



# Title: STUDY TO ASSESS THE KNOWLEDGE REGARDING PROBLEM FACED DURING BREASTFEEDING AND ITS MANAGEMENT AMONG POSTNATAL CAESAREAN MOTHERS IN QUEEN MARY HOSPITAL K.G.M.U. LUCKNOW U.P.

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## ABSTRACT:

Descriptive Study to assess the knowledge regarding problem faced during breastfeeding and its management among postnatal caesarean mothers in Queen Mary Hospital KGMU, Lucknow U.P. Background-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 breastfeed babies are healthier than formula feed babies. Childbirth and breastfeeding are unique experiences for women. which also results in decreased problems such as a infections and such other medical problems to the mother as well as the baby. Breastfeeding especially exclusive breastfeeding during first six months of life is very important as it reduces the risk factors for the infant mortality and the morbidity rate. WHO estimated that 15 million of infants life can be saved each year through increased breastfeeding. **Aim-** The study was undertaken to assess the knowledge regarding problem faced during breastfeeding and its management among postnatal caesarean mothers in Queen Mary Hospital KGMU, Lucknow U.P. **Method -** In this study Non-Experimental Descriptive Research Study Design with Quantitative Research Approach was adopted to assess the knowledge regarding problem faced and its management during breastfeeding using Convenient Sampling Technique. Total 106 postnatal caesarean mothers were selected. Data was collected from postnatal caesarean mothers who were admitted and fulfilling the inclusion criteria in Queen Mary Hospital K.G.M.U. Lucknow U.P. Analysis and interpretation done by using Descriptive and Inferential statistics. **Result -** The findings revealed that majority of postnatal mothers 89(83.96%) have Average level of knowledge followed by 10 (9.43%) postnatal mothers have Moderate level of knowledge and 7(6.60%) postnatal mothers have Poor level of knowledge regarding problem faced during breastfeeding and its management. In the present study significant association of knowledge scores was found with demographic variable (Age) of postnatal caesarean mothers at appropriate degree of freedom i.e. i.e.6( $p < 0.008$ ) i.e., calculated value is more than the tabulated value  $(\chi^2=17.08)$  hence, research hypotheses is accepted and null hypotheses is rejected.

**Conclusion-**This study has clearly brought out the need for conducting the knowledge assessment among postnatal caesarean mothers regarding problem faced and its management during breastfeeding. The study also concludes that there is an immense need for imparting knowledge among postnatal caesarean mothers so as to improve the mother and newborn bonding and thus preventing complications which can occur due to ineffective breastfeeding in mother as well as newborn

**Keywords** - Knowledge, Problem faced during breastfeeding and its management, Postnatal caesarean mothers.

## INTRODUCTION

Breast feeding is the mainspring of child survival, nutrition, development and maternal health. Early initiation of breastfeeding is an extremely important factor associated with the maintenance of long-term breastfeeding practice. Breastfeeding practices can be influenced by a variety of variables such as parity, mode of delivery; body mass index (BMI), breast or nipple abnormalities and behavioral factors are equally as important. [1]

Breast milk is best for the baby and the benefits of breastfeeding extend well beyond basic nutrition. In addition to containing all the vitamins and nutrients the baby needs in the first six months of life, breast milk is packed with disease fighting substances that protects baby from illness. The first hour after childbirth is an excellent time to encourage the mother to breastfeed. If mother is successful in breast feeding during first few days of her baby's life, she is more likely to be successful during the rest of their breastfeeding time. [1]

However, the WHO reported that about 78 million babies, or three in five, are not breastfed within the first hour of life, putting them at higher risk of death or disease and making them less likely to continue breastfeeding. Studies have found that early initiation of breastfeeding is an extremely important factor associated with the maintenance of long-term breastfeeding practice. Multiple studies have found caesarean delivery may hinder breastfeeding initiation. Sometimes Breastfeeding initiation becomes a problem after caesarean delivery due to the fact that surgery is associated with inherent risks and difficulties such as longer recovery period than vaginal birth and can cause some complications, including pain, uterine hemorrhage and infections. [1]

The study was conducted by **Neha Parmar et al (2021)** to explore the factors affecting Breastfeeding practices among mothers with Caesarean section delivery in selected maternity hospitals of Anand-Kheda district, Gujarat. A Non-probability Consecutive sampling technique was used to recruit a sample of 100 women breastfeeding data and breastfeeding practice assessment done by using standardized Jenson, Wallace, Kelsay's "LATCH SCALE.". On analysis, it was found that the factors which may affect the breastfeeding practice in mothers with caesarean section deliveries included preterm delivery of the baby (74%), breastfeeding initiation in more than 6 hours (46%), mothers whose babies were admitted to NICU (28%), mothers who had severe incision pain (21%). [2]

## OBJECTIVE

- To assess the knowledge regarding problem faced during breastfeeding and its management among postnatal caesarean mothers.
- To find out the association between the knowledge scores with their selected demographic variable.

