The age of the participants ranged from 18 to 45 years old whereby the majority of the participants (38.4%) belonged to the age group 25–31 years and most of them were married (92.6%) living in a nuclear family (58.6%).

2.Findings related to the Association with selected demographic variables:

In the present study finding related to the association with selected demographic is The above table revealed that Education associated with type of breastfeeding. Remaining employment and age not shown any association with the data. And The above table revealed that Education and age is associated with duration of breastfeeding. employment not shown any association.

A similar study was conducted the data was as followed . It was noted that the level of education did not have any influence on breastfeeding duration and Mauritian mothers usually breastfeed at least for 12 months. Complementary foods are generally introduced between 4 and 6 months and partial weaning is the most common type of weaning adopted by mothers

CONCLUSION

The study was carried out to assess the breastfeeding practice that carried out by mothers of different age group educational background, and employment status the study reveals that the Education associated with type of breastfeeding. Remaining employment and age not shown any association, were Education and age is associated with duration of breastfeeding. employment not shown any association. hence we conclude that there is not as much as adequate information regarding breastfeeding practices in maximum population of mothers and so it is essential to assess knowledge regarding breastfeeding practices time and again, provides education, and abolish if there is any myth and endure that all mothers are equipped with right knowledge as a life dependent on her .

RECOMMENDATIONS

- A Similar study can be conducted in various setting in order to draw generalization of the findings.
- A comparative study may be done to evaluate the assessment of breastfeeding practices.
- A similar study can be conducted with simple random sampling method in various setting in order generalization of the finding

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