Original Research Article

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A study of knowledge and practice of breast feeding in urban slum area under urban health centre in Solapur city, Western Maharashtra

Rupali R. Rajput, Santosh J. Haralkar*, Suresh K. Mangulikar

Department of Community Medicine, Dr. V.M. Government Medical College, Solapur, Maharashtra, India

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*Correspondence: Dr. Santosh J. Haralkar,

E-mail: drsjharalkar@yahoo.co.in

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ABSTRACT

Background: Country wide data from National Family Health Survey-III (2005-2006) documented that only 24.5% mothers initiated breastfeeding within desired one hour after the birth and almost 45 percent did not start breastfeeding within one day of birth. As many as 57% women practiced prelacteal feeding, proportion of exclusively breastfed infants at 6 months of age was 46.4%.

Methods: The proposed study included cross sectional study of socio-demographic features and breast feeding profile of mothers attending Urban Health Training Centre. 400 mothers of infants aged 6-12 months were interviewed using pretested semi-structured questionnaire. Details about the socio-demographic characteristics and breast feeding practices and knowledge about breast feeding were obtained. Then results were analyzed at the end of data collection. **Results:** In the present study, out of 400 mothers, 41.25% mothers practice exclusive breast feeding. The knowledge of mothers about the breast feeding, among this knowledge regarding time of initiation of breast feeding after normal delivery and caesarean section was maximum i.e. 93.25%, followed by 57.25% mothers having knowledge regarding duration of exclusive breast feeding. The mothers having minimum knowledge was regarding continuation of breast feeding i.e. 40.25%.

Conclusions: This study throws light on the mothers knowledge about breast feeding and what they actually practice. Breastfeeding practices like exclusive breast feeding, prelacteal feeding was less than the national average.

Keywords: Breast feeding, Exclusive breast feeding, Prelacteal feeding, Socio-demographic

INTRODUCTION

As per UNICEF global databases 2015, globally only about two fifth of children benefit from exclusive breast feeding. Percentage of children worldwide put to the breast within one hour of birth is 44%. Exclusively breastfed (0-6 months) is 39%; children's receiving solid, semi-solid or soft foods (6-8 months) is 65% and continuing to be breastfed at 1 year is 74%. Continued breast feeding up to 2 years (20-24 months) is 49%. In India though breastfeeding is nearly universal, very few children begin breastfeeding immediately after birth. Countrywide data from National Family Health Survey-III (2005-2006) documented that only 24.5% mothers

initiated breastfeeding within desired one hour after the birth and almost 45 percent did not start breastfeeding within one day of birth. As many as 57% women practiced prelacteal feeding, proportion of exclusively breastfed infants at 6 months of age was 46.4%. At age 6-8 months, only 53 percent children were given timely complementary feedings (breast milk and complementary food) which later increased to 74 percent at age 9-11 months.² With this background, this study was conducted to assess the infant feeding practices in an urban slum and the knowledge of mother regarding it. The findings of the study can be used to change the attitude of mothers toward the breast feeding and have healthy child rearing practices.

METHODS

Study area

The study has been carried out in the slum area, catered by Urban Health Training Centre of the Department of Community Medicine.

Study type and design

The study was community based descriptive study with cross sectional design.

Study period

The period of study was from January 2015 to June 2016.

Sampling frame

Consisted of all mothers having infants of age 6-12 months residing in urban slum field practice area catered by Urban Health Training Centre, of the Department of Community Medicine.

Sampling unit

A mother having infant of age 6-12 months in study area.

Sample size

The urban field practice area consists of 30,000 population of which 16,600 is residing in slum area. According to National Family Health Survey-3, exclusive breast feeding in India is 46.4%. With precision level of 5% and level of significance set at 5% with 95% confidence interval, the sample size is 400.³

Selection of sample

List of mothers whose infants were between 6-12 months was obtained from Anganwadi centres of urban slum area of urban health training center under department of community medicine and the slum area adjacent to it.

