



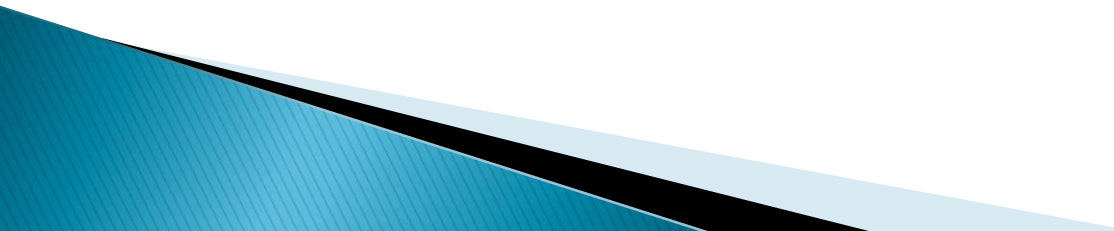
Study to Determine the Knowledge of Breastfeeding Among First Time Pregnant Female in Four Districts of Rajasthan.

Hindustan Latex Family Planning Promotion Trust(HLFPPT)

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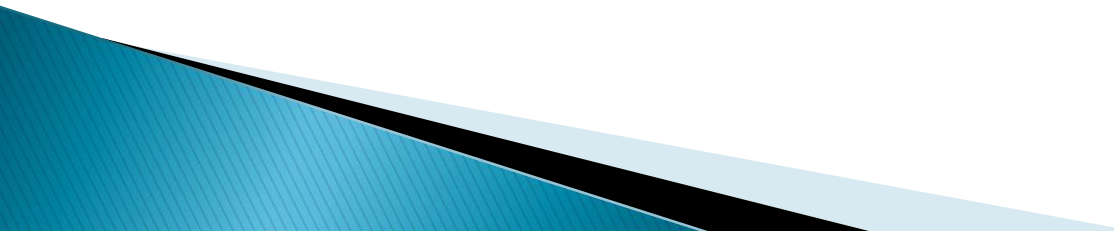
INTRODUCTION

- Breastfeeding, also known as nursing, is the feeding of young babies and young children with milk from a woman's breast.
 - Breastfeeding has number of benefits to both mother and baby.
Breastfeeding decreases the risk of respiratory tract infections, diarrhoea, asthma, food allergies, type 1 diabetes and leukemia in a new-born.
Benefits for the mother include less blood loss following delivery, better uterus shrinkage and decreased postpartum depression.
 - Colostrum, the yellowish, sticky breast milk produced at the end of pregnancy is the perfect food for the new-born, and feeding should be initiated within the first hour after birth and exclusive breastfeeding is recommended up to 6 months of age with continued breastfeeding along with appropriate complementary food up to 2 years of age as per WHO recommendation.
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Research Question:

What is the status of knowledge about Breastfeeding in first time pregnant mothers in four districts of Rajasthan?

OBJECTIVES:

1. To assess the knowledge about Breastfeeding of first time pregnant mothers.
 2. To assess the behaviour of pregnant women regarding breastfeeding practices.
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Methodology

Study design: Descriptive, Cross-sectional study.

Study Setting: Data were collected from four districts of Rajasthan (Jaipur, Sikar, Kota, Alwar)-

1. Hospitals covered in Jaipur District were: Prakash Mother and Child Hospital, Goyal Hospital, Akhila Hospital, Vinayak Janana and Doorbeen Hospital, R.P Memorial Hospital.
 2. Hospitals covered in Sikar District were: JD Hospital, Dhayal Hospital and Research Centre, Saini Janana and General Hospital.
 3. Hospitals covered in Alwar District were: Om Hospital, City Hospital and Madhav Hospital.
 4. Hospitals covered in Kota district were: Ratna Devi Hospital, Khandelwal Hospital and Rajdeep Hospital.
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Sampling Technique: Convenient sampling was done (data was collected on the basis of my convenience, whenever I visit the hospital I collect the data from all available females at that time).

Duration of the study: 17th February 2019 – 17th May 2019

Data Collection duration: March 2019.

