

# A Study to Assess the Knowledge of Primi Gravida Mother Regarding Importance Colostrum at Selected Hospital Bagalkot Karnataka, India

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**Abstract:- A mother choice to breastfeed could be influenced by numerous statistic factors including maternal age, conjugal status, training, race, financial status, social elements, gravidity or equality, number of youngsters at home, occupation, and social help (4). In fact, the information of moms about bosom bolstering is additionally critical. Amid the pregnancy, a mother ought to prepare to breastfeed her infant and this is a basic time to gain data and to expand learning about breastfeeding. Experts, doctors, and different areas of human services office are in charge of giving data to pregnant moms about all parts of breastfeeding and setting them up to settle on choice about the most essential occasion amid the initial two years of a youngster life, in particular, the supporting.**

## I. INTRODUCTION

Breast milk provides nutritionary, medicine, behavioral, and economic advantages and helps to create mother-infant bonding. prenatal mothers ought to be sufficiently privy to the advantages of breastfeeding. The health and survival of the babe depends upon the health of the mother, her awareness, education, skills in mother craft, kid nutrition, protection, personal hygiene and customary issues in kids. It expressed that concerning one in vi new mothers might not be able to absolutely watch out of their newborns. Studies found that 17 November of recent mothers were off guard for transition throughout discharge. The man of science known the factors that correlate with feeling off guard together with initial time adulthood, inadequate antepartum care, baby drawback, a restricted hospital education categories, failure to wet-nurse.<sup>3</sup>

Researcher according that real causes of adverse outcomes ar inadequate baby care and harmful home care practices like discarding colostrums, application of unclean substances to duct stump, failure to stay babies heat and infection might cause child death<sup>4</sup>. The accessible literature indicates that inadequate newborn care is one vital issue for death rate and morbidity. Health and survival of baby depends upon mother's awareness, education and skills. Mother is that the best primary physician. Thence investigator felt that there's a necessity to assess the information and practices of mothers concerning newborn care.

## II. NEED FOR THE STUDY

Bosom encouraging is an antiquated routine with regards to most ladies in the nation. Early bosom nourishing is the best feed for children. Since it is the one of a kind wellspring of sustenance that assumes an imperative job in the development, improvement and survival of newborn children. Colostrum is a characteristic reasonable nutritious and sound nourishment for the infant. The infant has the privilege to be nourished with it, as it is their life sparing sustenance and no infant ought to be denied of it. Yet, the incongruity is that because of the absence of attention to moms with respect to colostrum nourishing. Numerous children are denied of it.

Time of Children, their development, and advancement must be considered in youth sustenance. Bosom drain is the most proper nourishment for typical newborn children with sound moms. The First two years of life are critical for an infant's prosperity and adequate sustenance amid early stages is indispensable and basic to youngster's improvement and development. Most ladies can encourage their child with their very own bosom drain. Ladies who breastfeed may have bring down rates of certain bosom and ovarian tumors. The advantages and preferences of breastfeeding for moms and newborn children have been broadly contemplated. As indicated by the advantages of breastfeeding, the World Health Organization and the American Dietetic Association suggest "selective breastfeeding of newborn children for the initial a half year and kept breastfeeding with reciprocal sustenances up to a year of age". Absorption of bosom drain is simple and contains antibodies that secure newborn children against numerous irresistible ailments Formula-sustained babies and infants who cease breastfeeding early are at higher danger of stoutness, diabetes, respiratory and ear diseases, and sudden baby passing disorder After couple of long stretches of lactation, drain piece alters to transitional and afterward develop drain. The time and the phase of a feed influences the drain arrangement. The sythesis of human drain, i.e. proteins, sugars, fat, chemicals, and hormones, has made it as a proper sustenance for babies and youngsters. Colostrum, the drain of the primary days after birth, is low in volume and high in proteins.

Anchoring, progressing, and supporting breastfeeding, as the goal of the Centers for Disease Control and

Prevention, are the key frameworks for upgrading the prosperity of mothers and their youths (6). Breastfeeding rates have extended by 2% in breastfeeding origin and breastfeeding at six and a year. Breastfeeding initiation extended from 74.6% in 2008 to 76.9% in 2009, from 44.3% to 47.2% at a half year, and from 23.8% to 25.5% at a year (6). Interestingly with various European Union countries, Iran showed a perfect situation to the extent breastfeeding rates and progression of breastfeeding; in any case, there is up 'til now a necessity for extending the rate of specific breastfeeding in the midst of the underlying a half year in Iran. At a national level, 90% and 57% of infant youngsters were breastfed in the midst of their first and second extended lengths of life, independently. The mean specific breastfeeding rates inside the country at four and a half year of age were 56.8% and 27.7%, exclusively. The rates at four and a half year of age were independently 58% and 29% in nation zones and were independently 56% and 27% in urban area. "Inception of bosom nourishing inside a hour of birth and most imperative advance towards decreasing newborn child mortality .Save one million of children – starting with the one activity, one hour support and one message: starting bosom bolstering with in first hour of birth" 12

On the planet in excess of 10 million kids bite the dust before their fifth birth day because of preventable causes, lack of healthy sustenance alone kills the greater part of these youngsters. Lack of healthy sustenance is as yet uncontrolled and one of the essential advance to counteract ailing health is to begin with colostrum nourishing which is nutritive, protected, modest and effortlessly accessible .According to WHO, the normal level of colostrum sustaining is 57.8%12. India has near 25 million youngsters conceived each year. One of these ,1.9 million are under 5 kids ,who pass on in a year ,1.4 million kids kick the bucket just inside 1year and generally 1million youngsters bite the dust inside multi month ,just 15.8 % of moms start bosom bolstering inside a hour . This single mediation can spare more than 2.5 lakh babies in India i.e., proportionate to 22% of death among newborn.12

