



# A STUDY TO ASSESS THE KNOWLEDGE REGARDING BREAST FEEDING AMONG MOTHERS WITH CHILDREN UNDER 2 YEARS OF AGE, ADMITTED IN A SELECTED PRIVATE HOSPITAL, THRISSUR DISTRICT, KERALA.

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## Abstract:

The first year of life is crucial in laying the foundation of good health. Breast feeding is the ideal method suited for the psychological and physiological needs of the infant. Breast milk is nature's most precious gift to the newborn, and equivalent of which is yet to be innovated by our scientific community despite tremendous advances in science and technology. A study was conducted to assess the knowledge regarding breastfeeding among mothers with children under 2 years of age, admitted in a selected private hospital, Thrissur district, Kerala. The objectives were to assess the knowledge regarding breastfeeding and selected demographic variables (age, education, religion, family, occupation and number of children). Non-experimental quantitative research design was used to collect the data by purposive sampling method. The data analyzed showed that 50% of mothers had good knowledge and 46% had very good knowledge regarding Breast feeding. The chi-square value showed that there was no association between knowledge of mothers regarding breast feeding with their selected demographic variables.

Key Words: Assess, Knowledge, breastfeeding

## 1. INTRODUCTION

Children represent the future and promoting their healthy growth and development ought to be a prime concern of all societies <sup>1</sup>. Ensuring optimum nutrition and correct breastfeeding techniques are important aspects of good health maintenance. Breast milk is wholesome food for baby and breastfeeding is the most effective way to provide baby with a caring environment and complete nutrition. Exclusive breastfeeding (EBF) is recommended for the first six months of age by World Health Organization. Mothers' good knowledge and positive attitude play key roles in the process of exclusive breastfeeding practices<sup>2</sup>.

Methods of feeding the neonate should be discussed with the parents during the prenatal period, but the final decision may be made either just before or just after the birth. During these discussions, the parents should examine their problems about breast feeding and to express their fears. So, it is very important to assess the knowledge, attitude and practice and problems of mothers regarding breast feeding <sup>3</sup>.

### NEED FOR THE STUDY

In addition to being a critical source of nutrition to the infant, research shows that breastfeeding is not simply a meal at the breast but also has significant and far-reaching effects on cognition, behavior, and mental health in children and mothers.

Breastfeeding is considered as the pivotal factor between life and death for the vast majority of children in developing countries, but pattern of breast feeding and exclusive breast feeding is more important, which is ignored often by most mothers <sup>3</sup>.

## 2. MATERIALS AND METHODS:

The research approach adopted for the present study was quantitative research approach and the research design is descriptive research design. The data were collected through the questionnaire from 50 mothers with children under 2 year of age admitted in

a Private Hospital, Thrissur District. The subjects were selected through purposive sampling. Data was analyzed by descriptive and inferential statistics.

#### Inclusion criteria

1. All the mothers with less than 2 year of aged children, admitted in the Hospital.
2. Those who are willing to participate in the study.
3. Mothers of children with no severe illness

#### Exclusion criteria

1. Mothers who are not willing to participate.
2. Mothers of children admitted in Intensive Care Unit.

### 3. RESULTS AND DISCUSSION

#### 3.1- Description of sample characteristics

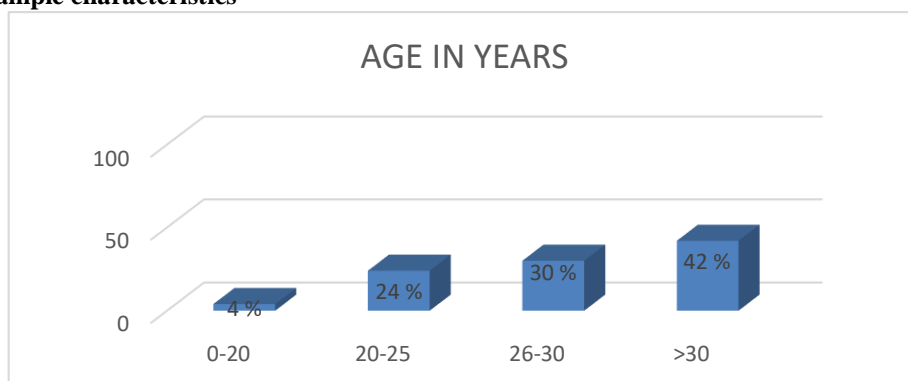


Figure 1: Frequency and Percentage distribution of mothers according to age in years

The above bar diagram shows that 24% of mothers were at the age group of 20-25 and 30% were in the age group of 26-30 years and 42% were in the age group of more than 30 years.

