



Early Initiation of Breast Feeding Among Primigravida Mothers in selected Hospitals of Bhopal City, Madhya Pradesh

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Abstract

Background: Breast feeding, the most natural way of infant feeding to satisfy nutritional, metabolic and psychological needs of the baby. Breastfeeding provides frequent, close physical contact and helps mother and baby to become better acquainted. Antibodies from the mother are passed through the milk to breastfed babies and provide greater resistance to various infections.

Methods: The conceptual framework adopted for the study was based on modified Pender's health promotion model. The study utilized a descriptive survey research design for the study. The data was collected from Sultania Janana hospital, Bhopal Madhya Pradesh using Non- probability purposive sampling technique. The sample consisted of 60 primigravida mother from the hospital to assess the knowledge regarding early initiation of breast feeding among primigravida mother with selected socio-demographic variables. The tool used for generating data was a structured interview schedule, which was also translated to Hindi and distributed for enhancing the knowledge of the primigravida mother regarding early initiation of breast feeding.

Result: Majority, 41(68.3%) primigravida mothers had adequate, 18(30%) primigravida mothers had moderate knowledge and 1(1.7%) primigravida mother had inadequate knowledge regarding early initiation of breast feeding. The mean knowledge score was 18 and the SD 4.87. Hence, the calculation statistically proves that the research hypothesis H_1 is accepted null hypothesis is rejected at 0.05 level of significance. Based on the statistical analysis it was found that qualification of mother, dietary pattern, Occupation of mother, present history of any medical disorder, present weeks of pregnancy and discarding the first milk had no significant association with knowledge regarding early initiation of breast feeding among primigravida mothers. Hence the research hypothesis H_2 - there is a significant association between the level of knowledge regarding early initiation of breast feeding among primigravida mothers with selected socio demographic variable is rejected at 0.05 level of significance.

Conclusion: There is need to impart more knowledge among primigravida mothers about nutrition in pregnancy. More attention should be paid on nutritional guidance among primigravida mother especially in young and less educated women for healthy outcome of mother and babies. This study emphasizes the importance of dietary counseling by attending doctors, nurse, and dietitians as an integral part of postnatal



care. The study also has implication in the field of nursing education, nursing administrations nursing practice and nursing research.



Background

Breast feeding, the most natural way of infant feeding to satisfy nutritional, metabolic and psychological needs of the baby. Breastfeeding provides frequent, close physical contact and helps mother and baby to become better acquainted. Antibodies from the mother are passed through the milk to breastfed babies and provide greater resistance to various infections. Early initiation of breast feeding at the first hour is a new method of breast feeding and also believed to have impact on the success of exclusive breastfeeding. UNICEF, WHO, and WABA (World Alliance for Breastfeeding Action) along with the scientific community strongly recommended initiating breastfeeding within an hour of birth. Initiation of breastfeeding within the first 1 hour of life can prevent up to 22% of newborn mortality. This is a one-time behaviour that requires a baby to be immediately placed on a new mother's chest after birth. In spite of intensive efforts by the various governments, NGO' and WHO across the world breastfeeding rates are still unsatisfactory especially in the developing countries. Provision of mother's breast milk to infants within one hour of birth is referred as "early initiation of breast feeding "and ensure that the infants receives the colostrum or first milk which is rich in protective factors.

Pukhrambam Romola, et.al. (2015) conducted a cross sectional study on initiation of breastfeeding among newborns in the postnatal ward of a tertiary care hospital, New Delhi. A total of 303 mothers were studied. Only seven (2.3%) mothers gave prelacteal feeds to their newborns. Of the 303 mothers, 35 (11.6%) discarded colostrum and only 53 (17.5%) initiated breastfeeding within 1 hour of delivery. Colostrum was given more by the literate mothers than the illiterate ones, and the finding was statistically significant. More mothers from nuclear families initiated breastfeeding within the first hour of delivery as compared to those



from joint families. Majority of the mothers did not receive advice on breastfeeding during antenatal visits and almost all the mothers were not told about positioning and attachment.

Bhatt Shweta (2015) conducted a descriptive study to assess the knowledge, attitude and practice regarding early initiation of breast feeding among 175 primigravida mothers in the maternity wards of a tertiary care hospital in Vadodara city, Gujrat. Incidence of early initiation of breastfeeding in mothers less than 21 years of age was 29.4%, 24.6% in illiterate mothers and 25% in those delivering by caesarean section. Most common causes of delay in initiating breastfeeding were caesarean section and fatigue.

Methods

The conceptual framework adopted for the study was based on modified Pender's health promotion model. The study utilized a descriptive survey research design for the study.