## HYPOTHESES:

**The hypotheses will be tested at the 0.05 level of significance.**

**H<sub>0</sub>** – There will be no significant association between knowledge scores of postnatal caesarean mothers with their

selected demographic variable.

**H<sub>1</sub>**- There will be a significant association between knowledge scores of postnatal caesarean mothers with their selected demographic variable.

## RESEARCH METHODOLOGY:

**Research Approach:** Quantitative Research Approach

**Research Design:** Descriptive Cross Sectional Research Design

**Population:** The was conducted in Postnatal Caesarean Mothers who were admitted in Postnatal ward Queen Mary Hospital, K.G.M.U. Lucknow

**Sampling Technique:** Convenient Sampling Technique

**Sample Size:** 106 Postnatal Mothers.

**Setting:** The study was conducted in postnatal ward of Queen Mary Hospital K.G.M.U. Lucknow U.P.

## DATA COLLECTION PROCEDURE:

The investigator got permission from KGMU College of Nursing. Department of Queen Mary Hospital KGMU Lucknow U.P. The samples were selected those who fulfill the inclusion criteria. The samples were selected by convenient sampling technique. The study was explained in detail to the samples and also obtained informed consent from them.

## RESULT

### SECTION-I

This section describes sample subject distribution according to their demographic variables. Demographic variables were age, monthly income, residential area, religion, type of family, educational qualification, occupation, food habits, obstetric history, have previous knowledge, source of information regarding breast feeding problem and its management among postnatal caesarean mothers.

#### DISTRIBUTION OF PARICIPANT AS PER AGE

n=106

AGE IN YEARS	FREQUENCY	PERCENTAGE (%)
LESS THAN 20	8	7.5
20-24	39	36.7
25-29	34	32.0

<b>ABOVE 29</b>	25	23.5
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No. 1.0** depicts that majority 39(36.7%) of postnatal mothers were aged between 20-24 years, 34(32.0%) of them were aged between 25-29 years, 25 (23.5%) of them aged between Above 29 years and minimum 8(7.5%) belong to age between less than 20 years.

**DISTRIBUTION OF PARTICIPANT (POSTNATAL MOTHERS) AS PER MONTHLY INCOME)**  
n=106

<b>MONTHLY INCOME</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>BELOW 5000</b>	35	33.0
<b>5001-10000</b>	33	31.1
<b>10001-20000</b>	23	21.6
<b>ABOVE -20000</b>	15	14.1
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No. 1.1** depicts that 35 (33.0%) of postnatal mother's family income was lies below 5000 followed by 33(31.1%) of them lies with their family income between 5001-10000 followed by 23(21.6%) of them having their family income 10001-20000 and 15(14.1%) of them lies with their family income that is above 20000.

**DISTRIBUTION OF POSTNATAL MOTHERS AS PER THEIR RESIDENTIAL AREA**

n=106

<b>RESIDENTIAL AREA</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>RURAL</b>	55	51.8
<b>URBAN</b>	51	48.1
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No. 1.2** depict that 55(51.8%) of postnatal mothers were from rural, 51 (48.1%) of them were from urban.

**DISTRIBUTION OF POSTNATAL MOTHERS AS PER THEIR RELIGION**

<b>n=106</b>		
<b>RELIGION</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>HINDU</b>	73	68.8
<b>MUSLIM</b>	27	25.4
<b>CHRISTIAN</b>	3	2.8
<b>OTHER</b>	3	2.8
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No. 1.3** depicts that majority 73(68.8%) of postnatal mothers belong to hindu religion followed by 27(25.4%)postnatal mothers belong to muslim religion, 3(2.8%)postnatal mothers belong to other religion and 3(2.8%) postnatal mothers were from Christian religion.

**DISTRIBUTION OF POSTNATAL MOTHERS AS PER TYPE OF FAMILY**

<b>n=106</b>		
<b>TYPE OF FAMILY</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>NUCLEAR</b>	47	44.3
<b>JOINT</b>	49	46.2
<b>EXTENDED</b>	10	9.4
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No. 1.4** depicts that 49(46.2%) of postnatal mothers from joint family,47(44.3%) of them were from nuclear family and 10(9.4%) of them were from extended family.

