

Knowledge Attitude and Practices of Mothers with Children
Regarding Exclusive Breastfeeding and Complimentary
Feeding in Rural Population of Begusarai District, Bihar

By

Deepesh Rajput

*Dissertation submitted in partial fulfillment of the requirements of the degree
MBA Hospital and Health Management*

Academic year, 2017-2019



The IIHMR University, Jaipur

1, Prabhu Dayal Marg, Sanganer, Airport
Jaipur 302029, Rajasthan
Ph: 0141 3924700, Fax: 3924738
Website: www.iihmr.edu.in

Knowledge Attitude and Practices of Mothers with Children
Regarding Exclusive Breastfeeding and Complimentary
Feeding in Rural Population of Begusarai District, Bihar

By

Deepesh Rajput

*Dissertation submitted in partial fulfillment of award of
MBA Hospital and Health Management*

Academic year, 2017-2019

Care India, Bihar



The IIHMR University, Jaipur

1, Prabhu Dayal Marg, Sanganer, Airport
Jaipur 302029, Rajasthan
Ph: 0141 3924700, Fax: 3924738
Website: www.iihmr.edu.in

TO WHOMSOEVER MAY CONCERN

This is to certify that Dr. Deepesh Rajput, student of MBA Hospital and Health Management from The IIHMR University, Jaipur has undergone internship training at CARE INDIA, BIHAR from 4th February 2019 to 3rdth May 2019.

The Candidate has successfully carried out the study assigned to him during internship training and his approach to the study has been sincere, scientific and analytical.

The Internship is in fulfillment of the course requirements.

I wish him all success in all his future endeavors.

A handwritten signature in blue ink, appearing to read 'Ashok Kaushik'.

(Col) Dr. Ashok Kaushik

Dean, Academics and Student Affairs

The IIHMR University, Jaipur

17 May 2019

A handwritten signature in blue ink, appearing to read 'Dharendra Kumar'.

Dr. Dharendra Kumar

Professor

The IIHMR University, Jaipur

**CARE INDIA**

Solution for Sustainable Development

14, Patliputra Colony

Patna 800 013, Bihar

Tel +91-612-2274957, 2274389, 2270464

Fax +91-612-2274957

www.careindia.org

CIN : U85100DL2008NPL178133

CERTIFICATE

The certificate is awarded to

Deepesh Rajput

In recognition of having successfully completed his
Internship in the department of

Bihar Technical Support Programme
and has successfully completed his Project on

TO ASSESS THE REASON BEHIND LOW ADMISSION IN NUTRITION
REHABILITATION CENTRE OF BEGUSARAI DISTRICT, BIHAR

04th FEB'19- 03rd MAY'19

CARE INDIA, BIHAR

He comes across as a committed, sincere & diligent person who has a strong drive
and
zeal for learning

THE IIMR UNIVERSITY, JAIPUR

CERTIFICATE BY SCHOLAR

This is to certify that the dissertation titled **Knowledge attitude and practice (KAP) of mothers with children less than twenty four months regarding breastfeeding and complimentary feeding in rural population of Begusarai district, BIHAR at CARE INDIA ,BIHAR** and submitted by **Deepesh Rajput, 0556** under the supervision of Dr. Dharendra Kumar for award of MBA in Hospital and Health Management at The IIMR University carried out during the period from 4th February,2019 to 3rdth May, 2019 embodies my original work and has not formed the basis for the award of any degree, diploma associate ship, fellowship, titles in this or any other institute or other similar institution of higher learning.


Signature

CONTANTS

S. No	Topic	Page. No.
1.	About Organization: CARE INDIA	7-10
2.	Bihar State Profile	11
3.	Begusarai District profile	11
4.	Introduction	12
5.	Literature review	13-16
6.	Study Question	16
7.	Objective	16
8.	Methodology	17
9.	Ethical Consideration	18
10.	Results	18-27
11.	Limitation	27
12.	Discussion	27
13.	Conclusion	28
14.	References	29
15.	Annexure	
	Questionnaire	30-33

Acknowledgement

The success of any task would be incomplete without the expression the gratitude to the people who made it possible. Hereby I take this opportunity to express my deep sense of gratitude to all this who have been instrumental in successful completion of my dissertation in CARE INDIA, District Begusarai, Bihar.

At the onset of my report, I would like to acknowledge my sincere thanks to my institute, Institute of Health Management and Research Jaipur for providing me a platform to gain enough knowledge and skills in different aspects of health management and CARE INDIA for believing me on my abilities.

I would like to express my gratitude to Mr. Santosh Kumar, District Team Lead, Begusarai who have shown faith on me and helped me at various stages of my project.

I express my gratitude and respectful regards to my Guide Dr.Dhirendra Kumar, Professor, IIHMR University Jaipur, for his able guidance and useful suggestions, which helped me in completing the project work.