Data Collection Technique: A survey was carried out using structured interview as a tool of data collection.

Sample size: 209(sample is collected on the basis of delivery loads of the hospitals i.e., delivery load is around 100 so I collect around 50% of all the deliveries).

Type of Data: Based on primary data. Data were collected on the basis of convenient (in four districts of Rajasthan Jaipur, Sikar, Alwar and Kota).



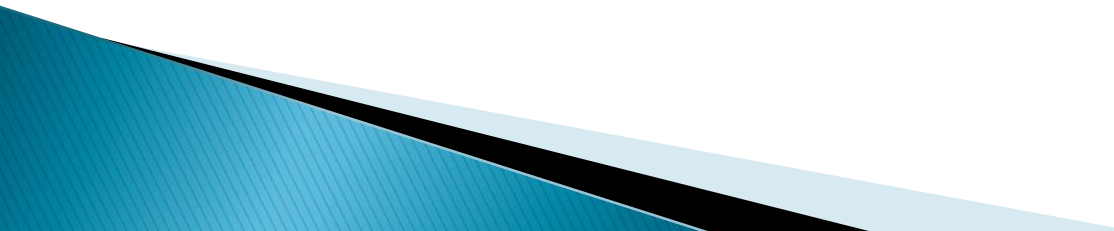
Selection Criteria:

1.Inclusion Criteria:

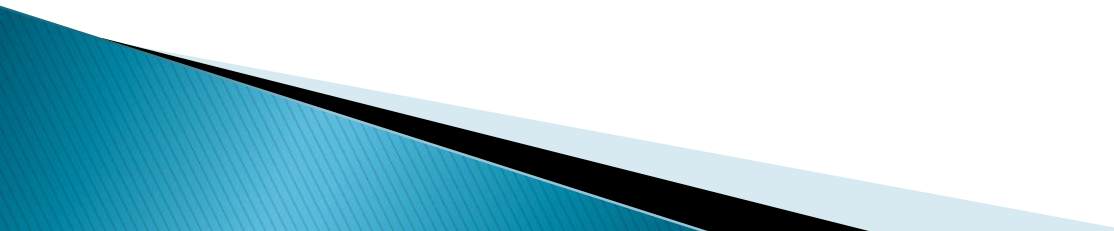
First time pregnant mothers who were available during my visits.

2.Exclusion Criteria:

All females who all were not available whenever i visit the hospital, all females who were not ready to give their time, females who deliver their babies during night, females who undergone c-section.



Study Tool: The questionnaires contains sets of questions and those includes general and demographic questions, about knowledge and awareness, care seeking behaviour of the community, health seeking behaviour of the community. Factors such as age, level of education, average income, nature of job, etc has also been assessed during this study.



RESULTS:

Socio Demographic Profile		Percentage
<u>Religion</u>		
Hindu		88%
Muslim		12%
<u>Caste</u>		
General		42.6%
OBC		30.1%
SC/ST		27.3%
<u>Educational Qualification</u>		
Illiterate		6.7%
Primary		9.6%
Middle School		16.3%
Secondary		9.1%
Senior Secondary		28.7%
Graduation and Above		29.7%
<u>Current age of baby</u>		
0.5 Hours to 5 days		96.7%
6 days to 12 days		3.3%

