A CROSS-SECTIONAL STUDY REGARDING KNOWLEDGE ABOUT BREASTFEEDING AMONG PRIMI PREGNANT MOTHERS ATTENDING FOR ANTENATAL CHECKUP IN A MEDICAL COLLEGE, TRIPURA

Bappaditya Som¹, Kaushik Tripura²

¹Assistant Professor, Department of Obstetrics and Gynaecology, Tripura Medical College and Dr. BRAM Teaching Hospital, Hapania.

²Assistant Professor, Department of Community Medicine, Tripura Medical College and Dr. BRAM Teaching Hospital, Hapania.

ABSTRACT

BACKGROUND

Breastfeeding is an important public health strategy for improving infant and child morbidity and mortality, improving maternal morbidity and helping to control health care costs. Breastfeeding is associated with a reduced risk of otitis media, gastroenteritis, respiratory illness, sudden infant death syndrome, necrotising enterocolitis, obesity and hypertension.

OBJECTIVE

To assess the knowledge about breastfeeding among primi pregnant mothers attending for antenatal checkup at outdoor of Obstetrics and Gynaecology Department of Tripura Medical College, Tripura.

MATERIALS AND METHODS

This is a hospital-based cross-sectional study and was carried out in the Department of Obstetrics and Gynaecology, Tripura Medical College and Dr. BRAM Teaching Hospital, Tripura among 100 primi pregnant mothers.

RESULTS

In our study, 88% of the participants had adequate knowledge regarding breastfeeding.

KEYWORD

Breastfeeding, Cross-Sectional, Tripura, Pregnant Mothers.

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BACKGROUND

Breastfeeding is an important public health strategy for improving infant and child morbidity and mortality, improving maternal morbidity and helping to control health care costs. Breastfeeding is associated with a reduced risk of otitis media, gastroenteritis, respiratory illness, sudden infant death syndrome, necrotising enterocolitis, obesity and hypertension.¹ The World Health Organisation (WHO) and United Nations Children's Fund (UNICEF) recommend that every infant should be exclusively breastfed for the first six months of life with breastfeeding continuing for up to two years of age or longer.² A recent trial has shown that early initiation of breastfeeding could reduce neonatal mortality by 22%, which would contribute to the achievement of the Millennium Development Goals.³ Exclusive Breastfeeding (EBF) reduces infant deaths caused by common childhood illness such as diarrhoea and pneumonia, fastens recovery during illness and helps space births.⁴ Studies have showed that breastfed babies are more intelligent, improves their academic performance and they become smarter than formula

fed babies.⁵ It is no doubt that no other food can replace mother's milk.⁶ Many studies done in India revealed that the knowledge of the mothers was inadequate in areas of time of initiation of breastfeeding, colostrum feeding, duration of exclusive breastfeeding and continuation of breastfeeding while baby is sick.⁷ There was no study conducted in our medical college to assess the knowledge of primi mothers about breastfeeding attending for antenatal check-up, therefore this study was aimed to assess the knowledge regarding breastfeeding among primi mothers attending for antenatal check-up in our institution.

OBJECTIVES

To assess the knowledge about breastfeeding among primi pregnant mothers attending for first time antenatal checkup at outdoor of Obstetrics and Gynaecology Department of Tripura Medical College, Tripura.

MATERIALS AND METHODS

This hospital-based cross-sectional study was carried out in the Department of Obstetrics and Gynaecology, Tripura Medical College and Dr. BRAM Teaching Hospital, Tripura. The duration of the study was 4 months (January 2016 to April 2016). The primi pregnant mothers attending the Outpatient Department of Obstetrics and Gynaecology for first time were recruited in the study. The sample size was calculated to 100 using $4pq/L^2$ formula, where p (Prevalence) = 50%, q = 1-p and L (Absolute precision) = 10%. All the participants were explained about the study and written consent were taken. Any primi pregnant mother not willing to give consent were excluded. A pre-tested interview proforma were used for data collection. The proforma were translated to local language.

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Corresponding Author:

Dr. Bappaditya Som,
Assistant Professor,
Department of Obstetrics & Gynaecology,
Tripura Medical College &
Dr. BRAM Teaching Hospital,
Hapania, West Tripura-799014.
E-mail: dr.bsom@rediffmail.com
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The proforma were consisting of two parts, Part-I consists of information regarding socio-demographic and part-II regarding knowledge about breastfeeding. Total 10 questions were used to assess the knowledge. For each correct answer 1 (one) point and for each wrong answer 0 (zero) point were allotted. Out of total 10 points if Participant scored ≥ 6 , it is taken as having adequate knowledge and if the participants scored < 6 , it is taken as having poor knowledge regarding breastfeeding. Purposive sampling used to select the participants. The data was entered and analysed using SPSS software version 20. Results were expressed in frequency.

