

# Knowledge and Attitude on Initiation and Establishment of Breast Feeding Among Primi Mothers

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## Abstract:-

### ➤ Introduction:

The best nourishment for an infant's growth and development is human milk. Breastfeeding lowers infant mortality and morbidity, especially from infections like pneumonia, neonatal sepsis, and diarrhoea. First-time mothers, play a crucial role in nurturing their newborns, and knowledge about breastfeeding is paramount for several reasons. Every primi gravida mothers should know about breast feeding for the well being of their babies. Therefore, the purpose of this study was to evaluate primi mothers' knowledge and attitudes regarding the initiation and establishment of breastfeeding.

### ➤ Methods:

In this study, a survey approach & descriptive correlational research design was used. Using purposive sampling technique, 100 primi mothers who were between 34-38 weeks of gestation were selected in a tertiary care center, Chennai. Pre tested tools such as background variable proforma, structured questionnaire to assess the knowledge and modified Iowa Infant feeding scale to assess the attitude on breast feeding were used to collect the data.

### ➤ Results:

The study findings revealed that majority of the mothers were in the category of needs improvement (76%). Majority of the mothers had positive attitude towards initiation and establishment of breast feeding (85%).

**Keywords:-** Attitude, Primi Mothers, Initiation and Establishment of Breast Feeding Video Teaching Program, Primi Gravida, Child Birth Preparation.

## I. INTRODUCTION

Breastfeeding is one of the most effective ways to ensure child health and survival. In addition to having major financial advantages for families and communities. Breastfeeding is a fundamental human activity that is vital to the health of both mothers and children.

Breastfeeding is commonly practiced by a majority of mothers in developing countries, though there are widespread misconceptions about optimal breastfeeding traditions. For the first few months of life, breast milk is a baby's natural food source, providing all the energy and minerals the child need. Breastfeeding has both short-term and major long-term effects on the health, nutrition, and development of the child and mother's health (Sultania, 2019)

India has the highest number of child deaths in the world and accounts for 20% of the 5.9 million global child deaths. India under five mortality and infant mortality rate are 32 and 27 per 1000 live births, respectively (UNICEF India Statistics 2020) and almost 50% of it is attributable to malnutrition. Currently, 55% of children are exclusively breastfed in India. and early initiation of breastfeeding within one hour is 45% (UNICEF India statistics 2023).

In recent years, a drop in breastfeeding was reported due to urbanization and maternal employment outside the home. Studies in India have also shown a decline in breastfeeding trends, especially in urban areas. More than 50% of children in the country are not exclusively breastfed, and over 75% of children do not initiate nursing at a young age. (Vijayalakshmi, 2015)

According to a study by Mog (2020), multiparous women's knowledge level (71%) was determined to be more adequate than that of primiparous women (47%). However, compared to 34% of primiparous women, 52% of multiparous people were found to have breastfed correctly. Breastfeeding raises numerous questions and concerns in the minds of primipara mothers. When compared to multigravida mothers, primigravida mothers' knowledge and practice of breastfeeding were of a fair in nature. There were a smaller number of studies on Knowledge and attitude of primi mothers on breast feeding was conducted in Chennai. Hence the researcher decided to conduct a study on knowledge & attitude on initiation and establishment of breast feeding among primi mothers.

### ➤ Statement of Problem

A Descriptive Correlational Study to Assess the Knowledge and Attitude on Initiation and Establishment of Breast feeding Among Primi Mothers at Selected Hospitals, Chennai.

➤ *Objectives of the Study*

- To assess the knowledge and attitude of primi mothers on Initiation and Establishment of breast feeding.
- To co-relate the knowledge and attitude on initiation and establishment of breast-feeding among primi mothers.
- To associate the selected background variables with knowledge and attitude on initiation and establishment of breast-feeding among primi mothers.

➤ *Hypotheses*

- H<sub>1</sub>: There will be significant correlation between knowledge and attitude on initiation and establishment of breast-feeding among primi mothers. (p<0.05).
- H<sub>2</sub>: There will be significant association of selected background variables with knowledge and attitude on initiation and establishment of breast-feeding among primi mothers. (p<0.05).