Age

≥25

70.7

<25

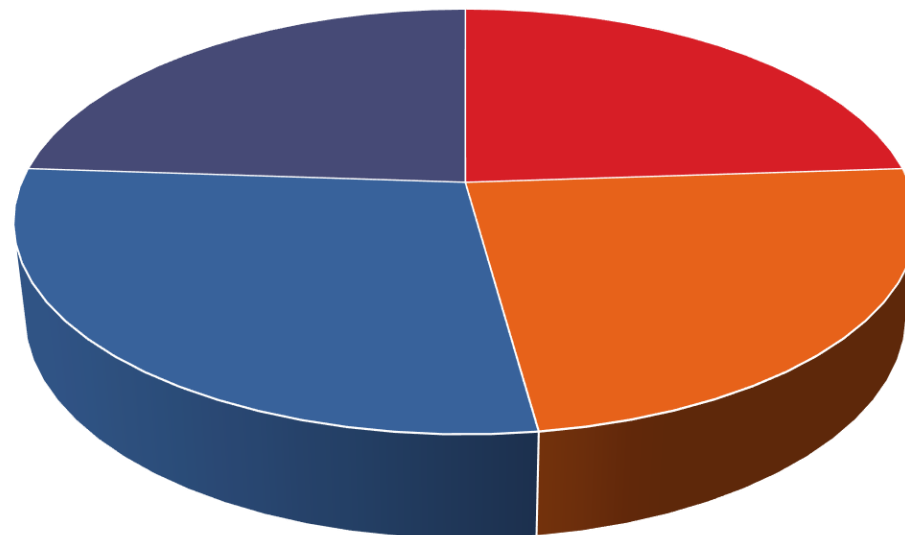
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Results:

District wise distribution of the respondents

Table 1: District wise distribution of the respondents			
District		Frequency	Percent
	Jaipur	50	23.9
	Sikar	50	23.9
	Alwar	59	28.2
	Kota	50	23.9
	Total	209	100.0

District wise distribution



■ Jaipur ■ Sikar ■ Alwar ■ Kota

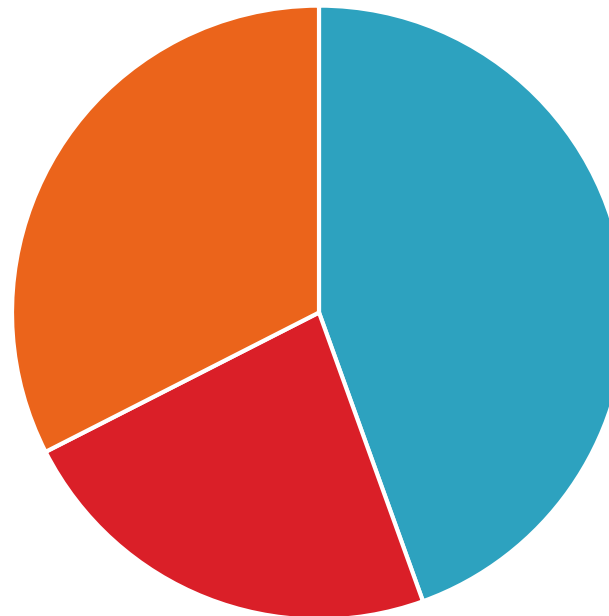
Knowledge about type II Diabetes

Table10:Knowledge about Type II Diabetes

<u>Knowledge about Type II Diabetes</u>			
	<u>Diabetes</u>	<u>Frequency</u>	<u>Percent</u>
	True	93	44.5
	False	48	23.0
	Unsure	68	32.5
	Total	209	100.0

Knowledge about type II Diabetes

This graph shows results of that question. 44.5% says true, 48% says false and 32.5% are unsure. Which shows that around half of the females are aware about the type II Diabetes.



■ TRUE ■ FALSE ■ Unsure

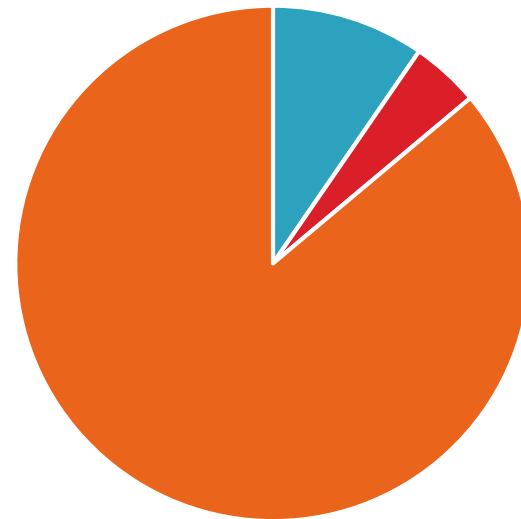
Frequency distribution of participant according to department

Knowledge about position of breastfeeding

<u>Knowledge about position of breastfeeding</u>		<u>Frequency</u>	<u>Percent</u>
	Lying Down	20	9.6
	Inclined Position	9	4.3
	Sitting	180	86.1
	Total	209	100.0

Knowledge about position of breastfeeding

This graph shows that about 86.1 % females have some knowledge about the position of breastfeeding.