I would also like to thanks to my faculty members wit out which this project would have distance reality.

Finally, and most importantly, I would like to thank my family for their blessings and my seniors and colleagues for their help and wishes for the successful completion of this training.

Deepesh Rajput

MBA-Hospital and Health Management

IIHMR University, Jaipur

LIST OF ABBREVIATIONS

Acronym	Full Form
NHM	National Health Mission
NUHM	National Rural Health Mission
NRHM	National Rural Health Mission
UHC	Rural Health Centre
ANC	Antenatal Care
PNC	Postnatal Care
GIDC	Bihar Industrial Development Corporation
PHC	Primary Health Care
ANM	Auxiliary Nurse Midwife
PHN	Public Health Nurse
SAM	Severe Acute Malnutrition
CMTC	Child Malnourished Treatment Centre
OPD	Out Patient Department
LBW	Low Birth Weight
HBNC	Home-based New Born Care
MO	Medical Officer
KAP	Knowledge attitude and practices
MDG	Millennium Development Goals
MCH	Maternal and child health Feeding

Abstract

Title:

Knowledge attitude and practices (KAP) of mothers with children less than twenty four months regarding exclusive breastfeeding and complimentary feeding in rural population of begusarai district, Bihar.

Author: Deepesh Rajput

Background:

The health of the state depends on its healthy citizen. kids square measure invaluable resources and if the state neglects their health, it'd become a nation of unhealthy citizen. Nutrition of below 2 years kids is of very importance as a result of it will result in long lasting impact on the mental and physical health of the youngsters. Globally, the kid deaths associated with below nutrition in 2011 is 3.1 million annually

Forty-five percent of children under three years of age are underweight, and 44 percent are stunted. The proportion of children who are severely undernourished is also notable—16 percent according to weight-for-age and 23 percent according to height-for-age. Wasting is also quite evident in Bihar, affecting 16 percent of children under three years of age.

Successful implementation of nutritional intervention is an important indicator to achieve Fourth millennium development goal by which reduction of mortality by two third of under five mortality

The present study aimed at assessing the knowledge, attitude, and practices related to breastfeeding and complimentary feeding and identify the relationship between knowledge and attitude.

Objective:

To assess the Knowledge attitude and practices (KAP) of mothers with children less than twenty four months regarding exclusive breastfeeding and complimentary feeding in rural population of begusarai district, Bihar

Research Question:

What is the level of existing Knowledge attitude and practices of mothers with children less than twenty four months regarding exclusive breastfeeding and complimentary feeding in rural population of begusarai district, Bihar?

Methods:

Study design: Convenient Sampling

Study Location- Rural area of Begusarai district of Bihar

Duration of study : 3 months (5th February to 5th may 2019)

Sample size : 100

Sampling Technique

- Using purposive sampling mothers who had children under the age of 24 months and residence of Rural area of Begusarai District of Bihar to be selected.

Data Collection Procedure

- Semi Structured questionnaire.

Data Analysis Procedure

- Using Microsoft Excel 2016

Data collection instrument: Semi structured Questionnaire to contain sections on

- Demographic Performa which included variables such as age, educational status and occupation.
- The knowledge regarding breastfeeding practices
- Attitude regarding breastfeeding practices
- Practices of breastfeeding

Study Population

- The study population were mothers with children less than twenty four months of Rural area of Begusarai District, Bihar.

Inclusion criteria

- Mothers with children less than twenty four months
- Rural population of Begusarai district Bihar
- Mothers who gave allow taking part in the study.

Exclusion criteria

- Mothers who do not want to take part in the study
- Caregivers of the child other than the mother were not a part of study.

Result:

Mother's knowledge regarding breastfeeding is very essential part for child health .The importance of breastfeeding to infant nutrition and prevention of infant morbidity and mortality and also the long chronic diseases is well established

On this study 50 percent have correct knowledge about time to initiate breastfeeding, whereas regarding exclusive breastfeeding only 39 are having appropriate knowledge but as per NFHS4 data of Begusarai the rural area practicing 63.3 percent .The difference may due to the population of slums are not aware about the duration of exclusive breastfeeding .