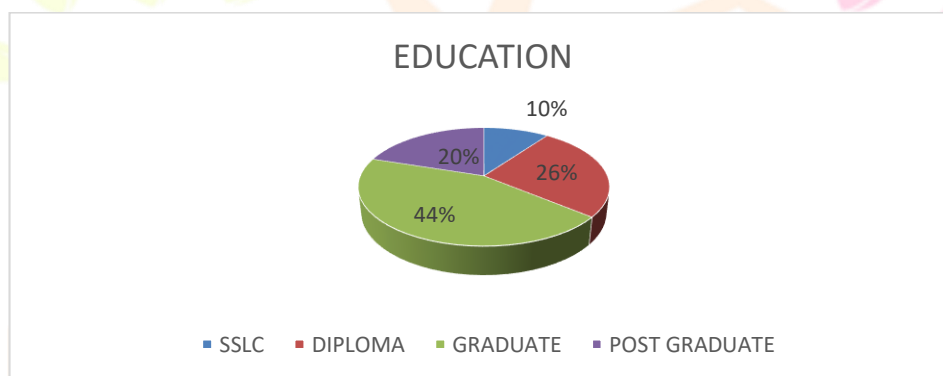


Figure 2: Pie diagram showing percentage distribution of mothers according to their education.

The pie diagram reveals that 44% of mothers were graduates and only 10% had SSLC

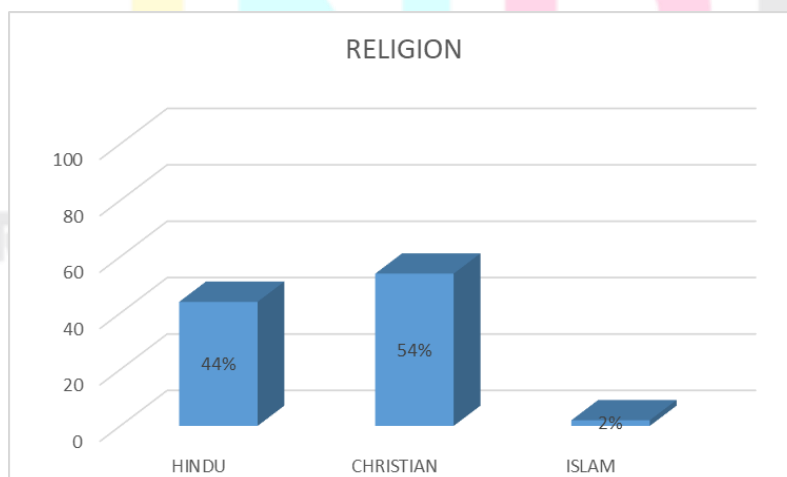


Figure 3: Frequency and Percentage distribution of mothers according to religion

This bar diagram shows that 54% of mothers from Christian religion and 44% from Hindu religion.

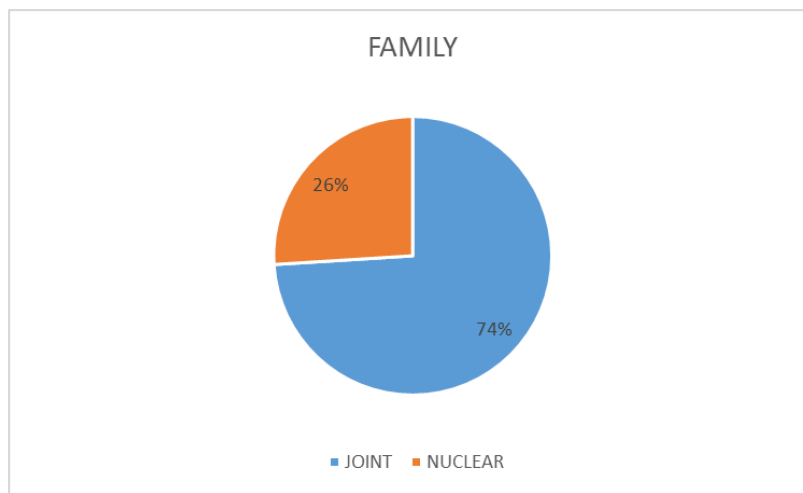


Figure 4: Pie diagram showing percentage distribution of mothers according to their family size. The pie diagram reveals that 74% of mothers were from joint family.