Detailed research plan

The proposed study included cross sectional study of socio-demographic features and breast feeding profile of mothers attending Urban Health Training Centre. 400 mothers of infants aged 6-12 months were interviewed using pretested semi-structured questionnaire. Details about the socio-demographic characteristics and breast feeding practices were obtained. Then results were analyzed at the end of data collection.

Data analysis

Descriptive and inferential analysis of data was carried out using qualitative and quantitative methods with hypothesis testing by appropriate test of significance.³

RESULTS

Out of 400 mothers of infant's age group (6 months to 1 year), 90.5% mothers were literate and 9.5% mothers were Illiterate. Maximum numbers of mothers i.e. 92.75% were nonworking and 7.25% were working. Distributions of mothers according to type of religion showed that maximum number of mothers were Muslim by religion (56%). Maximum no. of mothers was (43.75%) belonged to three generation family and minimum i.e. 26.5% mothers were from joint family (Table 1).

Table 1: Socio-demographic profile of mothers.

Socio-demographic factors	Characteristics	No. (%)	Test	P value	
	Illiterate	38 (9.5)			
	Primary	37 (9.25)			
	Secondary	268 (67)	$X^2 = 243.46$		
	Higher secondary	37 (9.25)	A = 243.40 d.f.=5	P<0.01	
Education	Graduate	13 (3.25)	u.1.–3		
	Post graduate	07 (1.75)			
	Total	400 (100)			
	working	29 (7.25)			
Occupation	Nonworking	371 (92.75)	Z = 17.10	P<0.01	
	Total	400 (100)			
	Hindu	144 (36)			
Religion	Muslim	224 (56)	$X^2 = 139.52$	P<0.01	
	Buddhist	32 (8)	d.f.=2	P<0.01	
	Total	400 (100)			
	Nuclear	119 (29.75)			
Type of family	Joint	106 (26.5)	$X^2 = 20.165$	P<0.01	
Type of family	Three generation	175 (43.75)	d.f.=2	r<0.01	
	Total	400 (100)			

Out of total 400 mothers, the practice of breast feeding was studied. 90.5% mothers fed colostrum to their babies while 9.5% did not fed colostrums to their babies. The practice of feeding colostrum was statistically significantly high in mothers than not feeding colostrum (Figure 1).

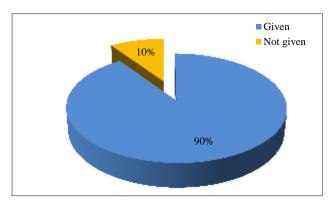


Figure 1: Distribution of mothers according to practice of colostrum feeding.

Z test value = 16.20, p<0.01 Significant.

In the present study, out of 400 mothers, 41.25% mothers practice exclusive breast feeding while 58.75% mothers did not practice exclusive breast feeding. Most of the mothers, those who not practice exclusive breast feeding was found to be statistically significantly (Table 2).

Table 2: Distribution of mothers according to practice of exclusive breast feeding.

Practice of exclusive breast feeding	No. (%)
Yes	165 (41.25)
No	235 (58.75)
Total	400 (100)

Z test value=3.4, p<0.01, significant.

In the present study out of 400 mothers, maximum no of mothers i.e. 51.75% mothers given complementary feed

after 6 months and 28% started complementary feeding at 6 months. There were 14.75% mothers who not given complementary feeding to their babies (Table 3).

Table 3: Distribution of mothers according to their infants age of initiation of complementary feeding.

Age of initiation of complementary feeding	No. (%)
6 months	112 (28)
<6 months	22 (5.5)
>6 months	207 (51.75)
Not started	59 (14.75)
Total	400 (100)

In the present study out of 400 mothers, 26.75% mothers gave prelacteal feed to their babies while 73.25% did not gave it to their babies (Table 4).

Table 4: Distribution of mothers according to prelacteal feeding.

Prelacteal feed	No. (%)
Given	107 (26.75)
Not given	293 (73.25)
Total	400 (100)

Z test value = 9.30, p<0.01, significant.

Table 5: Knowledge regarding colostrum feeding.