About the practice of initiating breastfeeding the data shows 65 percent had initiated breastfeeding within one hour and according to NFHS4 data of Begusarai 47.8 percent of rural mothers of fewer than three initiate breastfeeding within one hour, the difference may due to availability of good health service and availability of health care staff to guide the mothers of rural population

Conclusion:

The study has shown that there are some gaps in terms of knowledge & Practice about breastfeeding and complimentary feeding. Like 50 percent of mothers out of 100 mothers have appropriate knowledge that breast feeding should initiate after one hour of birth and 39 percent have knowledge about correct duration of exclusive breastfeeding.. In terms of practice only 41 percent out of 86 mother's breast feed their baby more than 6 month. And the measure reason for stopping breast feeding is due to work and not having enough milk. Further it is concluding that 90 percent belief that nutritious food are expensive. Therefore there is a need to increase knowledge of Rural population regarding exclusive and complimentary breastfeeding through health care staff

REPORT

INTRODUCTION

The wellbeing of the state relies upon its solid resident. kid four-sided figure measure significant assets and if the condition ignores their wellbeing, it is turned into a country of unfortunate native. Sustenance of underneath 24 months children is of exceptionally significance because of it will result in enduring effect on the psychological and physical strength of the youths. All inclusive, the child passing related with beneath sustenance in 2012 is 3.2 million yearly

Fifty-three percent of kids under 3 years old are too thin, and 32 percent are hindered. The extent of kids who are seriously malnourished is additionally eminent—18 percent as indicated by weight-for-age and 31 percent as per tallness for-age. Squandering is likewise very apparent in Bihar, influencing 16 percent of kids under four years old.

Fruitful execution of dietary mediation is a significant marker to accomplish Fourth thousand years improvement objective by which decrease of mortality by two thirds of under -five mortality rate.

The current investigation went for surveying the information, frame of mind, and practices identified with breastfeeding and complimentary bolstering and recognize the connection among learning and mentality.

LITERATURE REVIEW

Sustenance is pivotal for tyke's customary development and advancement. it's very much perceived so as to the span from delivery to two years jumping on might be a "basic casement" chance for the advancement of ideal development, wellbeing and conduct improvement. at the point when a youngster achieves two years , beneath sustenance will consequence in permanent physical and mental harm. On each event partner blameless child endures the scourge of insufficiency sickness the duty go to the care for, the relations and to the network of prelacteal encouraging, points of interest of restrictive treatment, convenient commencement of reciprocal nutritious and food practice.

"Unhealthiness plus go on a diet are at present biggest hazard factors in charge of the worldwide weight of sickness—by a wide margin (Forouzanfara et al. 2017). India face the weight or infections where dietary inadequacies are most normal (Gopalaan,2013). Proteein Eneergy undernourishment is one of the prime wholesome and medical issues in India (Blösner, Moneeka, dee Oniss, and Mercedes, 2007). The PAM prompts deprived development and abnormal state of humanity among kids between 10 months to two years, which is a noteworthy reason for 28 percentage of loss among under five youngsters (Park, 2009). In any event 11 of the 16 Sustainable Development Goals contain markers that are exceptionally applicable for nourishment, mirroring sustenance's focal job in manageable improvement."

As per NFHS 4 data Fifty - three percent of kids less than four years old are

Malnourished and 53 percent are hindered. These extent of kids whose be harshly

Hungry is additionally remarkable—18 percent as per height-for-age and 31 percent

As indicated by tallness for-age. Squandering is additionally very clear in Bihar, influencing 19 percent of

Kids under three years old.

3. Study Questions

What's the dimension of presented information frame of mind or practice of moms with kids under two years in regards to selective breastfeeding and balancing bolstering in Rural populace of Begusarai district, Bihar?

4. Objectives

As evaluate the information frame of mind or practice of moms withs kids under two years in regards to selective breastfeeding and complementary nutritious at Rural populace for Begusarai district, Bihar

5. Methodology

5.1 Learning configuration: Random Descriptive Study

5.2 Studies Place-Rural region of Begusarai area of Bihar

5.3 Time period of project: 3 months (4th feb to 4th may 2019)

5.4 Test estimate: 110

5.5 Saampling method

Using purpose inspecting moms whose have kids younger than two years and living arrangement of Rural zone of Begusarai district of Bihar in the direction of be chosen.

5.6 Data compilation procedure

Partly structured Poll.

5.7 Data analysis procedure

By Micros of excel 2012

5.8 Data accumulation tool: partially organized survey for include segments on

Demographic profile with integrated factors, for example, age, instructive rank and profession.

The learning with respect to breastfeeding rehearses

Attitude with respect to breastfeeding rehearses

Practice of breastfeding

5.9 Study populace

The think about populace where moms its kids under two years of rural zone of Begusarai District, Bihar.

5.10 Inclusion criterion

Mother or youngsters under two years

Rural populace of Begusarai area Bihar

Mothers who gave permit partaking in the investigation.