**DISTRIBUTION OF POSTNATAL MOTHERS AS PER THEIR EDUCATIONAL QUALIFICATION**

<b>n=106d</b>		
<b>EDUCATIONAL QUALIFICATION</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>ILLITERATE</b>	7	6.6
<b>PRIMARY EDUCATION</b>	27	25.4
<b>HIGH SCHOOL</b>	24	22.6
<b>INTERMEDIATE</b>	26	24.5

<b>GRADUATION AND ABOVE</b>	22	20.7
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No. 1.5** depicts that majority 27(25.4%)of postnatal mothers were having primary education followed by 26(24.5%)postnatal mothers were having intermediate education,24(22.6%) postnatal mothers were having high school,22(20.7%)postnatal mothers were having graduation and above education and minimum 7(6.6%) postnatal mothers were illiterate.

#### **DISTRIBUTION OF POSTNATAL MOTHERS AS PER THEIR OCCUPATION** n=106

<b>OCCUPATION</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>HOMEMAKER</b>	82	77.3
<b>PRIVATE JOB</b>	12	11.3
<b>GOVERNMENT JOB</b>	8	7.5
<b>SELF EMPLOYEE</b>	4	3.7
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No. 1.6** depicts that majority 82(77.3%)of postnatal mothers were home maker followed by 12(11.3%)postnatal mothers were having private job, 8 (7.5%)postnatal mothers were having government job and minimum 4(3.7%) postnatal mothers were self employeee.

#### **DISTRIBUTION OF POSTNATAL MOTHERS AS PER THEIR FOOD HABITS**

<b>FOOD HABITS</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>NON VEGETARIAN</b>	10	9.4
<b>VEGETARIAN</b>	42	39.6
<b>BOTH</b>	54	50.9
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No. 1.7** Depicts that majority 54(50.9%)of postnatal mothers were both (vegetarian &non vegetarian) followed by 42(39.6%)postnatal mothers were vegetarian and minimum 10(9.4%) postnatal mothers were non vegetarian.

**DISTRIBUTION OF POSTNATAL MOTHERS AS PER THEIR OBSTETRIC HISTORY**

**n=106**

<b>OBSTETRIC HISTORY</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>1<sup>st</sup> GRAVIDA</b>	43	40.5
<b>2<sup>nd</sup> GRAVIDA</b>	45	42.4
<b>3<sup>rd</sup> GRAVIDA</b>	16	15.0
<b>4<sup>th</sup> GRAVIDA OR MORE</b>	2	1.8
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No. 1.8** Majority 45(42.4%)of postnatal mothers were 2nd Gravida mothers followed by 43(40.5%)subjects were 1st gravida mothers, 16(15.0%)subjects were 3rd gravida mothers and minimum 2(1.8%)subjects were 4th gravida and above mothers.

**DISTRIBUTION OF POSTNATAL MOTHERS AS PER THEIR PREVIOUS KNOWLEDGE REGARDING PROBLEM FACED AND MANAGEMENT DURING BREASTFEEDING**

**n=106**

<b>DO THEY HAVE PREVIOUS KNOWLEDGE</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>YES</b>	68	64.1
<b>NO</b>	38	35.8
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**Table No-1.9 (A)** Depicts that majority68(64.1%)of postnatal mothers were having previous knowledge and minimum 38(35.8%)postnatal mothers were not having previous knowledge regarding problem faced and it's management during breastfeeding.