RESULTS

In the present study, (Table No. 1) the age of majority participants (49%) were in less than 25 years. Majority (74%) were from Hindu religion. Majority of the participants (43%) and their husbands (42%) studied up to primary level. Most of the participants were from joint family (68%) and total monthly income were around 10,000 Rs/- (61%). Majority of them (95%) were housewife.

Socio-Demographic Variables	Frequency (n = 100)
Age (Years)	
≤ 25	49
26 -30	29
31 – 35	9
≥ 36	13
Religion	
Hindu	74
Muslim	20
Buddhist	5
Christian	1
Education	
Uneducated	9
Primary	43
Secondary	33
Higher Secondary	1
Graduate & above	14
Husband's Education	
Uneducated	11
Primary	42
Secondary	12
Higher secondary	9
Graduate & Above	25
Occupation	
Housewife	95
Private Job	5
Monthly Total Family Income	
≤ 10000	61
11000–20000	26
21000–30000	10
31000–40000	00
41000–50000	1
≥ 51000	2
Family	
Nuclear	32
Joint	68

Table 1: Distribution of the Participants according to Socio-Demography

In this study, majority of the participants (89%) answered that breast milk should be given just after birth. Only 10% of the participants said honey should be given just after birth; 63% of participants said that the first feed should be given within one hour of normal vaginal delivery; 74% said colostrum should be given and 13% of the participants said

colostrum should be discarded and 13% have said that they do not have any idea about colostrum. Majority (63%) of the participants said weaning should start after 6 months. Majority (93%) agreed that breastfeeding should be continued after 6 months; 86% of the participants said breastfeeding have additional advantage; 80% of the participants agreed that breastfeeding should be continued during sickness of the baby. About the timing of feeding, 60% of the participants said baby should feed on semi demand; 77% of the participants said no other food should be given to the baby except breast milk in first 6 months.

Knowledge Regarding Breastfeeding	Frequency (n=100)
What should be Given as a 1st Feed to the New Born	
Breast Milk	89
Honey	10
Water	01
Timing for First Feed for NVD	
With-in 1 hour	63
After 1 hour	20
No idea	17
Colostrum Should be Given to New Born	
Yes	74
No	13
No Idea	13
Duration for Exclusive Breastfeeding	
Less than 6 Months	3
6 Months	69
More than 6 Months	23
No Idea	5
Timing for Weaning	
Before 6 months	12
6 months	17
After 6 months	63
No Idea	8
Breastfeeding Should Continue After 6 Months	
Yes	93
No	2
No Idea	5
Breast Milk Have Additional Advantages	
Yes	86
No	5
No Idea	9
Breastfeeding Should Continue During New Born Sickness	
Yes	80
No	13
No Idea	7
Timing for Breastfeeding	
When Baby Cries	27
Fixed Timing	13
Semi Demand	60
Others Food Can Be Given Before 6 Months	
Yes	15
No	77
No Idea	8

Table 2: Knowledge regarding Breastfeeding among Participants

In the present study (Table 3), it was observed that majority (88%) of the participants were having adequate knowledge about breastfeeding.

Level of Knowledge	Frequency
Adequate Knowledge	88
Poor Knowledge	12

Table 3: Level of Knowledge regarding Breastfeeding among Participants

DISCUSSION

In the present study, it was observed that 89% of the participants knew that breast milk should be given as 1st feed to the new born; 63% of the participants in our study knew that 1st feeding to the new born should be started within 1 hour. Similar result has been seen with other studies.^{8,9} But study done in West Bengal¹⁰ showed only 37.3% have knowledge that 1st feeding should be given within 1 hour. Majority (74%) of the participants in our study knows that colostrum should be given to the new born. Similar result observed in a study conducted in Mangalore.⁸ At present study, 69% of the participants said that exclusive breastfeeding should be continued up to 6 months. At other studies, it is ranged from 28% to 71.6%.^{8,9} 80% of the participants in our study said breastfeeding should be continued during sickness of the baby and similar result has been observed in other study.¹⁰ Only 27% of our study participants said baby should put on demand feeding like other study.¹¹ In our study 88% of the participants had adequate knowledge regarding breastfeeding, but in other studies is ranged from 23% to 96.4%.^{10,12}

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