5.11 Exclusion criterion

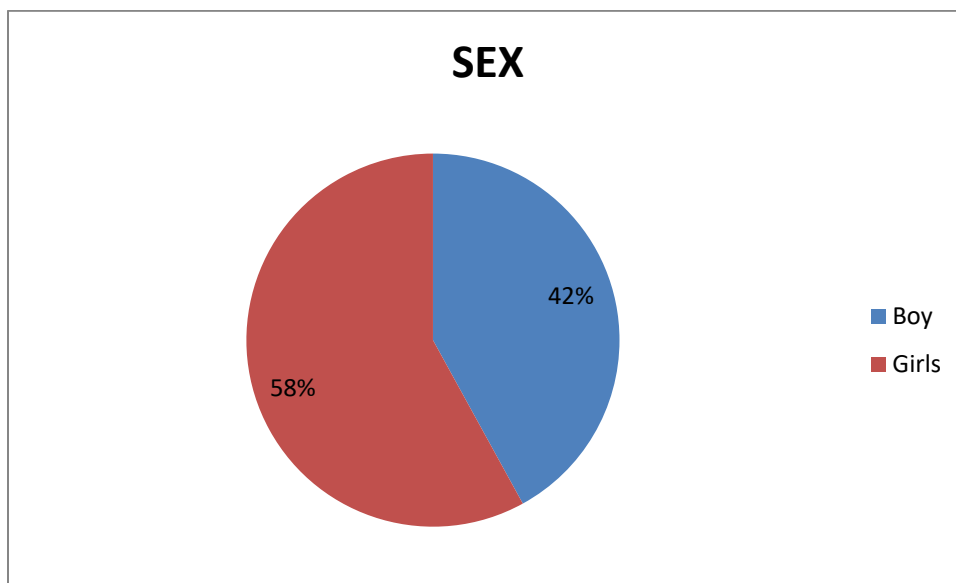
Mother whose would prefer would participate inside the examination

Caretakers' will be tyke further than the look after has not a piece of learning.

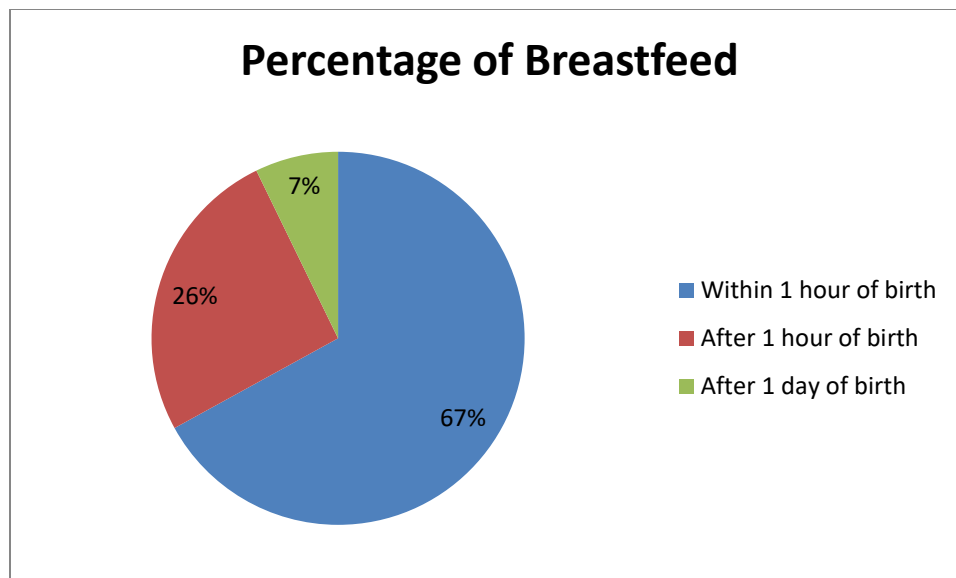
6.Ethical contemplations

Beneficiary will be completely clarified regarding motivation behind these investigation or ramifications of it at that point defrayal any questions of him, the educated assent is gotten guaranteeing his wellbeing alongwith safety of the information got. The information gathered should be utilized for investigate examine as it were.