The data was collected from Sultania Janana hospital, Bhopal Madhya Pradesh using Non-probability purposive sampling technique. The sample consisted of 60 primigravida mother from the hospital to assess the knowledge regarding early initiation of breast feeding among primigravida mother with selected socio-demographic variables

The tool use for generating data was a structured interview schedule, which was also translated to Hindi and distributed for enhancing the knowledge of the primigravida mother regarding early initiation of breast feeding.

The data was collected in the month of June 2018. The data obtained were analyzed using both descriptive and inferential statistics in terms of mean, frequency, percentage, standard deviation and Chi-square test.

Inclusion Criteria

Primigravida mother who is :

- between 25-40 weeks of pregnancy
- willing to participate in the study
- present at the time of data collection.
- able to understand Hindi.

Exclusion Criteria

Primigravida mother who is not :

- willing to participate in the study
- available at the time of data collection
- able to understand Hindi

Conceptual Framework

Conceptual framework is a written or visual presentation that formalizes the thinking process, so that others may read and know the frame of the references, and basis to the research problem. It also gives direction for relevant questions for the phenomenon under study and points out solution to problems

(Ludwig Von Bertalanffy)

The framework of the present study is based on Pender's health promotion model to assess the knowledge regarding early initiation of breast feeding among primigravida mothers. The health promotion model has its base in the social learning theory Dr. Pender's background in human development, experimental psychology and education accounts for this foundation of social psychology and learning theory. In 1975, Dr Pender published "a conceptual model for preventive health behaviour.



The health promotion model in its current form identifies cognitive perceptual factors in the individual that are modified by the situational, personal and interpersonal characteristics to result in the participation in health promoting behaviours in the presence of cues to action.

Key Concepts used by Pender are-

The following are cognitive – perceptual factors, defined as primary motivational mechanism for the activities related to health promotion:

IMPORTANCE OF HEALTH

- Importance of early initiation of breast feeding in primigravida mothers within one hour following delivery.

PERCEIVED CONTROL OF HEALTH

- Advice & educate the family & mothers about early initiation of breast feeding.

PERCEIVED SELF EFFICACY

- Mothers knowledge on early initiation of breast feeding within a hour.

PERCEIVED BENEFITS OF BEHAVIOURS

- Decreased rate of infant’s maternal morbidity & mortality rate.
- Improve health status in mother and child.
- Prevention of complications in mother & child.

PERCEIVED BARRIERS TO HEALTH – PROMOTING BEHAVIOURS

- Lack of knowledge regarding early initiation of breast feeding.
- Learned traditional practices of breast feeding.
- Social stigma related to colostrum.

DEMOGRAPHIC CHARACTERSTICS OF PRIMIGRAVIDA MOTHER

- Age, educational qualification of mother, dietary pattern, family income, Occupation of mother, Marital status , present history of any medical disorder, present weeks of pregnancy, and discarding the first milk.

SITUATIONAL FACTORS

- Mother’s family values, hospital environment, treatment plan in hospitals, educational status of mother, beliefs of mother & family, information through family, relatives, media, books, etc.

