

Vol II Issue XI

ISSN No : 2230-7850

---

Monthly Multidisciplinary  
Research Journal

*Indian Streams  
Research Journal*

Executive Editor

Ashok Yakkaldevi

Editor-in-chief

H.N.Jagtap

---

## Welcome to ISRJ

**RNI MAHMUL/2011/38595**

**ISSN No.2230-7850**

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial Board readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

### **International Advisory Board**

Flávio de São Pedro Filho Federal University of Rondonia, Brazil	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken, Aiken SC 29801	Hasan Baktir English Language and Literature Department, Kayseri
Kamani Perera Regional Centre For Strategic Studies, Sri Lanka	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Department of Chemistry, Lahore University of Management Sciences [ PK ]
Janaki Sinnasamy Librarian, University of Malaya [ Malaysia ]	Catalina Neculai University of Coventry, UK	Anna Maria Constantinovici AL. I. Cuza University, Romania
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Horia Patrascu Spiru Haret University, Bucharest, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pinteau, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA Nawab Ali Khan College of Business Administration
Titus Pop	George - Calin SERITAN Postdoctoral Researcher	

### **Editorial Board**

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University, Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yaliker Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU, Nashik
Salve R. N. Department of Sociology, Shivaji University, Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary, Play India Play (Trust),Meerut	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Ph.D , Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra
	Sonal Singh	

**Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India  
Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.isrj.net**



## A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE OF MOTHERS REGARDING BREAST FEEDING

CICY JOSEPH

VICE PRINCIPAL,  
MAR GREGORIOUS MEMORIAL MUTHOOT MEDICAL CENTRE  
COLLEGE OF NURSING,RING ROAD,PATHANAMTHITTA

### Abstract:

*This research explores knowledge and practice of mother regarding breast feeding.*

*Descriptive research approach was used in this study. The study population comprised of 60 mothers who have children between the age group of birth to one year in Jayanagar General Hospital, Bangalore. A structured questionnaire on knowledge and practice of mothers regarding breast feeding were prepared to study the sample.*

*Descriptive and inferential statistics had been used to analyze the data. The study was based on Pender's Health promotion model.*

### KEYWORDS:

Breast feeding, Knowledge, Practice.

### INTRODUCTION

With the birth of every child, man may calculate that God is still hopeful about the word 'He Created' – Wordsworth.

Children bring fragrance and meaning to life. They are a gift to us from God and we are the gardeners to meet their needs. The ideal food for the young infant is human milk, which has the specific characteristics that match the growing infant's nutritional requirements during the first year of life. It has diverse and compelling advantages to infants, mothers, families and society.

Breast feeding is an endangered practice that requires the support of everyone in society to nurture it back to its full potential strength. Breast feeding may be the single most important thing a mother can do for the health of her infant in the first year of life.

### NEED FOR THE STUDY

Breast milk is a natural resource that is too valuable to lose. to ignore it is to promote mortality, suffering, personal, national and economic stress. The scientific literature reviewed recently for policy makers shows that breast feeding can save more infant lives and prevent more mortality than any other intervention strategy. Currently breast feeding saves six million infant lives each year by preventing diarrhea and acute respiratory infection.

Breast milk is the best and appropriate food until the child is 10 – 24 months of age. Breast feeding should be initiated within the first half an hour birth. Exclusive breast feeding in the first six months and extended breast feeding in the second year of life not only saves life but also saves money for the family and nation. After an exclusive review of literature, the researcher has taken up this study to educate the mothers

Title:A DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND PRACTICE OF MOTHERS REGARDING BREAST FEEDING Source:Indian Streams Research Journal [2230-7850] CICY JOSEPH yr:2012 vol:2 iss:11

through self explanatory pamphlet.

#### **OBJECTIVES**

- 1.To assess the knowledge of mother regarding breast feeding
- 2.To assess the practice of mother regarding breast feeding
- 3.To find out the association between knowledge and practice of mothers regarding breast feeding with selected demographic variables
- 4.To prepare a health education pamphlet regarding breast feeding

#### **OPERATIONAL DEFINITION**

- 1.Descriptive study-In this study refers to give brief description of knowledge and practice regarding breast feeding.
- 2.Knowledge-It is the correct response of the mother to the knowledge items regarding anatomy and physiology of breast, initiation of breast feeding, advantages of breast feeding, duration of breast feeding, diet during breast feeding and hygiene during breast feeding.
- 3.Practice-Verbal response of mothers to practice items related to breast feeding
- 4 .Breast feeding- It refers to feed the baby from the mothers breast

#### **INCLUSION CRITERIA**

Mother who have children within the age group of birth to one year  
Mothers who are willing to participate in the study

#### **HYPOTHESIS**

Ho – There will not be significant association between knowledge and practice score of mothers with selected demographic variables

#### **Assumption**

- 1.Mothers have inadequate knowledge regarding breast feeding.
- 2.Mothers knowledge and practice influenced by certain demographic variables.

