

Knowledge Attitude & Practices (KAP) of Mothers with Children Less Than Twenty Four Months Regarding Exclusive Breastfeeding & Complimentary Feeding in Rural Population of Barauni Block, Begusarai District, Bihar

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Introduction and Literature review

1. Introduction

The health of the state depends on its healthy citizen. kids square measure invaluable resources and if the state neglects their health, it become a nation of unhealthy citizen. Nutrition of below two 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.

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- 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.

Literature Review

Nutrition is crucial for child's traditional growth and development. it's well recognized that the duration from birth to 2 years getting on may be a "critical window" chance for the promotion of optimum growth, health and behaviour rural development. when a child reaches two years , below nutrition will result in irreversible physical and psychological damage. On every occasion associate innocent kid suffers the scourge of deficiency disease the responsibility goes to the mother, the family and to the community of pre-lacteal feeding, advantages of exclusive nursing, timely initiation of complementary feeding and dietary practices.

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- “Malnutrition and diet are currently largest risk factors responsible for the global burden of disease—by far (Forouzanfar et al. 2015). India faces the burden of diseases in which nutritional deficiencies are most common (Gopalan,2013).
- Protein Energy Malnutrition (PEM) is one of the prime nutritional and health problems in India (Blössner, Monika, de Onis, & Mercedes, 2005). The PEM leads to poor growth and high level of mortality among children between 12 to 24 months, which is a major cause of 30% of death among under-five children (Park, 2007).
- At least 12 of the 17 Sustainable Development Goals contain indicators that are highly relevant for nutrition, reflecting nutrition’s central role in sustainable development.”

CONTD..

- According to NFHS 4 data Fifty-three 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 Gujarat, affecting 16 percent of
- Children under three years of age.

Study 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 urban population of Begusarai District, Bihar?

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 Barauni, Begusarai District, Bihar

Methodology

Study design: Convenient sampling

Study Location- Rural area of Begusarai district of Bihar

Duration of study: 3 months (forthth February to 3rd 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 urban area of Begusarai District, Bihar.

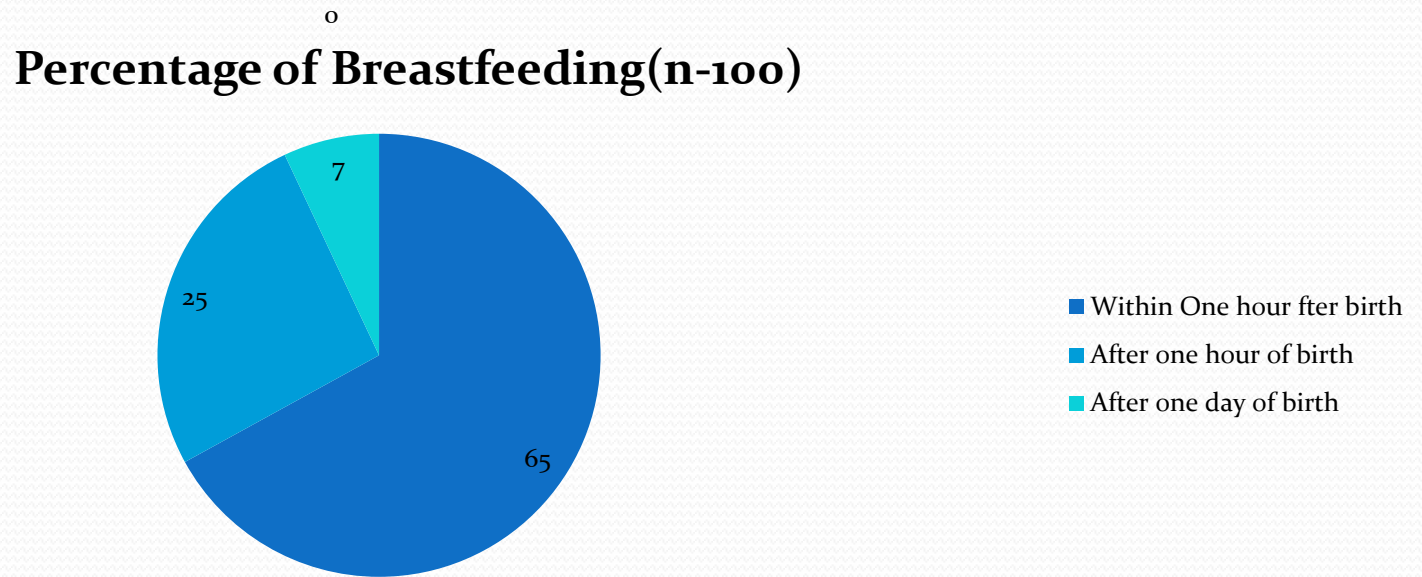
Inclusion criteria

- Mothers with children less than twenty four months
- Rural population of Begusarai district Bihar
- Mothers who gave allow to take 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



The above figure saying most of the mother that is 65 percent was breast feed their baby within one hour after birth followed by 25 percent after one hour and 7 percent after one day of birth