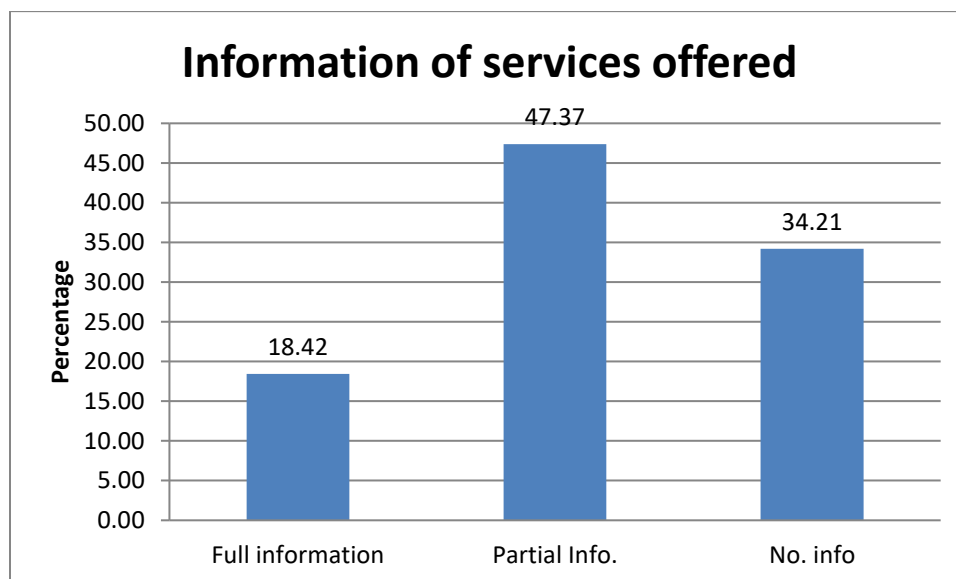
RESULT



Out of 100 children 58 percentages are girl child and 42 percentage are boy child



The diagram shows that 67 percentage of mothers (children) feed their children within 1 hour
Alongwith 26 percentage and 7 percentage after 1 hour and after 1 day.



The following table demonstrate that around 81% parents of beneficiary having partial or no information regarding NRC services and 18.42% parents of beneficiary having full information.

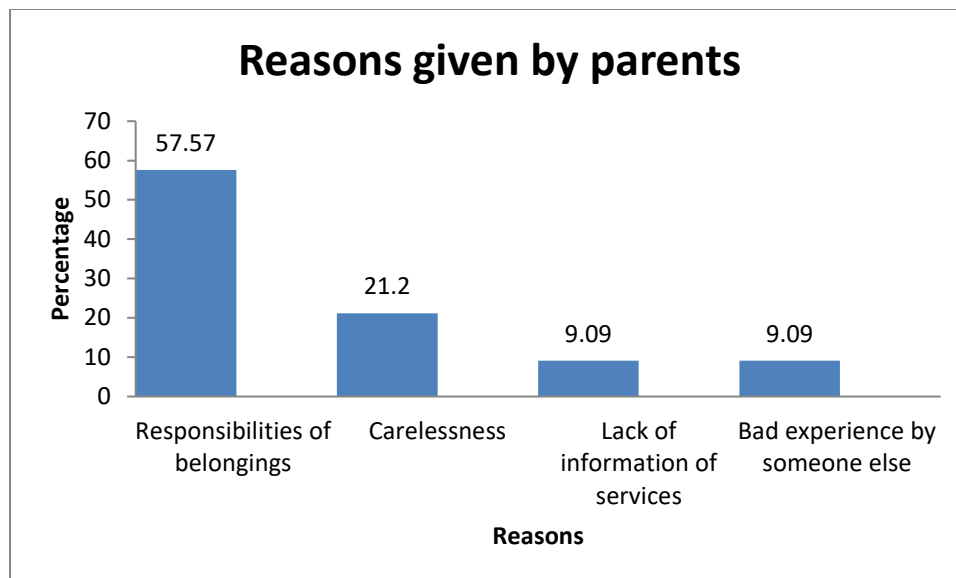


Fig 2. Table reveals that around 57.57 parents of beneficiary did not admitted their children to NRC because they have burden of taking care of their belongings.

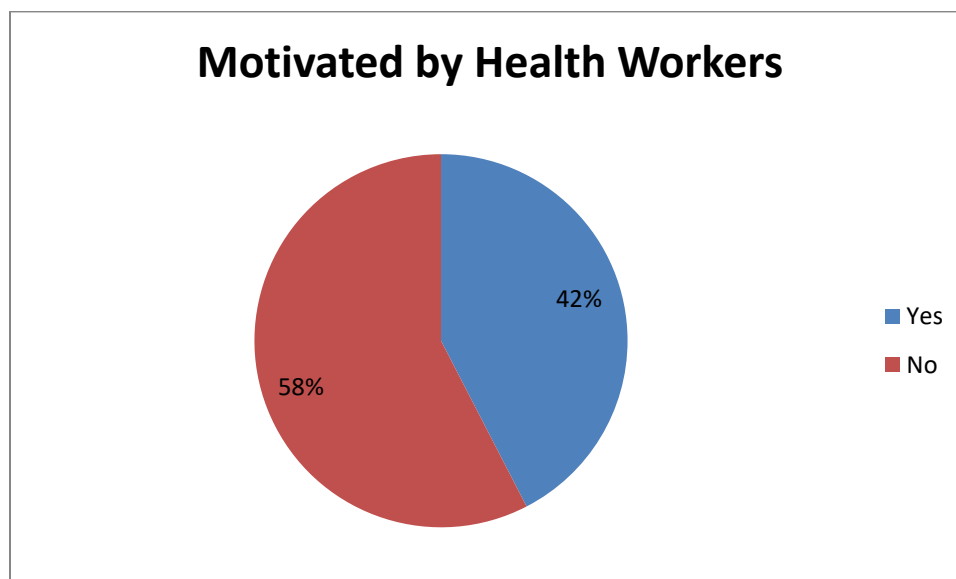


Fig 3. Chart reveals that only 42% parents were motivated by health workers to admit their children in NRC