#### **Limitation**

The study is limited to mothers who have children within the age group of birth to one year

#### **Conceptual Framework**

The theoretical framework for the present study is developed from Noel J Penders health Promotion model

#### **REVIEW OF LITERATURE**

A study conducted by Kronhorg H,Vaeth M (2004) on Danish mothers. The study was undertaken to examine what extent psycho social factors are related to the length of breast feeding. A total of 471 (88%) mothers participated in the study. The study revealed that 98.7% initiated breast feeding.99 mothers 51% of those stopped breast feeding within the first five weeks.

A study conducted by Nanthini Subbaiah (2005) on a study to assess the knowledge, attitude and problems of postnatal mothers regarding breast feeding .It consists of 100 postnatal mothers who had normal deliveries in the selected hospitals of Madras revealed that overall knowledge regarding breast feeding was 47+ \_11.84.All the members in the sample liked to breast feed their babies and were aware of the benefits of breast feeding.

Dewan.N etal (2002) conducted a study on breast feeding knowledge and attitudes of teenage mothers in Liverpool, the study included a sample of 40 teenage primigravida and 40 non-teenage primigravida .The study revealed that teenagers had poorer knowledge about breast feeding than the non-teenagers

A study conducted by Vijayalekshmi.S & Raman (2002) on effectiveness of appropriate breast feeding technique in prevention of nipple sore in primi postnatal mothers revealed that the knowledge gain and skill gain in experimental group. and that the nipple sore is high in control group than in experimental group.

Dr Ramakrishna M.N.(1998) conducted a study with the objectives to assess the knowledge and practice of mothers regarding breast feeding in relation to educational and economic status in a rural area of Andrapradesh .A cross sectional survey was conducted among 498 feeding mothers having a children up to two years of age .Analysis revealed that about 97% of mothers knew that breast milk is superior to artificial milk. 99.4% of the mothers were of the opinion that breast feeding beyond one year is good and 77.3% of the mothers knew the importance of colostrums .Majority ( 69.67%) of the mothers initiated breast feeding within two to three hours.

#### **METHODOLOGY**

**Research approach** – Descriptive approach

**Research Design** – Descriptive design

**Settings of the study** – The study was conducted at General Hospital, Jayanagar, Bangalore

**Population of the study** – Population consisted of mothers who have children within the age group of birth to one year

**Sample** – 60 mothers who have children within the age group of birth to one year

**Sampling Technique** - Non probability purposive sampling technique was use to select the sample.

#### **DATA COLLECTION METHOD**

The official permission was obtained for the conduct of the study. The investigator initially established rapport with the subjects. The purpose of the study was explained to the subjects. The structured interview schedule was conducted for 30 – 40 minutes..

#### **DESCRIPTION OF THE TOOL**

The tool for the data collection has 3 sections

Section 1 – It consists of age, religion, education of the participant, education of the samples husband, monthly income, type of family, place of residence.

Section II

Questionnaire on knowledge of breast feeding

Section III

Questionnaire on practice of breast feeding

#### **DATA ANALYSIS**

The data was analyzed using descriptive statistics such as frequency, percentage, mean, standard deviation and chi-square

#### **RESULTS AND DISCUSSION**

A descriptive study approach was conducted to assess the knowledge and practice of mothers regarding breast feeding. Data was collected from 60 mothers .Purposive sampling technique was used to select the sample. Collected data was analyzed by using descriptive and inferential statistics.

The findings were discussed below

### 1 Demographic characteristics of mothers

Percentage distribution of samples with reference to the age showed that 73% were in the age group of 21-25 years, 19% were in the age group of 26-30 years and 8% were in the age group of 15-20 years.

With reference to religion respondents showed that 57% were Hindus, 38% were Christians and 5% were Muslims

Distribution of respondents according to the educational status revealed that 93% of the samples were literates and 7% were illiterate.