**DISTRIBUTION OF POSTNATAL MOTHERS AS PER SOURCE OF INFORMATION CHARACTERISTICS**

**n=106**

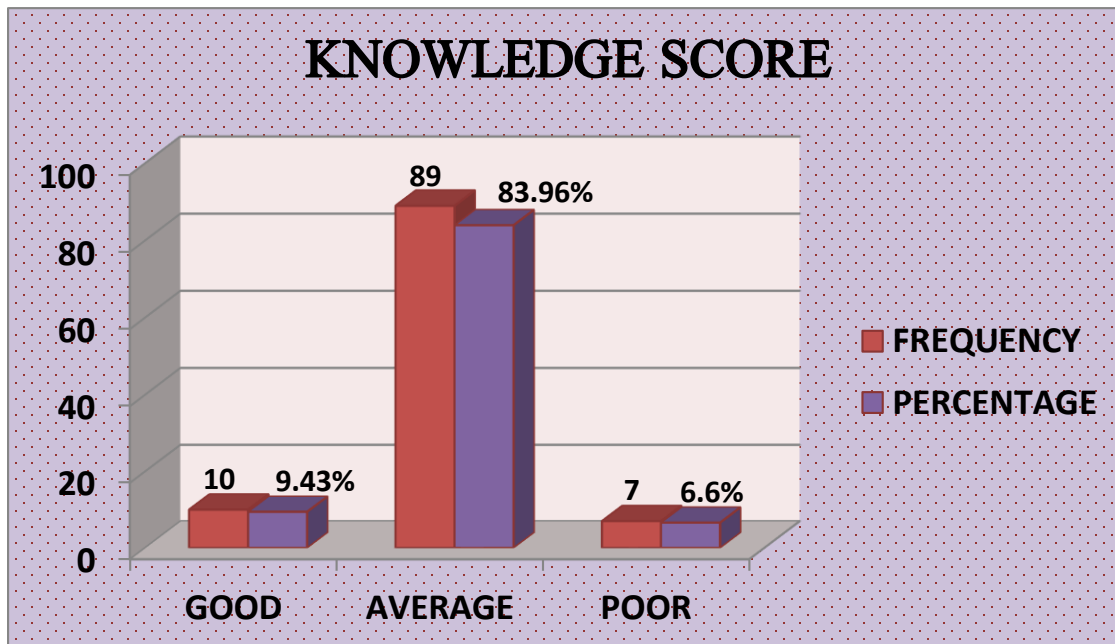
<b>SOURCE OF INFORMATION</b>	<b>FREQUENCY</b>	<b>PERCENTAGE (%)</b>
<b>MEDIA</b>	6	5.6
<b>FAMILY/FRIEND</b>	32	30.1
<b>HEALTH CENTRE</b>	22	20.7
<b>OTHER</b>	8	7.5

<b>NO RESPONSE</b>	38	35.8
<b>TOTAL</b>	<b>106</b>	<b>100</b>

**TABLE No. 1.9 (B)** depicts that majority 38(35.8%) postnatal mothers were having no source of information followed by 32(30.1%) postnatal mothers having family friend as their source of information, 22(20.7%) postnatal mothers having health center as their source of information, 8(7.5%) postnatal mothers having other as their source of information and minimum 6(5.6%) postnatal mothers having media as their source of information.

## SECTION –B

### DISTRIBUTION OF POSTNATAL MOTHERS AS PER THEIR KNOWLEDGE REGARDING PROBLEM FACED DURING BREASTFEEDING AND ITS MANAGEMENT.



**Table No. 1.10-** The above bar diagram depicts that maximum subjects 89(83.96%) have average level of knowledge followed by 10 (9.43%) have good level of knowledge and 7(6.60%) have poor level of knowledge regarding problem faced during breastfeeding and its management.



## SECTION –C

## ASSOCIATION OF DEMOGRAPHIC VARIABLE WITH LEVEL OF KNOWLEDGE

S.No	Variables	Level of Knowledge						Statistical Significance		
		Good (n= 10 )		average (n= 89 )		poor (n= 7 )		chi suar e	df	p- value
		No	%	N	%	N	%			
<b>1.</b>	<b>Age -</b>									
a)	Less than 20	00	00	6	6.7	2	28.5	<b>17.08</b> *	6	0.008
b)	20-24	1	10	3	41.5	1	14.2			
c)	25-29	3	30	3	33.7	1	14.2			
d)	More than 29	6	60	1	17.9	3	42.8			
<b>2.</b>	<b>Monthly income</b>									
a)	Less than 5000	2	20	3	37.0	0	00	10.63	6	0.100
b)	5001-10000	2	20	2	30.3	4	57.1			
c)	10001-20000	2	20	1	21.3	2	28.5			
d)	More than 20000	4	40	1	11.2	1	14.2			
<b>3.</b>	<b>Residential area</b>									
a)	Rural	5	50	4	50.5	5	71.4	1.14	2	0.563
b)	Urban	5	50	4	49.4	2	28.5			

<b>4.</b>	<b>Religion</b>									
a)	Hindu	5	50	6 4	71.9	4	57.1	4.68	6	0.584
b)	Muslim	4	40	2 0	22.4	3	42.8			
c)	Christian	1	10	0 2	2.24	0 0	00			
d)	Other	0	00	3	3.37	0 0	00			
<b>5.</b>	<b>Type of family</b>									
a)	Nuclear	6	60	3 9	43.8	2	28.5	2.37	4	0.666
b)	Joint	4	40	4 1	46.0	4	57.1			
c)	Extended	0	00	9	10.1	1	14.2			
<b>6.</b>	<b>Educational qualification</b>									
a)	Illiterate	1	10	6	6.7	0 0	00	12.44	8	0.119
b)	Primary education	2	20	2 3	25.8	2	28.5			
c)	High school	6	60	1 7	19.1	1	14.2			
d)	Intermediate	1	10	2 4	26.9	1	14.2			
e)	Graduation and above	00	00	1 9	21.3	3	42.8			
<b>7.</b>	<b>Occupation</b>									
a)	Housewife	10	100	6 8	76.4	4	57.1	8.009	6	0.237
b)	Private job	0	00	1 1	12.3	1	14.2			