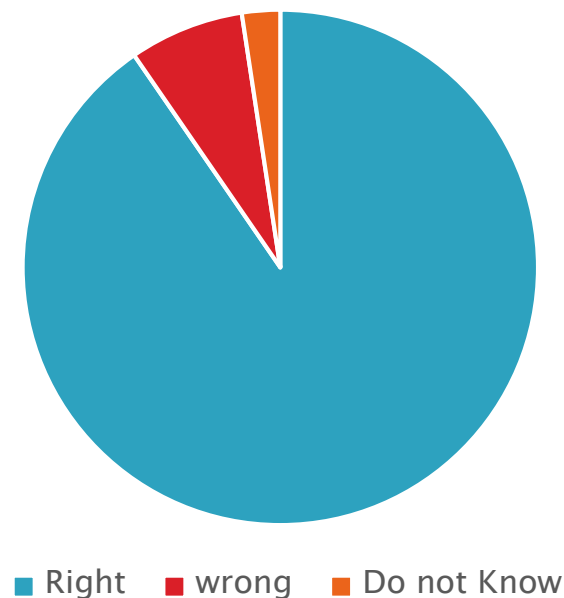
■ Lying Down ■ Inclined Position ■ Sitting

Knowledge about Colostrum

Knowledge about Colostrum			
Knowledge about Colostrum		Frequency	Percent
	Right	189	90.4
	Wrong	15	7.2
	Do not Know	5	2.4
	Total	209	100.0

This graph shows that about 90% females have some knowledge about colostrum. Good level of knowledge is seen regarding Colostrum in the Respondents.

Knowledge about Colostrum



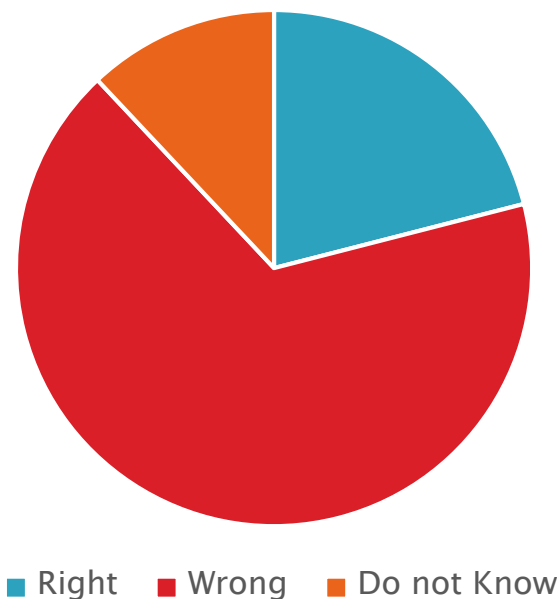
Knowledge about Breast Cancer

Table 14: Knowledge about Breast Cancer

<u>Knowledge about Breast Cancer</u>		<u>Frequency</u>	<u>Percent</u>
	Right	44	21.0
	Wrong	140	67.0
	Do not Know	25	12.0
	Total	209	100.0

This graph shows that about 67% females answered that women who have breastfeed are less prone to breast cancer. It shows fair knowledge in the Respondents.