**II. MATERIAL & METHODS**

A descriptive correlational design was used. The study was conducted in a tertiary care center which is a 600 bedded hospitals in Chennai. After receiving formal approval from the relevant authorities of the chosen hospital and ethical clearance from the institutional ethical committee, data from primi mothers was gathered. Hundred Primi mothers between 34-38 weeks of gestation attending antenatal OPD (Out

Patient Department) in selected hospital who meets the inclusion criteria were selected using purposive sampling technique. The informed consent was obtained from the study participants. Pre tested tools such as background variable proforma, structured questionnaire to assess the knowledge and modified Iowa Infant feeding scale to assess the attitude on breast feeding were used to collect the data. Background variables proforma of primi mothers include the information regarding age, educational qualification, occupation, type of family, family income, religion, area of residence, received any information on breast feeding, and dietary pattern. Structured questionnaire consists of 20 Multiple-choice questions with four options. The score for each correct response was one. The highest score indicates adequate knowledge and the lowest score indicates needs improvement. Hence the obtainable score was 0-20. The modified Iowa Infant Feeding Attitudes Scale is the standardized tool which was used to assess the attitude of the mothers on breast feeding. This scale includes 15 attitude items. A 5-point Likert scale from strongly disagree to strongly agree was applied to all questions. Total IIFAS score ranged from 15 to 75 with higher scores reflecting more positive attitudes on breastfeeding. Nine of the items are worded in a favorable manner towards breastfeeding, while the remaining 6 are not favorable towards breast-feeding. Reverse scoring was given for negative items (i.e., 1 = 5, 2 = 4, 4 = 2 and 5 = 1) Individual item scores were summed up to get the total score. Hence, the obtainable score was 15-75. Obtained scores were converted into percentage and interpreted.

**III. RESULTS**

Table 1 Frequency and Percentage Distribution of Background Variables of Primi Mothers. N=100

<b>Background Variables</b>	<b>f &amp; %</b>
<b>Age in Years</b>	
Below 20	7
20-25	55
26-30	33
31-35	5
<b>Educational Status</b>	
No formal Education	0
Primary	7
Secondary	29
Graduates and above	64
<b>Occupation</b>	
Homemaker	88
Employed in organized sector	6
Employed in unorganized sector	6
Self Employed	0
<b>Maternity Leave (n=6, 10)</b>	
Yes	6
No	0
<b>Religion</b>	
Hindu	80
Christian	12
Muslim	8

<b>Monthly Family Income INR*</b>	
<10000	-
10,000- 20,000	16
20001- 30000	84
Above 30000	-
<b>Place of Residence</b>	
Urban	80
Semi urban	7
Rural	13
<b>Type of Family</b>	
Nuclear	29
Joint	71
Extended Family	
<b>Received Information on breast feeding</b>	
No	15
Yes	85
<b>Dietary Pattern</b>	
Vegetarian	8
Non-Vegetarian	92
<b>Perceived Family Support</b>	
Good	99
Average	1
Poor	-
<b>Duration between marriage &amp; conception</b>	
<12 Months	83
12- 24 Months	10
25 – 60 Months	5
>60 Months	2
<b>H/o Treatment (For Conception)</b>	
By treatment	10
Natural	90
<b>H/o Illness during pregnancy</b>	
Absent	70
Present	30

The above table 1 represents the frequency and percentage distribution of background variables of primi mothers. More than half of the mothers were aged 20 - 25 years (55%). Majority of them were home makers (88%), Hindus (80%), graduates (64%) with monthly family income of Rs.20,001-30,000/- (84 %), from joint family (71%), residing in urban area (80%), non-vegetarian (92%), had good family support (99%), conceived spontaneously (90%) within 12 months after marriage (83%), did not have any illness during pregnancy (70 %) and received information on breast feeding (85%).

