

# To Assess the Knowledge Regarding Breast Feeding among Postnatal Mothers in Postnatal Ward of V.S Hospital, Ahmedabad

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**Abstract:** *Breast feeding is the best way of providing ideal food for healthy growth and development of infants, and its advantages range from physiological to psychological for both mother and infants. It is well-known that breast feeding influences a child's health positively and improves nutritional status. A survey approach was considered most suitable for this study as the aim of the study is to assess the knowledge of the postnatal mother on breastfeeding in postnatal ward of V.S hospital. Using survey research design the investigator has collected 50 samples using simple random sampling technique. Distribution of percentage shows that 14(28%) had good knowledge, 33(66%) had average knowledge and 3(6%) had poor knowledge.*

**Keywords:** Assess, Knowledge, Breastfeeding, Postnatal Mothers, Postnatal Ward

## 1. Introduction

Breastfeeding is an ideal feed for healthy growth and development of infants. It has an undisputed biological and emotional influence on the health of mother and child. Other benefits against diseases for infants and birth spacing for mother are also established. It is for this reasons that ANMS and CHNS working for maternal and child health care at primary health care level should make every effort to create awareness of breastfeeding. Breastfeeding is the ideal form of feeding in the neonate. Artificial feeding exposes the infant to infection and results in over a million deaths annually worldwide due to its effect. World breastfeeding week is celebrated on august first week [1-7 days]. Early breastfeeding within one hour and exclusive breastfeeding for the six months are the key interventions. Breastfeeding is also linked with childhood intelligence and adult health. A recent Indian study has been found that breastfeed babies have significantly higher total cholesterol and LDL cholesterol compared to mixed feed babies in the first 6 months of life.

### 1.1 Need of the Study

Exclusive breastfeeding dramatically reduce infant death in developing countries by reducing diarrheal and infectious disease. Exclusive breastfeed infant feed anywhere from 6-14 time a day. Newborn consume from 30-90ml per feed. Breastfeeding protects, promotes and supports to the postnatal mother and provides diversity and the majority of mother's breastfeed on the day of delivery while 31.6% of mother rejected colostrums as bad for the child. Data for demographic health surveys and reproductive health surveys shows that 90% of children are breast feed yet only a minority of infants are breastfeed optimal ways. In most of the countries less than 50% of infant are breastfeed within one hour of birth, less than half are exclusively breastfeed. A number of strategies have been used to promote optimal breastfeed behaviour but most of effect concentrate only at the time of delivery and at the time of discharge from the hospitals.

### 1.2 Statement of the Problem

“A Study To Assess The Knowledge Regarding Breast Feeding Among Postnatal Mothers In Postnatal Ward Of V.S Hospital”, Ahmedabad.”

### 1.3 Objectives

- 1) To assess the knowledge regarding breast feeding in postnatal mothers.
- 2) To assess the knowledge regarding breast feeding technique in post natal mothers.

### 1.4 Assumption

- 1) The young post natal mothers will have less knowledge on breastfeeding than the old postnatal mothers.
- 2) The postnatal mothers who are less educated will have less knowledge on breastfeeding than the educated mothers.
- 3) The multipara mother will have knowledge on breastfeeding more than the primi mothers.

## 2. Methodology

This chapter discuss the methodology adopted for the study and include research approach, design setting for the study, population, and Sample, sampling technique, validity of tool, data collection, procedure and plan for analysis.

### Research Approach and Rationale

The approach indicates the basic procedure for conducting research. The choice of the appropriate approach depends upon the purpose of the study. A survey approach was considered most suitable for this study as the aim of the study is to assess the knowledge of the postnatal mother on breastfeeding in postnatal ward of V.S hospital. As name indicates it is design to describe to get maximum benefits out of descriptive research. Here the investigator uses descriptive study to identify the knowledge of postnatal

mothers regarding the breastfeeding in postnatal ward of V.S hospitals.

**Research Design**

Research design selected for present study is descriptive survey design. It is blue print for conduct of a study.

**Study variable**

In this study the variable are: Age, Education, Economic condition, No of delivery, No of baby, source of information.

**Research Setting**

Setting refers to the areas where the study is conducted. The present study areas are V.S hospital Ahmadabad which include the postnatal ward in V.S general hospital.

**Target Population**

The target population of this study consist of the all the postnatal mothers admitted in the postnatal ward of V.S hospital of Ahmadabad city.

**Sample Size and Sampling Technique**

Sampling is process of selecting a portion of the population is represent the entire population. Sampling is necessary because it is more economical and efficient to work with small group of elements. The population for the study was postnatal mothers at V.S hospital in Ahmadabad districts. Sample size of this study consisted of 50 postnatal mothers admitted in the postnatal ward of vs. hospital Ahmadabad

**Sampling Techniques**

The investigator has adopted simple random technique for the selection of sample. Samples who met the selection criteria were selected. The investigator had prepared the list of postnatal mothers from the admission register of ward 1 & 2. The investigator had selected 25 samples each from both the wards with lottery method. Total 50 samples were selected for a two day.

**Criteria for Sample Selection**

**Inclusion Criteria**

- 1) The post-natal mothers with normal vaginal delivery.
- 2) The post-natal mother who is willing to participate in research study.
- 3) The post-natal mothers who are knowing Gujarati language.
- 4) The post-natal mothers those who are presents at the time of data collection.

**Exclusion Criteria**

- 1) Those who are not willing to participate.
- 2) Who are not available at the time of data collection.
- 3) Who do not know Gujarati language.