BEHAVIOURAL FACTORS

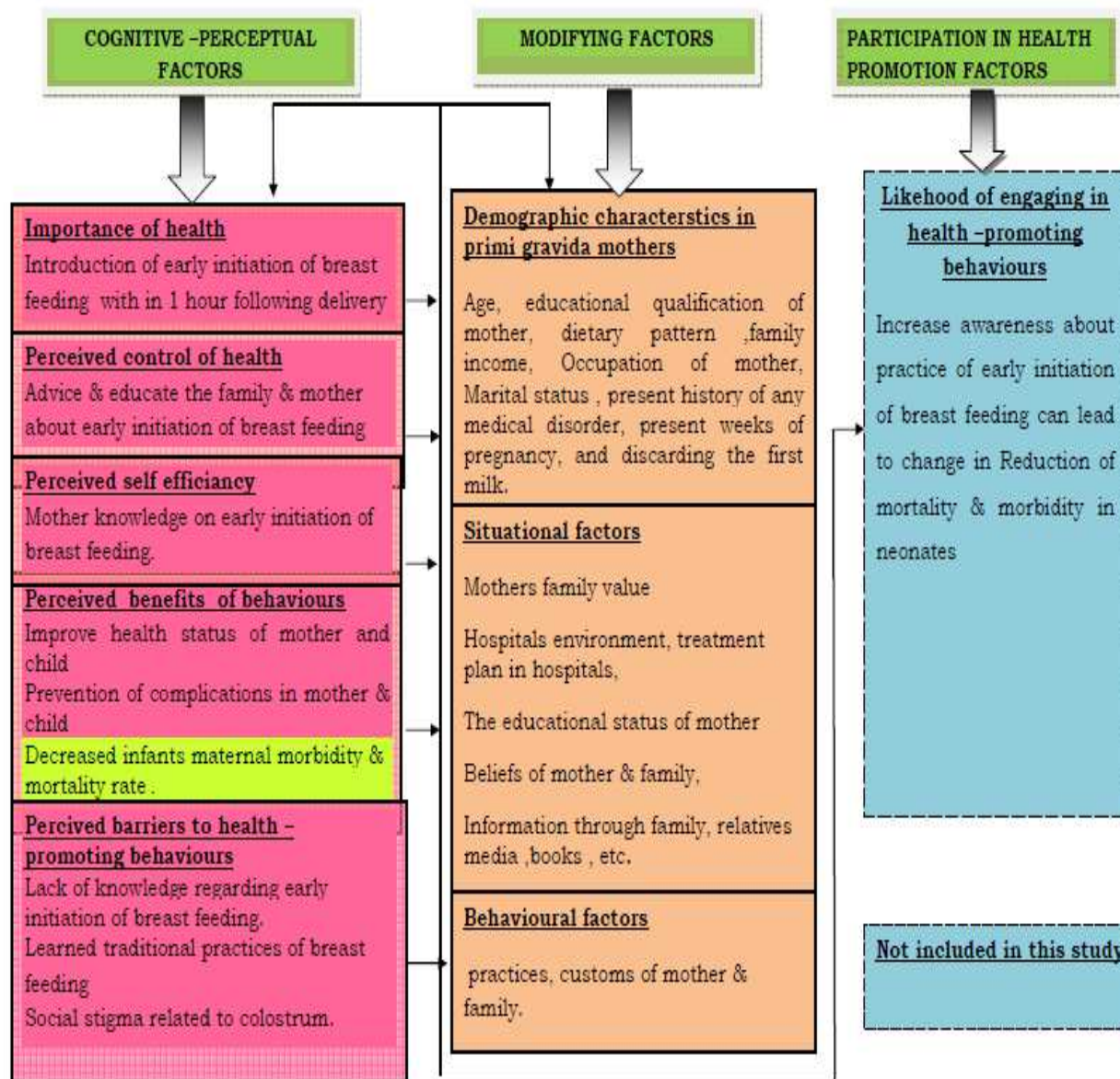
- Practices, customs of mother & family

LIKELIHOOD OF ENGAGING IN HEALTH-PROMOTING BEHAVIOUR

- Increased awareness about practice of early initiation of breast feeding can lead to change in reduction of morbidity & mortality in future It is not included in the study.