Table 2 Frequency and Percentage Distribution of Levels of Mothers’ Knowledge on Initiation and Establishment of Breast Feeding. N=100

Levels & Scores	f & %
Adequate (15-20)	-
Moderately Adequate (10 -14)	24
Needs Improvement (Below 10)	76

Table 2 represents the levels of mothers’ knowledge on initiation and establishment of breast feeding. Majority of the mothers’ knowledge was in category of needs improvement (76%)

➤ Fig 1 Illustrates that only 2% of the Women knew about Breast Feeding Problems

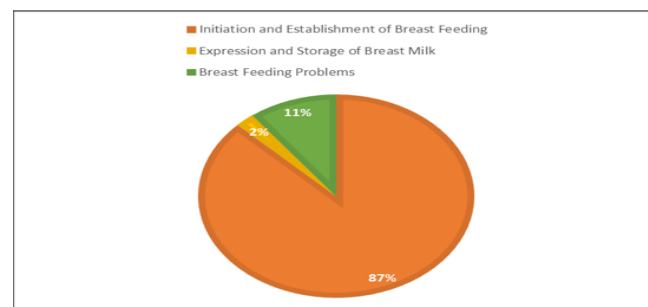


Fig 1 Descriptive Statistics of Knowledge Scores on Initiation and Establishment of Breast Feeding.

Table 3 Frequency and Percentage Distribution of Levels of Mothers' Attitude on Initiation and Establishment of Breast Feeding. N=100

Levels	f & %
Positive Attitude (45- 75)	85
Neutral (35-44)	15
Negative Attitude (< 34)	0

Table 3 reveals that, majority of the mothers had positive attitude towards initiation and establishment of breast feeding (85%).

Table 4 Mean and Standard Deviation of Knowledge and Attitude of Mothers on Initiation and Establishment of Breast Feeding. (N=100)

Variables	Mean	SD	P value
Knowledge	6.17	2.37	0.790
Attitude	61.75	10.272	0.103

p>0.05

It can be inferred from Table 4 that mean and standard deviation of knowledge and attitude of mothers on initiation and establishment of breast feeding were ( M = 6.17 , SD= 2.37) (M= 61.75 ,SD= 10.272).

Table 5 Correlation Between Knowledge and Attitude Scores on Initiation and Establishment of Breast Feeding among Primi Mothers

Assessment & Variables	(n=100)	
	r value	'p' value
Knowledge and Attitude	-.004	0.971

Table 5 depicts that, there was no significant correlation between knowledge and attitude scores on initiation and establishment of breast feeding in primi mothers which was not significant (p>0.05).

➤ Hence the Hypothesis H<sub>1</sub>

There will be significant correlation between Knowledge and Attitude on initiation and establishment of breast feeding in primi mothers was rejected.

Table 6 Association of Selected Background Variables of Mothers with Knowledge and Attitude on Initiation and Establishment of Breast feeding among Primi Mothers (N=100)

Variables	n	Knowledge		Attitude	
		Mean	SD	Mean	SD
<b>Demographic variables</b>					
<b>Age in Years</b>					
Below 20	8	6.00	2.27	63.75	3.99
20-25	57	6.16	2.55	63.95	3.64
26-30	29	6.21	2.34	63.10	4.08
31-35	6	4.83	.98	61.67	5.72
			p= 0.63		p=0.51
<b>Educational Status</b>					
Illiterate					
Primary education	10	5.30	2.91	62.40	5.42
Secondary education	29	6.24	2.42	62.93	3.61
Graduate	61	6.13	2.31	64.03	3.77
			p=0.55		p=0.29
<b>Occupational Status</b>					
Home maker	85	6.18	2.39	63.58	3.83
Daily wages	10	5.80	2.57	64.70	4.76
Employed	5	5.00	2.24	60.80	3.03
Self Employed		-	-	-	-
			p=0.53		p=0.19
<b>Monthly family Income IRS</b>					
Below 10,000		-	-	-	-
10,000 - 20,000	19	5.53	1.95	62.63	4.03
20000 - 30000	80	6.24	2.48	63.75	3.91
Above Rs.30,000	1	4.00		65.00	
			p=0.35		p=0.50
<b>Residence</b>					
Rural	81	6.21	2.56	63.78	3.97
Semi urban	5	5.60	1.14	60.60	2.97
urban	14	5.50	1.51	63.29	3.67
			p=0.54		p=0.21