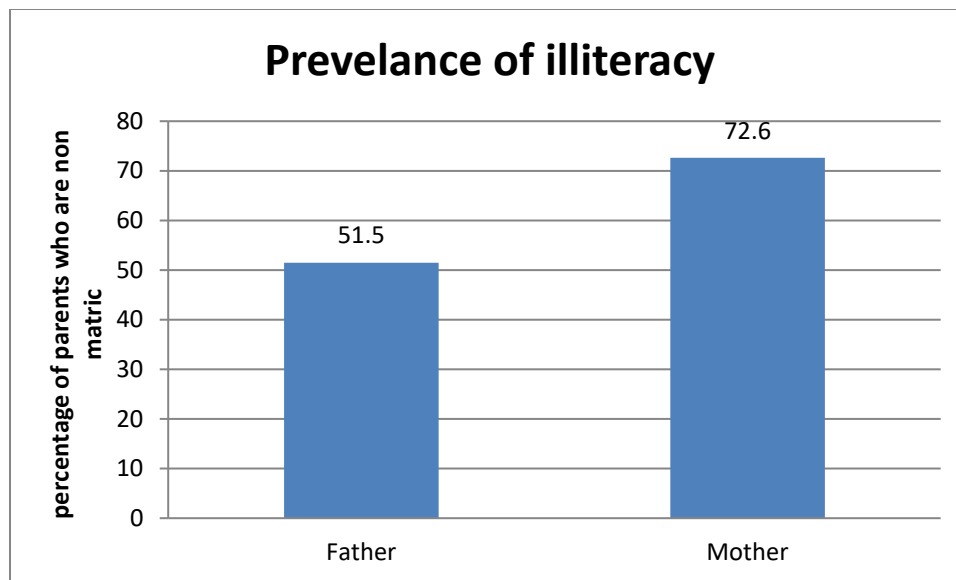
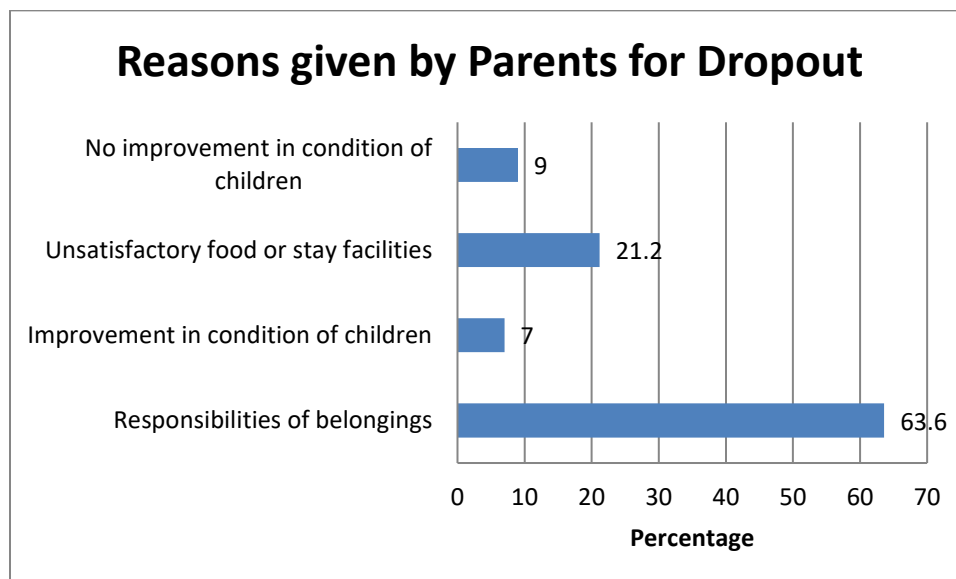
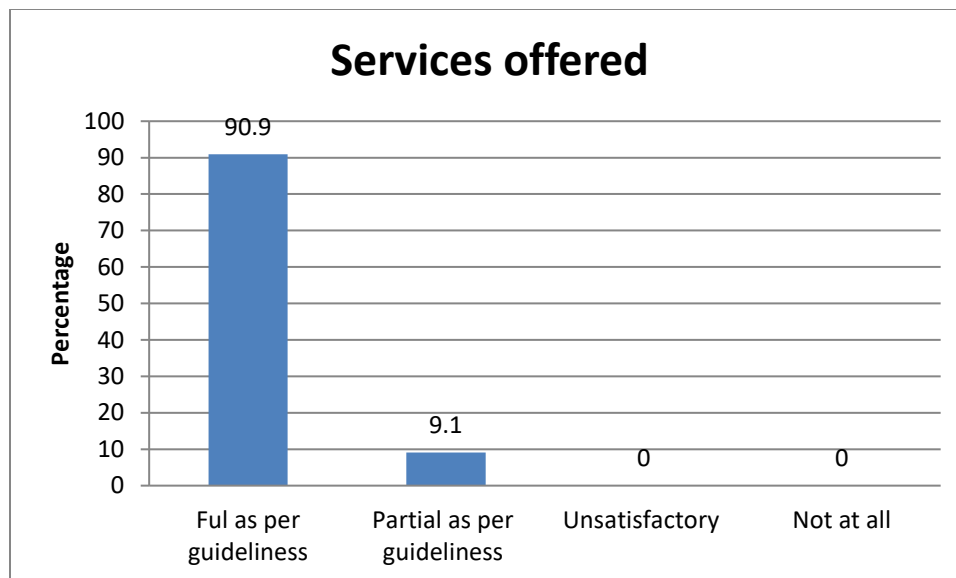