Knowledge about Breast Cancer

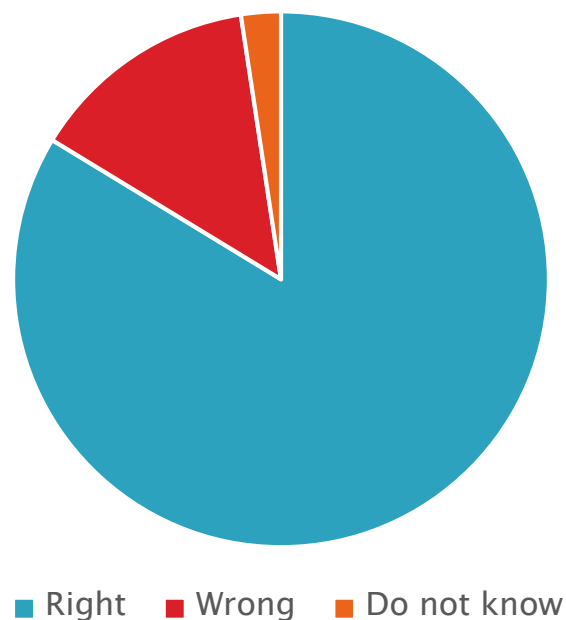


Knowledge about Supplement milk

Knowledge about supplement milk			
<u>Knowledge about supplement milk</u>		<u>Frequency</u>	<u>Percent</u>
	Right	175	83.7
	Wrong	29	13.9
	Do not know	5	2.4
	Total	209	100.0

This graph shows that 83.7% females give right answer to the question “if a mother feels she is not producing enough milk she should supplement with formula milk”.

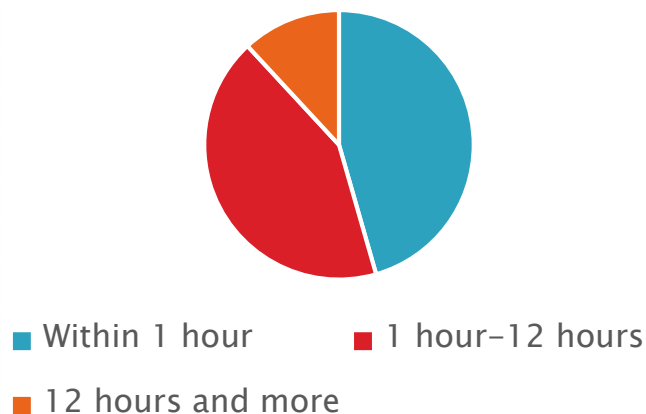
Knowledge about supplement Milk



Knowledge about breastfeeding the child after delivery

<u>Knowledge about breastfeeding the child after delivery</u>	<u>Frequency</u>	<u>Percent</u>
As soon as possible	15	7.2
10 Minutes	10	4.8
20 Minutes	2	1.0
Half an Hour	7	3.4
1 Hour	61	29.2
2 Hours	46	22.0
3 Hours	14	6.7
4 Hours	12	5.7
5 Hours	1	.5
6 Hours	6	2.9
8 Hours	2	1.0
10 Hours	8	3.8
12 Hours	8	3.8
24 Hours	3	1.4
2 Days	14	6.7
Total	209	100.0

Knowledge about breastfeeding the child after delivery



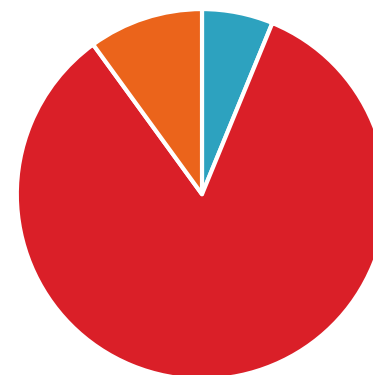
About 45.6% mothers answered that breastfeeding should be initiated within one hour of Delivery.

Knowledge about exclusive breastfeeding

Knowledge about exclusive breastfeeding		
<u>Knowledge about exclusive breastfeeding</u>	<u>Frequency</u>	<u>Percent</u>
3 Months	4	1.9
4 Months	2	1.0
5 Months	7	3.3
6 Months	175	83.7
7 Months	6	2.9
9 Months	7	3.3
10 Months	1	.5
1 Year	7	3.3
Total	209	100.0

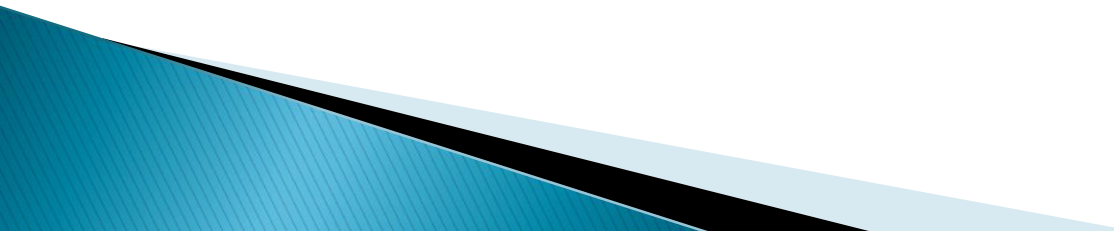
About 83.7 % mothers answered that exclusive breastfeeding should be for 6 months.