**Table: 1 Frequency and percentage of distribution of mothers according to their occupation and number of children.**

BASELINE VARIABLES	FREQUENCY	PERCENTAGE (%)
<b>Occupation</b>		
HOUSE WIFE	23	46
DAILY WAGER	4	8
GOVT.SERVICE	6	12
PRIVATE SERVICE	17	34
<b>Number of children</b>		
1	23	46
2	24	48
3 or more	3	6

The above table shows that 46% of mothers were house wife where as the remaining 56% were working mothers.

Section B: Assessment of level of knowledge regarding breast feeding among mothers with children under 2 years of age admitted in a private Hospital.

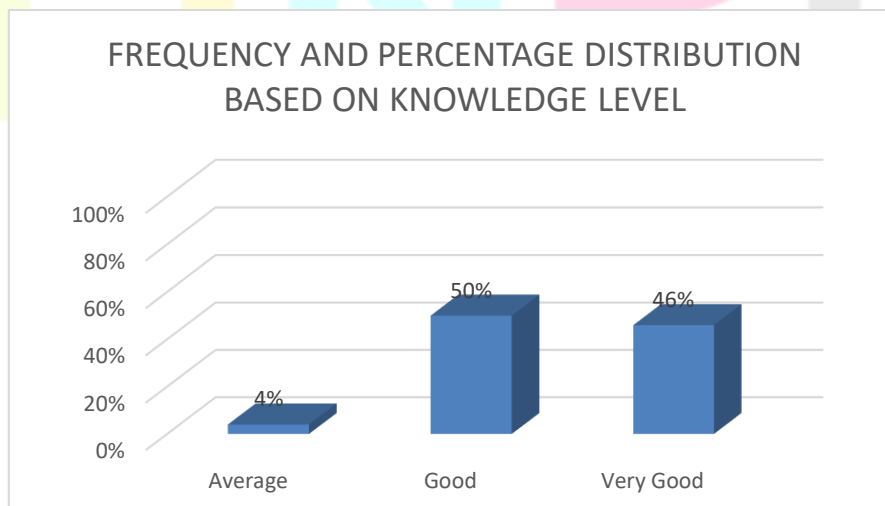


Figure 5: Frequency and percentage distribution of mothers according to their level of knowledge regarding breastfeeding. Above bar diagram shows that half of the mothers had good knowledge regarding breast feeding and only 4% of them had average knowledge.

## Section C: Assessment of association between level of knowledge regarding breastfeeding and demographic variables.

Demographic variables	$\chi^2$	DF	Table value
Age in years	4.656	6	12.6
Education	4.739	6	12.6
Religion	3.091	4	9.49
Family	1.301	2	5.99
Number of Children	0.022	2	5.99
Occupation	11.489	6	12.6

The data presented in the table shows that the calculated Chi square values of all the demographic variables of mothers are lesser than the table value. There was no significant association between level of knowledge regarding breastfeeding among mothers with children of under two years of age with their selected demographic variables.

#### 4.CONCLUSION

The present study to assess the knowledge regarding breast feeding among mothers with children under 2 years of age admitted in a private Hospital showed that, half of the mothers had good knowledge. The calculated Chi square values of all the demographic variables of mothers are lesser than the table value for age in years, religion, education, family, number of children and occupation. So, there was no significant association between level of knowledge regarding breastfeeding among mothers with children of under two years of age with their selected demographic variables.

On the basis of findings of the study, the following recommendations have been made for further study.

1. The similar study would be replicated in large samples to generalize the findings .
2. The study can be conducted in online with different aspects .
3. Attitude and practice regarding breastfeeding can be conducted.

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