<b>Religion</b>					
Hindu	80	5.95	2.23	63.53	3.89
Christian	16	6.19	2.20	63.94	4.01
Muslim	4	8.25	5.19	62.50	5.00
			p=0.17		p=0.80
<b>Type of Family</b>					
Nuclear family	25	5.88	2.55	64.32	4.39
Joint family	75	6.15	2.35	63.29	3.75
			p=0.63		p=0.26
<b>Duration Between Marriage and Conception</b>					
<2 yrs	75	5.99	2.46	63.56	4.02
2 to 5 yrs	9	6.89	2.80	63.78	2.64
6 to 10 years	12	6.08	1.88	63.50	4.21
Above 10 Yrs	4	6.00	1.83	63.00	4.90
			p=0.77		p=0.99
<b>Conception By</b>					
Treatment	14	6.40	1.51	66.00	3.30
Natural	86	6.04	2.48	63.28	3.90
			p=0.66		<b>p=0.04</b>

Table 6 reveals that, there was no significant association of selected background variables such as age, educational status, occupation, religion, type of family, duration between marriage and conception with knowledge and attitude of mothers on initiation and establishment of breast feeding ( $p > 0.05$ ).

However, there was a significant association of selected background variables such as history of treatment taken for conception with attitude on initiation and establishment of breast feeding ( $p < 0.05$ )

Hence the hypothesis  $H_2$  there will be significant association of selected background variables with knowledge & attitude on initiation and establishment of breastfeeding among primi mothers was rejected except with regard to history of treatment taken for conception.

#### IV. DISCUSSION

Majority of the primi mothers were home makers, graduates with monthly family income of Rs.20,001-30,000/, from joint family, conceived spontaneously within 12 months after marriage, did not have any illness during pregnancy.

Majority of the mothers were in the category of needs improvement (76%) and had positive attitude towards initiation and establishment of breast feeding (85%). Most of the mothers did not aware of breast-feeding problems and expression and storage of breast milk. Breastfeeding education plays a crucial role in empowering primigravida (first-time pregnant) women to make informed decisions about feeding their infants.

Breastfeeding education empowers primigravida women with the knowledge, skills, and support they need to initiate and sustain breastfeeding, ultimately contributing to the health and well-being of both mothers and babies.

There was no significant correlation between knowledge and attitude scores on initiation and establishment of breast feeding in primi mothers which was not significant ( $p > 0.05$ ). Though they had less knowledge on breast feeding had positive attitude towards initiation and establishment of breast feeding.

The study findings are consistent with a study conducted by Lakshmi to assess the knowledge and attitude of primipara mothers regarding breast feeding. The study findings revealed that the knowledge score of primipara mothers regarding breast feeding were 4 (8.0%) had inadequate knowledge, 35 (70%) had average knowledge, 11 (22%) had adequate knowledge. The attitude score of the primipara mothers regarding breast feeding reveals that 2 (4.0%) had neutral attitude, 48 (96%) had positive attitude towards breast feeding. Correlation of knowledge and attitude of primipara mothers regarding breast feeding represents that mean knowledge and attitude score of primipara mothers regarding breast feeding was 14.3 and 48.74 respectively. Correlation coefficient( $r$ ) value is 0.041, which indicates statistically non-significant.

There was a significant association of selected background variables such as history of treatment taken for conception with attitude on initiation and establishment of breast feeding ( $p < 0.05$ ). Those who have taken treatment (medications) for conception had positive attitude towards breast feeding.

#### RECOMMENDATIONS

- A similar study could be conducted with large sample size for the generalization of the findings.
- A study can be conducted in the community settings.
- Conflict of Interest: Nil

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