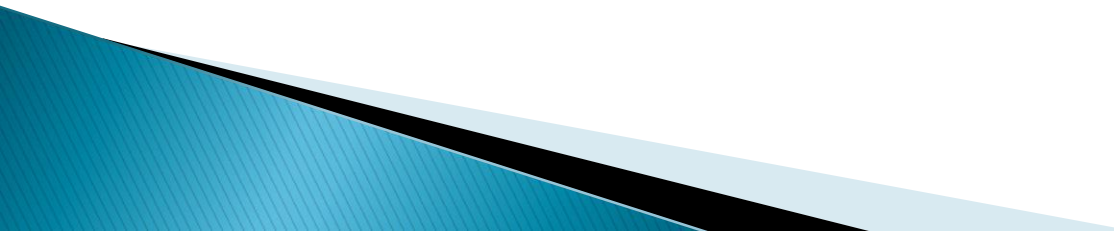
Knowledge about exclusive breastfeeding



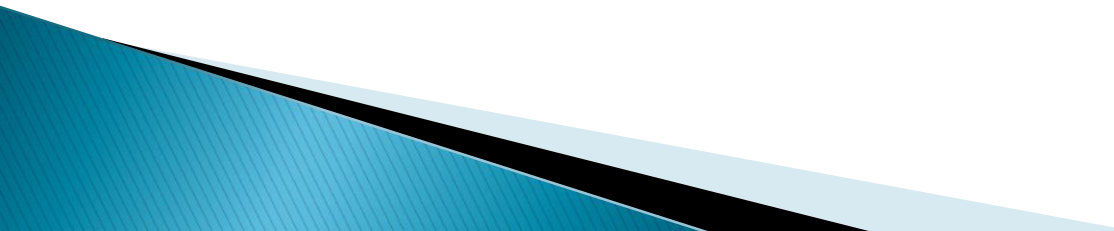
- Less than 6 months
- 6 months
- Upto 1 year

Conclusion:

- The findings of the study provide the current scenario of breastfeeding in first time pregnant females.
 - It was concluded that late initiation of breastfeeding, knowledge about benefits of colostrum, trend of exclusive breastfeeding, use of prelactel food and pacifiers were prevalent among the respondents.
 - In our sample Sikar district shows high level of education as compared to other 3 districts.
 - Respondents were not clear about the type II diabetes. Knowledge about non communicable diseases was less seen in the respondents.
 - Out of 209 respondents about 180 respondents give right answer about the position of breastfeeding. Kota district shows that large number of people know about position of breastfeeding as compared to other 3 districts.
 - Respondents have some fair knowledge about the breast cancer that women who have breastfed have lower risk of breast cancer about 67% population of sample give right answer.
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- Less number of Respondents knew that after how much time after delivery a mother should breastfeed her child.
 - Most of the mothers have good knowledge know about colostrum about 93% women give right answer.
 - Respondents show good level of knowledge about the time for which mother should breastfeed.
 - Most of the respondents were confused about the storage of breast milk.
 - Most the respondents were aware about the benefits of breastfeeding.
 - Respondents were aware about the diet of newborn.
 - About 74% respondents were answered that there should be a gap of more than 3 years between two children.
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Suggestions:

1. Proper counselling to mothers should be done during pregnancy regarding exclusive breastfeeding, position of breastfeeding.
 2. Exclusive training of health workers FLWs (ASHA, AWW, ANM), Nurses should be done.
 3. Benefits of breastfeeding should be explained by staff to the mother just after the delivery.
 4. Effective behaviour change communication should be imparted to the community to improve breastfeeding practices
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