Fig 4. Table reveals that more than 50 % parents of children who didn't went to NRC both father and mother having less than matriculation qualification.





The table shows that 90.9 percent mother of beneficiary children get full information and services get during the treatment of their children

10. Constraint

Verbal communication boundary

Period imperative within during examination

Since of little example estimate it probably won't speak to the entire world into examination.

11. Discussion

"The goal of the examination was to evaluate the information demeanor and practice its moms within kids under two years in regards to breastfeeding and balancing nourishing in Rural populace"

"Mother learning with respect to breastfeeding is basic part for kid wellbeing .The significance of breastfeeding to newborn child sustenance and avoidance of baby dishmalness and mortality and furthermore the long perpetual sicknesses is entrenched"

"On this investigation 48 percent has right information regarding moment to start breastfeeding, though with respect to select breastfeeding just 39 are having suitable learning yet according to NFHS4 information of Begusarai the country region rehearsing 63.3 percent .The distinction may because of the number of inhabitants in ghettos don't know regarding the term of elite breastfeeding."

"Regarding the act it starting breastfeeding these information demonstrates 62 percent has started breastfeeding inside 1 hours or as indicated by NFS 4 information of Begusarai 46.9 % of rustic moms of below 3 start breastfding inside 60 minutes, the distinction may because of accessibility of good wellbeing administration and accessibility of medicinal services staff to manage the moms of Rural populace."

With respect to of moms towards expense of wholesome nourishment the 88 percent these responsible firmly (concur) so as to the healthful sustenance is costly.

3. Discussion

The objective of the study was to assess the Knowledge attitude and practices (KAP) of mothers with children less than twenty four months regarding breastfeeding and complimentary feeding in Rural population

Mother's knowledge regarding breastfeeding is very essential part for child health .The importance of breastfeeding to infant nutrition and prevention of infant morbidity and mortality and also the long chronic diseases is well established

On this study 50 percent have correct knowledge about time to initiate breastfeeding, whereas regarding exclusive breastfeeding only 39 are having appropriate knowledge but as per NFHS4 data of Begusarai the rural area practicing 63.3 percent .The difference may due to the population of slums are not aware about the duration of exclusive breastfeeding .

About the practice of initiating breastfeeding the data shows 65 percent had initiated breastfeeding within one hour and according to NFHS4 data of Begusarai 47.8 percent of rural mothers of under three initiate breastfeeding within one hour, the difference may be due to availability of good health service and availability of health care staff to guide the mothers of Rural population.

Regarding attitude of mothers towards cost of nutritional food the 90 percent of the respondent strongly (agree) that the nutritional foods are expensive

12. Conclusion

"The examination has appeared these were a few holes as far as information and observe concerning breastfeeding and complementary encouraging. Like 49 percent of moms out of 99 moms has proper information these mothers encouraging would start following 1 hour's of birth and 41% know regarding right span of selective breastfeeding. As far as training just 39 percent out of 78 mother mothers nourish their child over half year. What's more, the measure purpose behind ceasing breast nourishing is because of occupation or not has sufficient food. Further it is reasoning that 89 percent conviction that nutritional nourishments is exclusive. Hence this is a need to expand information of Rural populace in regards to restrictive and complimentary breastfeeding through social insurance staff"

13. References-

1. National Family Health Survey - 4; 2015 -16; India Fact Sheet
2. National Family Health Survey - 4; 2015 -16; Bihar Fact Sheet
3. <http://www.census2011.co.in> the 15th National census survey of India
4. Maternal & child nutrition: new dimensions of the dual nutrition burden; Indian J Med Res 130, November 2009, pp 575-578.
5. Nutritional status of children in India: household socio-economic condition as the contextual determinant; Kanjilal et al. International Journal for Equity in Health 2010, 9:19.