**Selection of Tool for Data Collection**

Based on the objective of the study the investigator was prepared a structured knowledge questionnaire to assess the knowledge of postnatal mothers on breastfeeding in postnatal ward of V.S hospital.

**Construction of Tool:** The development of tool was a step by step procedure. The investigator reviewed the literature on breastfeeding such as books, articles published and unpublished thesis to develop the tool. A Structured knowledge Questionnaire was developed and total 30 Structured knowledge questionnaire was made related to breastfeeding were formed.

**Description of Tool**

The Questionnaire was developed in 2 sections. There are 30 Questions.

Section -1 consists of demographical data regarding postnatal mother such as age, education, economic status, no of delivery, no of postnatal days, source of information..

Section 2: includes Structured knowledge Questionnaire regarding breastfeeding. It includes 2 Questions are from introduction 8 Questions from method, 5 Questions each on advantages complication and duration. The Questions were taken from the areas like introduction, method, duration, position, advantages, complication.

**Analysis and interpretation of the demographic data:**

The data collected in tabulated organized and present under the following and consist of two sections.

**Section 1:** Analysis and interpretation of the personal data of sample such as age, education qualification, number of children, economic status, number of postnatal days and source of information.

**Section 2:** Analysis and interpretation of the knowledge level of postnatal mother about breastfeeding technique.

S. No.	Variable	Frequency	Percentage (%)
1	Age:		
	<20 year	1	2%
	21-25 year	25	50%
	26-30 year	14	28%
	31-35 year	5	10%
	Above age of 36 year	5	10%
2	Education Qualification		
	Illiterate	14	28%
	Primary education	20	40%
	Secondary education	14	28%
	Higher secondary education	2	4%
	Graduate or above	0	0%
3	Number of Children		
	1	3	6%
	2	29	58%
	3	13	26%
	4	4	8%
	More than 4	1	2%
4	Economic Status		
	<2500/month	3	6%
	2501-5000/month	23	46%
	5001-10,000/month	18	36%
	10,001-15,000/month	3	6%
	>15,001/month	3	6%
5	Number of Postnatal Days		
	1	3	6%
	2	33	66%
	3	10	20%
	4	2	4%
	More than 4	2	4%

Source of Information			
6	Newspaper	7	14%
	Telephone	5	10%
	Friends	4	8%
	Family	25	50%
	Other	9	18%

Frequency percentage wise distribution by characteristics of sample as age, education qualification, number of children, economic status, number of postnatal days and source of information. (N-50). The above table reveals that 50 samples under final data collection 2% was below 20 years, 50% was 21-25 years, 28% was 26-30 years, 10% was 31-35 years, 10% of above age of 35 years.

It was revealed from above table that 28% were illiterate, 40% had primary education, 28% had secondary education, 4% had higher secondary education, 0% had graduate or above.

It was revealed from above table that 6% had 1 child, 58% had 2 children, 26% had 3 children, 8% had 4 children, 2% had more than 4 children.

It was revealed from above table that 6% had <2500/month income, 46% had 2501-5000/month income, 36% had 5001-10,000/month income, 6% had 10,001-15,000/ month income, 6% had >15,001/ month income.

It was revealed from above table that 6% had first day of delivery, 66% had second day of delivery, 20% had third day of delivery, 4% had fourth day of delivery, 4% had more than 4 day of delivery,

It was revealed from above table that 14% had taken the information from newspaper, 10% from telephone, 8% from friends, 50% from family, 18% from others.

Knowledge Level	Grade	Frequency	Percentage (%)
1-10	Poor	3	6%
11-20	Average	33	66%
21-30	good	14	28%

Analysis and interpretation of the knowledge level of the mother about breast feeding technique. (N-50). Distribution of percentage shows that 14(28%) had good knowledge, 33(66%) had average knowledge and 3(6%) had poor knowledge.

### 3. Summary

A descriptive study to find out the knowledge of postnatal mothers regarding breast feeding in postnatal wards of v.s. hospital, Ahmedabad. During the hospital experience investigator observed the knowledge of postnatal mother was average. So, investigator felt the study beneficial to improve the mother's knowledge.

### 4. Major Finding of the Study

The main study was conducted in V. S. hospital in Ahmedabad district. 50 samples were collected and

questioner was taken as the tool. The knowledge in postnatal mothers about breast feeding assessed by survey method.

- Age:-**from the collected data 2% samples had below 20 year, 50% samples had 21-25year, 28% samples had 26-30 year and 10% samples had above 36 year.
- Education Qualification:-** From collected data 25% samples were illiterate, 40% samples had primary education, 28% samples had secondary education, 4% samples had higher secondary education, 0% samples had graduate or above.
- Number of children:-**From collected data 6% samples had 1baby, 58% samples had 2 babies, 26% samples had 3 babies, 8% samples had 4 babies, 2% samples had more than 4 babies.
- Economic condition:-** From collected data 6% samples had less than 2500/month, 46% samples had 2501-5000/month, 36% samples had 5001-10000/month, 6% samples had 10001-15000/month, 6% samples had more than 15001/month
- Number of postnatal day:-** From collected data 6% samples had 1day, 66% samples had 2days, 20% samples had 3days, 4% samples had 4days, 4% samples had more than 4 days.
- Source of information:-** From collected data 14% samples had from newspaper, 10% samples had from telephone, 8% samples had from friends, 50% samples had from family, 18% samples had from other source.

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