c)	Government job	0	00	6	6.7	2	28.5			
d)	Self employee	0	00	4	4.4	0 0	00			
<b>8.</b>	<b>Food habits</b>									
a)	Non vegetarian	00	00	9	10.1	1	14.2	1.646	4	0.8004
b)	Vegetarian	4	40	3 6	40.4	2	28.5			
c)	Both	6	60	4 4	49.4	4	57.1			
<b>9.</b>	<b>Obstetric history</b>									
a)	1 <sup>st</sup> gravid	4	40	3 7	41.5	2	28.5	10.97	6	0.089
b)	2 <sup>nd</sup> gravid	2	20	4 1	46.0	2	28.5			
c)	3 <sup>rd</sup> gravid	4	40	1 0	11.2	2	28.5			
d)	4 <sup>th</sup> gravid and more	0	00	1	1.1	1	14.2			
<b>10.(A)</b>	<b>Have previous knowledge</b>									
a)	Yes	8	80	5 7	64.0	3	42.8	2.47	2	0.290
b)	No	2	20	3 2	35.9	4	57.1			
<b>10.(B)</b>	<b>Source of information</b>									
a)	Media	1	10	4	4.4	1	14.2	6.983	8	0.538
b)	Family friend	2	20	3 0	33.7	1	14.2			
c)	Health center	4	40	1 7	19.1	1	14.2			

d)	Other	1	10	7	7.8	0	00			
e)	No response	2	20	3	34.8	4	57.1			
				1						

**Table No. 1.11-**The findings of the research study also shows that there is a significant association between knowledge level and **Age of Post Caesarean Mothers** ( $p=0.008$ ). There is a significant association at  $p=0.05$  level of significance. The calculated chi-square value was found to be **(17.08)** which is more than the tabulated chi-square value i.e., **(12.59)** at 0.05% level of significance. Thus, there was a significant association between the knowledge scores and demographic variable like age of Postnatal Caesarean Mothers.

**Thus it can be concluded that the research hypothesis accepted, which means there is an association between two variables.**

## DISCUSSION

**The first objective of the study was to assess the knowledge of postnatal caesarean mothers regarding problem faced and its management during breastfeeding.**

The present study shows that majority of postnatal mothers 89(83.96%) have average level of knowledge followed by 10 (9.43%) postnatal mothers have moderate level of knowledge and 7(6.60%) postnatal mothers have poor level of knowledge regarding problem faced during breastfeeding and its management.

While Comparing the study findings of the other published researches the above findings were supported by the findings of the similar study conducted by **Usha Rani and T Bhattacharjee(2018)** they found that the 95% postnatal caesarean mothers had average knowledge and 5% had good knowledge, 55% postnatal caesarean mothers had average practice, 40% had good practice and 5% had adopted poor practice regarding breast feeding technique. [3]

**The second objective of the study was to find out the association between knowledge of postnatal caesarean mothers with their selected demographic variables.**

The findings of demographic variables shows that majority 39(36.7%) of postnatal mothers were aged between 20-24 years, 34(32.0%) of them were aged between 25-29 years, 25(23.5%) of them aged between above 29 years and minimum 8(7.5%) belong to age between less than 20 years.

In the present study association of knowledge scores was found only with age of postnatal caesarean mothers i.e., more than the table value ( $\chi^2=17.08$ )

While Comparing the study findings of the other published researches, findings of this study also consistent with similar study conducted by **Gednet Gedefaw (2016)** Out of 715 women, more than 4509(63.37%) of the study participants had antenatal care follow-up. More than three-quarter of the study participants 5758(80.93%) and 5817(81.76%) were multipara and multigravida women respectively. Regarding place of delivery, more than half of the women 6313(88.73%) gave birth at a health facility. More than half of the women 3820(53.69%) were assisted during birth by a skilled health professional. [4]

## CONCLUSION

This study has clearly brought out the need for conducting the knowledge assessment among postnatal caesarean mothers regarding problem faced and its management during breastfeeding. The study also concludes that there is an immense need for imparting knowledge among postnatal caesarean mothers so as to improve the mother and newborn bonding and thus preventing complications which can occur due to ineffective breastfeeding in mother as well as newborn.

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