6. World Health Organization. (2001). The World Health Organization's infant feeding recommendation. Retrieved January 28, 2016, from http://www.who.int/nutrition/topics/infantfeeding_recommendation/en/index.html
7. Infant and Young Child Feeding Guidelines, 2016. Satish Tiwari, Ketan Bharadva, Bbalraj Yadav, Sushma Malik, Prashant Gangal, Cr Banapurmath, Zeeba zaka-ur-rab, Urmila Deshmukh, Visheshkumar and RK Agrawal, for the IYCF chapter of Jap
8. Sriram, S., Soni, P., Thanvi, R., Prajapati, N., & Mehariya, K. M. Knowledge, attitude and practices of mothers regarding infant feeding practices. National Journal of Community Medicine, 3(2) (2013).
9. Lodha, S., & Bharti, V. Assessment of complimentary feeding practices and misconceptions regarding foods in young mothers. International Journal of Food and Nutritional Sciences, 2(3), 85-90.(2013).
10. Bhandari, N., Mazumder, S., Bahl, R., Martines, J., Black, R. E., & Bhan, M. K. An educational intervention to promote appropriate complementary feeding practices and physical growth in infants and young children in rural Haryana, India. The Journal of nutrition, 134(9), 2342-2348.(2004).

Annexure

Questioners

My name is Deepesh Rajput. I am a MBA student in Health and Hospital Management at the IIHMR University Jaipur Rajasthan. As part of my studies, I am carrying out a research study on the **Knowledge attitude and practices (KAP) of mothers with children less than twenty four months regarding exclusive breastfeeding and complimentary feeding in Rural population of Begusarai District, Bihar**. You and your child's participation in this research is entirely voluntary. You may change your mind later and stop participating even if you agreed earlier. Any information you provide including you and/or your child's identity will be treated with utmost confidentiality. The information will not be used for purposes other than the ones disclosed in this study.

Interview Date.....

Study No.....

Section A: Socio demographic Information

Mother's bio data

1. Mother's age (years).....
2. Marital status: single..... Married Separated.....divorced.....Widowed....
3. Mothers religion: Hindu..... MuslimChristian.....others.....Specify
4. Number of children in the family.....
5. Number of living children including the current one:

Child's bio data

6. Age of the child (months).....
7. Sex of the child a) male.....b) female.....

8. Birth order.....

B: Knowledge on breastfeeding

1. At what time should the newborn be initiated to breastfeeding?

- a. Within one hour after birth
- b. After one hour following birth
- c. After one day after birth
- d. Other. Specify
- e. I don't know/Not sure

2. How often should you breastfeed your baby?

- a) On demand
- b) According to the timetable
- c) Not sure

3. How long should you breast feed before giving other feeds? months.

4. When should a mother start adding foods to breastfeeding?months.

5. After introducing other solid foods, how long should you continue breast feeding?months

6. What is your source of information on feeding your child? Tick all that apply

- a) Family members
- b) Relatives
- c) Medical staff
- d) Media
- e) Other (specify)

C: Feeding Practices

1. When did you initiate breastfeeding?

- a) Within one hour after birth
- b) After one hour following birth
- c) After one day after birth
- d) Other (Specify)
- e) Doesn't know/Not sure

2. Did your baby receive anything else before receiving breast-milk (any food or liquid other than breast milk)?

- a) Yes
- b) No

If yes, specify

3. Did the baby receive the first milk (colostrums)?

- a) Yes
- b) No

4. Did you breastfeed exclusively for six months?

- a) Yes
- b) No

5. At what age did you start feeding the baby on complimentary foods?

6. If introduced earlier than six months, what were the reasons for introducing complementary foods.....

- a) Baby was crying a lot e. Others (specify)

b) Work

c) Mother didn't have enough milk

d) Illness

7. Are you still breastfeeding?

a) Yes

b) No

If no, at what age did you stop breastfeeding your child?

8. What were the reasons for stopping breastfeeding before twenty four months?

9. How many times per day do you feed your child.....?

10. Who takes care of baby when you are away from home/work? Tick all that apply

a) Mother takes her child with her..... e) Other relative (specify).....

b) Grandmother f) Neighbours/friends.....

c) Husband..... h) Other (specify).....

d) Older children.....

D: Attitudes

	Statement	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1	First milk (colostrums) very nutritious to baby					
2	It is important to give the baby some water, honey and other solid foods during the first six months after birth.					

3	Nutritious food are expensive					
4	Feeding should be stopped during illness.					