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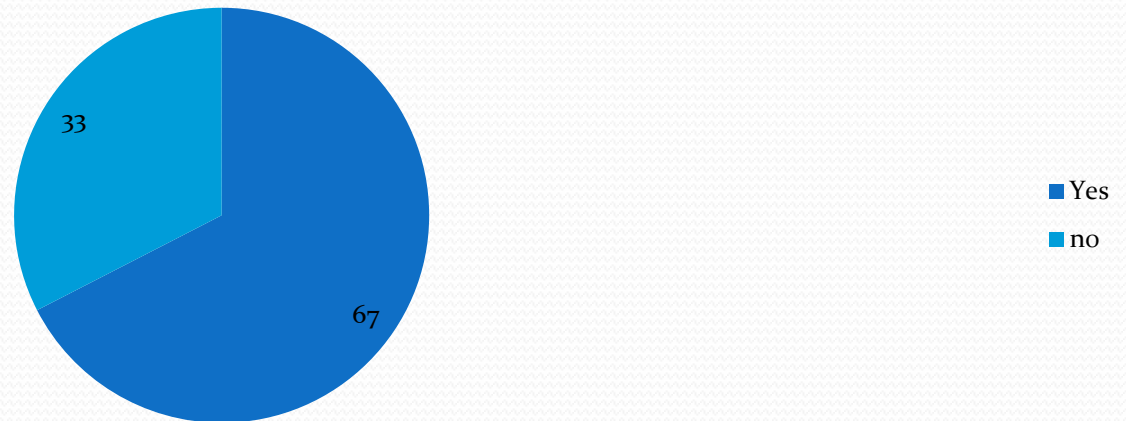
Percentage of baby fed on food or liquid before initiating breastfeeding(n=100)



On the above figure describe that almost all that is 89 percent of mothers do not fed any liquid or food before initiating breast feeding and only 11 percent said yes

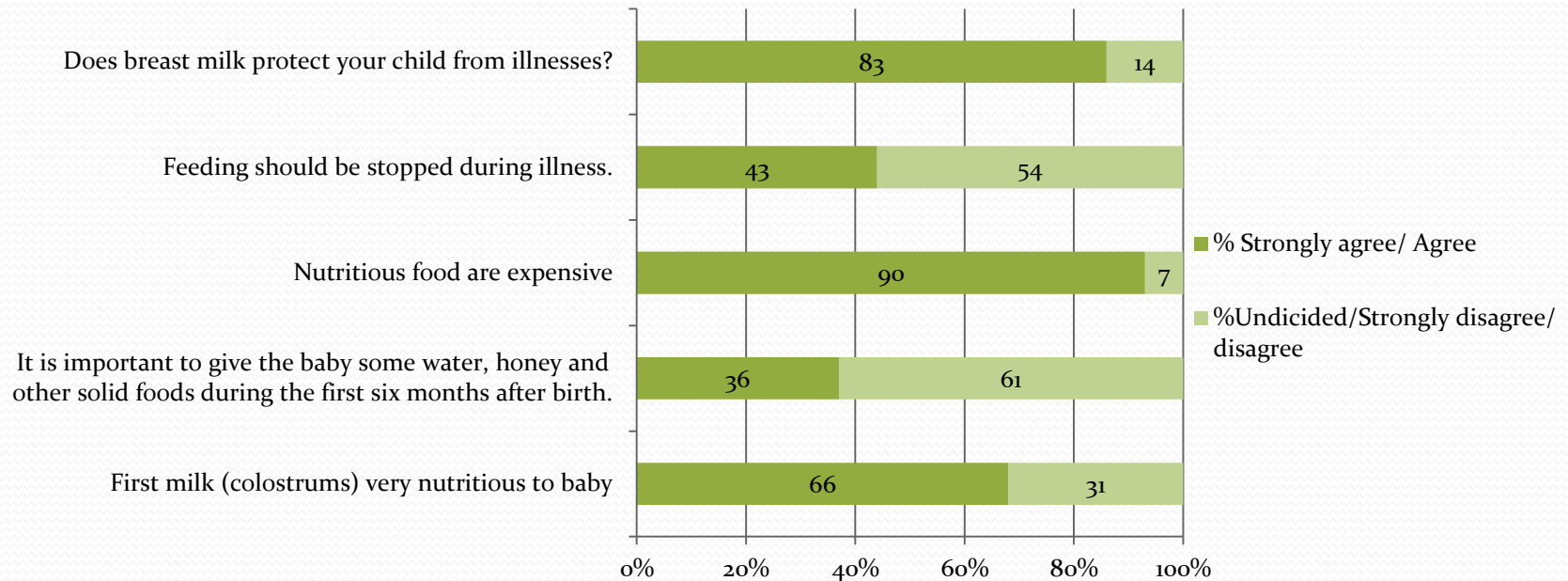
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% of mothrs Breastfeed exclusivly for 6 months(n=86)



The fig is about duration of practice of exclusive breast feed and the data shows that out of 86 mothers 67 percent exclusively breast feed their child for months and 33 percent said no

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The Fig shows the attitude of mothers towards breast feeding and complimentary feeding of 100 mother's .It says that 66 percent mothers strongly (agree) that the colostrums i.e first milk of mothers is nutritious to their baby. Further the attitude towards the exclusive breastfeeding, the 61 Percent mothers strongly (disagree) that they should not give any other food rather than breast milk. About the attitude towards nutritious food price in market almost all that is 90 percent strongly (agree) that nutritious food is expensive.

Suggestions

- Increased awareness levels regarding exclusive breastfeeding & complimentary feeding among mother of 24 months of child.
- IEC at all facility levels.
- Provide instructions after delivery regarding how to exclusive breastfeed and complementary feeding among mothers

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

References-

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