Knowledge of colostrum feeding	No. of mothers (%)		
Satisfactory	389 (97.25)		
Unsatisfactory	011 (2.75)		
Total	400 (100)		

Z test value =19.93, p<0.01, stastically significant.

The proportion of having satisfactory knowledge (97.25%) of colostrum was more than having unsatisfactory knowledge (2.75%) (Table 5).

Table 6: Knowledge regarding breast feeding.

Sr.	Characteristics	Yes	No	Total		
no.	Characteristics	No. (%)	No. (%)		Z test	P value
1	Knowledge regarding duration of EBF	229 (57.25)	171 (42.75)	400	2.9	< 0.01
2	Knowledge regarding time of initiation of breast feeding after normal delivery and caesarean section	373 (93.25)	027 (6.75)	400	17.3	<0.01
3	Knowledge regarding continuation of breast feeding	161 (40.25)	239 (57.75)	400	3.90	< 0.01

Z test, P<0.01, significant.

The knowledge of mothers about the breast feeding, among this knowledge regarding time of initiation of breast feeding after normal delivery and caesarean section was maximum i.e. 93.25%, followed by 57.25% mothers having knowledge regarding duration of exclusive breast

feeding. The mothers having minimum knowledge was regarding continuation of breast feeding i.e. 40.25% and which was found to be statistically significant (p<0.01) (Table 6).

DISCUSSION

This study is a cross sectional study to find the practice and knowledge of breast feeding among the mothers of 6 month to 1 year of age in community under urban health centre of government medical college. In present study the proportion of having satisfactory knowledge of colostrum was more than having unsatisfactory knowledge. Similar findings were observed in Choudhary et al and Sharanya et al. A study done by Choudhary et al found that 82.2% mother had good knowledge regarding colostrum feeding and 32.5% had no knowledge about colostrum feeding. Study done by Sharanya et al found that 82.7% knew that colostrum feeding should be given to the child, the findings similar to present study.

In present study, 57.25% of mothers having knowledge regarding duration of EBF. Among the total mothers, 93.25% of mothers were having knowledge regarding time of initiation of breast feeding after normal delivery and caesarean section. Maximum no. of mothers (97.75%) were having knowledge regarding continuation of breast feeding during baby's illness and minimum no. of mothers (40.25%) were having knowledge regarding continuation of breast feeding. Compared to our study, in the study done by Rajesh et al it was found that though 86% of mothers had knowledge on exclusive breast feeding only 64% of them were able to practice it for up to six months which was higher than present study. In contrast to present study Yadavannavar et al found that, 81.19% mothers had no knowledge regarding exclusive breast feeding and only 13.36% of mother's practised exclusive breast feeding upto 4 months.⁷ In a study done by Bobhate et al it was observed that 22.9% subjects were not practicing EBF despite having adequate knowledge about EBF.8 Lower level of knowledge regarding exclusive breast feeding (34.97%) than present study was found in study done by Maiti et al. Sriram et al it was found that 96% mothers had a knowledge of exclusive breast feeding but only 68.67% mothers practiced it.10

In study done by Maiti et al found that 52.78% had knowledge about initiation of breast feeding within 0.5-1 hr of birth. In another Study done by Sharanya et al, 58.7% of mothers knew that breastfeeding should be initiated within 1 hour.

In contrast to present study higher level of knowledge found regarding continuation of breast feeding in study done by Rajesh et al, it was observed in the study that, 78% of the mothers were aware that continuous breast feeding up to two years of age was good to the child but only 59% of them were able to breast fed their children beyond one year of age.⁶

Limitations

In present study we are accessing the knowledge and practice of breast feeding among the mothers of infants

between the age group of 6 month to 1 year. There is chances of recall bias.

CONCLUSION

This study throws light on the mother's knowledge about breast feeding and what they actually practice. Breastfeeding practices like exclusive breast feeding, prelacteal feeding was less than the national average in present urban slum population despite of good knowledge about breast feeding to mothers. So more concentration on education of mothers regarding EBF for 6 months and proper complimentary feeding >6 months with less expensive, culturally acceptable and locally available food should be done especially in urban slum.

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Institutional Ethics Committee

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