### 2 Knowledge level of participants on breast feeding

Area wise analysis denotes that maximum (75.8%) mean percentage was in the area of initiation of breast feeding and the minimum (42%) was in the area of contraindication of breast feeding. The similar findings were supported by the findings of the study by Kronborg H, Vaeth M (2004) reveals that 98.7% had the knowledge on initiation of breast feeding

Table-1

Sl. No.	Area	No. of Items	Maximum Score	Range of Score	Mean	S.D	Mean %
1	Anatomy and Physiology	5	5	2-5	3.5	1.4	49.9
2	Initiation	2	2	0-2	1.0	0.7	75.8
3	Advantages	2	2	0-2	1.0	0.7	53.3
4	Duration	4	4	0-4	2.2	1.7	63.3
5	Diet	2	2	0-2	1.0	0.7	50.0
6	Hygiene	2	2	0-2	1.0	0.7	72.0
7	Contraindication	3	3	0-3	1.0	1.4	42.0

### 3. Practice level of the participants on breast feeding

Area wise analysis of practice revealed that maximum (73.3%) in the area of initiation breast feeding and the minimum (37.3%) was in the area of position

Table 2

Sl. No.	Area	No. of Items	Maximum Score	Range of Score	Mean	S. D	Mean %
1	Initiation	3	3	0-3	1.5	1.4	73.3
2	Position	2	2	0-2	1.0	0.7	37.5
3	Technique	5	5	1-4	2.5	1.4	45.0

#### 4 Association between knowledge of mothers with selected demographic variables

Chi-square computed findings showed that there is no significant association between knowledge of mothers with selected demographic variables like age, religion, educational qualification, occupation, family income, type of family, place of residence and source of information. Hence the null hypothesis was accepted.

#### 5 Association between practices of mothers with selected demographic variables

Significant association was found only between monthly income with practice of breast feeding and no significant association was found between practices of breast feeding with remaining demographic variables.

#### IMPLICATIONS

Nursing Practice – The findings of the study indicate that all health team members should be made aware of the need of observing, supervising, teaching and improving breast feeding knowledge and practice.

#### NURSING EDUCATION

Nursing education emphasis on preparing prospective nurses to impart health education by using various methods of educational technology.

#### NURSING ADMINISTRATION

Institutions providing maternity services and care for newborn should review their policies and practices relating to breast feeding. The institutions should develop policies regarding breast feeding.

#### NURSING RESEARCH

Research plays an important role in the establishment of the maternity and pediatric women's health science. The present descriptive study was given base to conduct the future quantitative and qualitative research on the knowledge and practice of mothers regarding breast feeding.

#### Recommendations

1. Similar study can be undertaken with a large sample to generalize the findings
2. A comparative study can be done between urban and rural mothers

## CONCLUSION

The study concluded that the health education pamphlet regarding breast feeding was effective in enhancing the knowledge of mothers.

## REFERENCES

- 1 Williams, Rodwell Sue , *Nutrition and diet therapy*. St Louis: Mosby,1993,360-369pp.
- 2 American Academy of Pediatrics , *Breast feeding and the use of human milk*”.*Peadiatrics* 1997
- 3 Frances, Jones. Baby friendly Care. *The Canadian Nurse*.89; 36-37.
- 4 Andrew, Redford. *Breast feeding Natures Way*. *The nursing journal of India*.1997,88;171
- 5 Park. K, *Essentials of community Health Nursing*.Jabalpur,2003.210-212 pp.
- 6 Vinod K,*Indian council of medical research .Research priorities in neonatal health,Report of an expert group meeting*.New Delhi,January 2000.
- 7 Healthy people 2010(H P2010).1999.*Healthy people 2010 objectives*. Draft Retrieved January 19,1999 from the World Wide Web; [http://web.health.gov/healthy people/2010 draft/object,htm](http://web.health.gov/healthy%20people/2010%20draft/object.htm).
- 8 Polit.F Denise and Bernadettu P .Hungler. *Nursing Research Principles and Methods* ,Philadelphia;Lippincott,1999.227-231pp
- 9 Nanthini Subbiah, *A study to assess the knowledge,attitude ,practice and problems of Postnatal mothers regarding breast feeding*. *The Nursing Journal of India*,vol 2003,No;8,177-179.
- 10 Dewan N et al.*Breast feeding knowledge and attitude of teenage mothers in Liverpool* .2002,15(1)33-37.



**Publish Research Article**  
**International Level Multidisciplinary Research Journal**  
**For All Subjects**

Dear Sir/Mam,

We invite unpublished research paper.Summary of Research Project,Theses,Books and Books Review of publication,you will be pleased to know that our journals are

**Associated and Indexed,India**

- \* International Scientific Journal Consortium    Scientific
- \* OPEN J-GATE

**Associated and Indexed,USA**

- \*Google Scholar
- \*EBSCO
- \*DOAJ
- \*Index Copernicus
- \*Publication Index
- \*Academic Journal Database
- \*Contemporary Research Index
- \*Academic Paper Databse
- \*Digital Journals Database
- \*Current Index to Scholarly Journals
- \*Elite Scientific Journal Archive
- \*Directory Of Academic Resources
- \*Scholar Journal Index
- \*Recent Science Index
- \*Scientific Resources Database

Indian Streams Research Journal  
258/34 Raviwar Peth Solapur-413005,Maharashtra  
Contact-9595359435  
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com  
Website : www.isrj.net