CONCEPTUAL FRAMEWORK BASED ON PENDER'S HEALTH PROMOTION MODEL



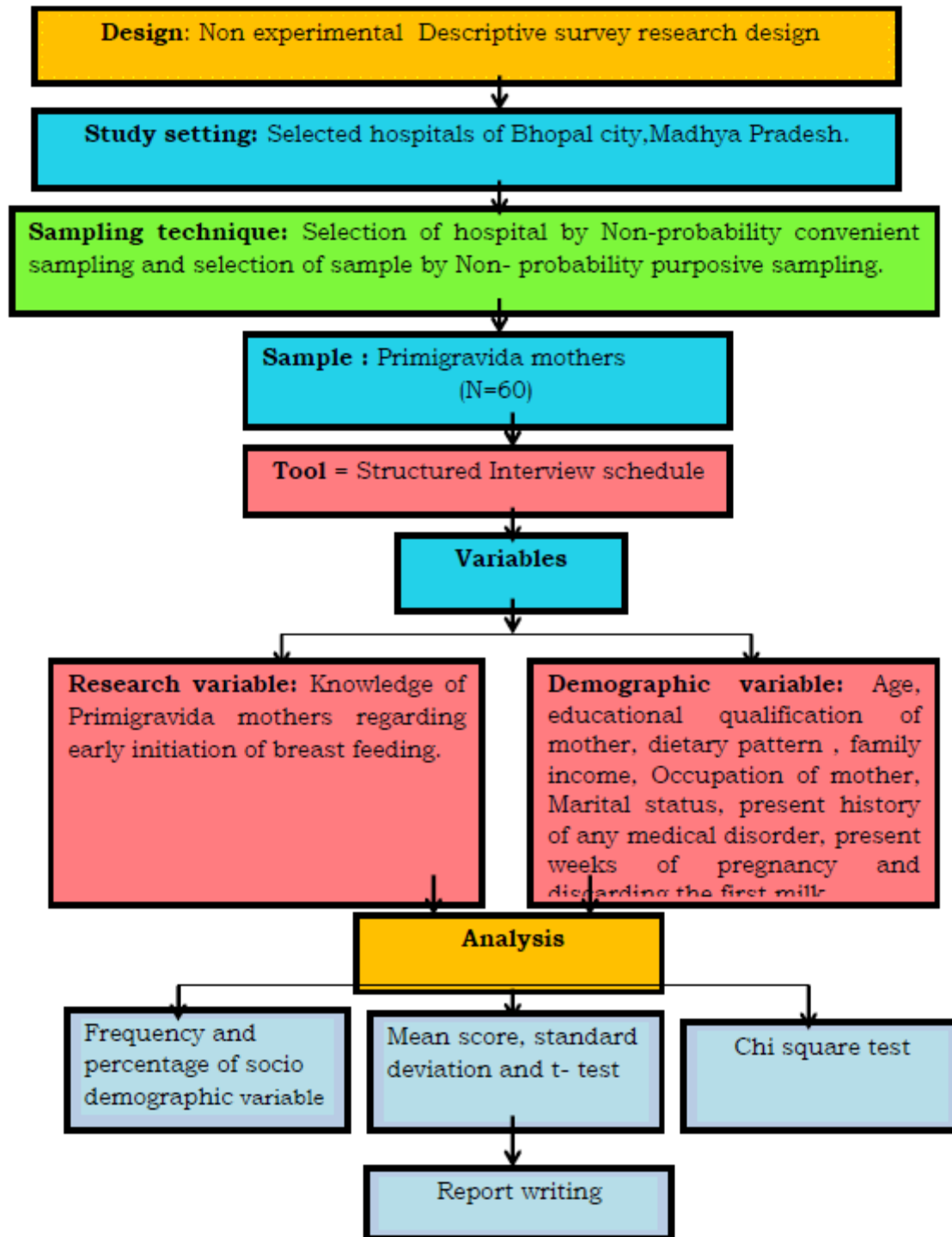
A researcher’s overall plan for obtaining answers to the research questions or for testing the research hypothesis is referred to as the research design.

According to Best and Khan (1989), “the descriptive survey involves events that have already taken place, concerned conditions that exist, opinions that are held and effects that are evident”

In this study, Non –experimental descriptive survey research design was be used.



Figure 3.01 SCHEMATIC PRESENTATION OF RESEARCH DESIGN





Results

Majority, 41(68.3%) primigravida mothers had adequate, 18(30%) primigravida mothers had moderate knowledge and 1(1.7%) primigravida mother had inadequate knowledge regarding early initiation of breast feeding. The mean knowledge score was 18 and the SD 4.87. Hence, the calculation statistically proves that the research hypothesis H_1 is accepted null hypothesis is rejected at 0.05 level of significance. Based on the statistical analysis it was found that qualification of mother, dietary pattern, Occupation of mother, present history of any medical disorder, present weeks of pregnancy and discarding the first milk had no significant association with knowledge regarding early initiation of breast feeding among primigravida mothers. Hence the research hypothesis H_2 - there is a significant association between the level of knowledge regarding early initiation of breast feeding among primigravida mothers with selected socio demographic variable is rejected at 0.05 level of significance.

Conclusion

Following conclusions were drawn on the basis of present study finding after data analysis:

1. Majority, 41(68.3%) primigravida mothers had adequate knowledge, 18(30%) had moderate knowledge and 1(1.7%) primigravida mother had inadequate knowledge regarding early initiation of breast feeding. The mean knowledge score was 18 and the SD 4.87. Hence, the calculation statistically proves that the research hypothesis H_1 is accepted & and null hypothesis H_0 is rejected at 0.05 level of significance.
2. Based on the statistical analysis it was found that qualification of mother, dietary pattern, Occupation of mother, present history of any medical disorder, present weeks of pregnancy and discarding the first milk had no significant association with knowledge regarding early initiation of breast feeding among primigravida mothers. Hence the research hypothesis H_2 - there is a significant association between the level of knowledge regarding early initiation of breast feeding among primigravida mothers with selected socio demographic variable is rejected at 0.05 level of significance.

Implications

Since the study reveals that there is adequate knowledge among primigravida mothers related to early initiation of breast feeding, It is necessary to provide advanced prenatal education to mothers related to technique of breast feeding and counselling focusing on enhancing the benefits of early initiation of breast feeding, for upgrading the knowledge regarding early initiation of breast feeding. The findings of the present study have implication for nursing education, nursing practice, nursing administration and nursing research.

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