As per BPNI, India remains in d review with red shading and with the rate of 24.5% for early commencement of bosom encouraging inside 1hour.13.Karnataka remains in thirteenth place in positioning card on commencement of bosom sustaining inside a 1 hr with a rate of 35.7 % and Bagalkot remains with a rate of 42.8%14. In the light of over, the examiner thought that it was attractive to assess the learning of Primigravida moms in regards to significance of colostrum sustaining .The specialist choice about choosing the subject on colostrum encouraging for the investigation became out of her clinical experience amid her examination period with moms who had constrained mindfulness in

regards to colostrum bolstering. The examiner understood that the moms were as yet limited with the social taboos that colostrums sustaining isn't useful for the infant or it is lacking for the child subsequently supplement with sugar arrangement.

As there is less mindfulness, among Primigravida moms that colostrum sustaining is valuable for infant, the analyst wanted to instruct antenatal moms with respect to colostrums encouraging so the social taboos can be expelled and sound practice is pursued.

### III. OBJECTIVES OF THE STUDY

1. To assess the knowledge regarding the importance of colostrum feeding among Primigravida mothers
2. To assess the practice regarding colostrum feeding among Primigravida mothers
3. To find the association between the level of knowledge on colostrum feeding with selected socio-demographic variables.
4. To co-relate the knowledge with practice of Primigravida mothers regarding colostrum feeding

### IV. HYPOTHESIS

- H1 – There is a significant relationship between the knowledge level of mothers regarding colostrum with the selected socio demographic variables.

### V. MATERIALS AND METHODS

The purpose of this study is to assess the knowledge regarding colostrum among primi gravida mothers in selected hospital at Bagalkot

#### A. Sources of Data

Data will be collected from Primigravida mothers

- Research approach : Descriptive approach.
- Research design : Descriptive research design
- Setting of the study : selected Hospital at Bagalkot.
- Sample size : 30 samples
- Population : Primigravida mothers

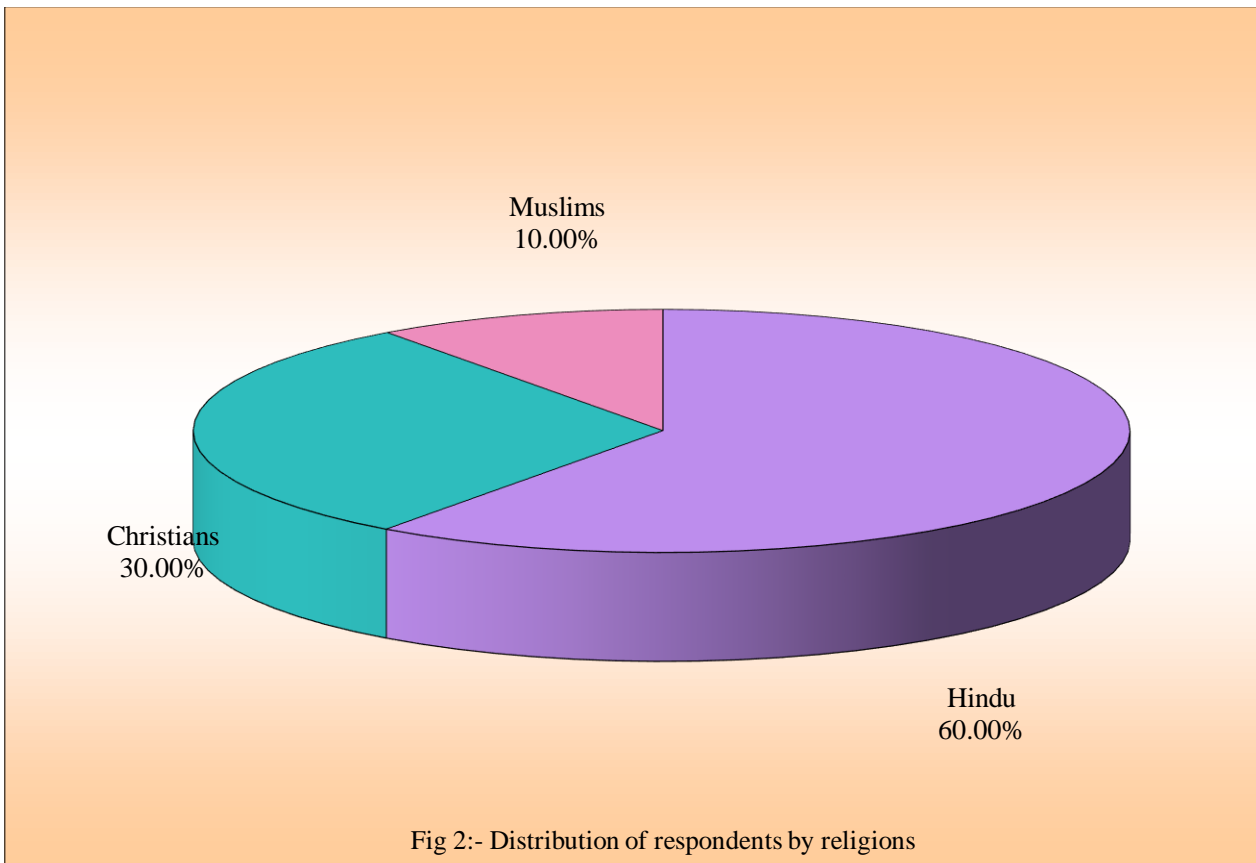
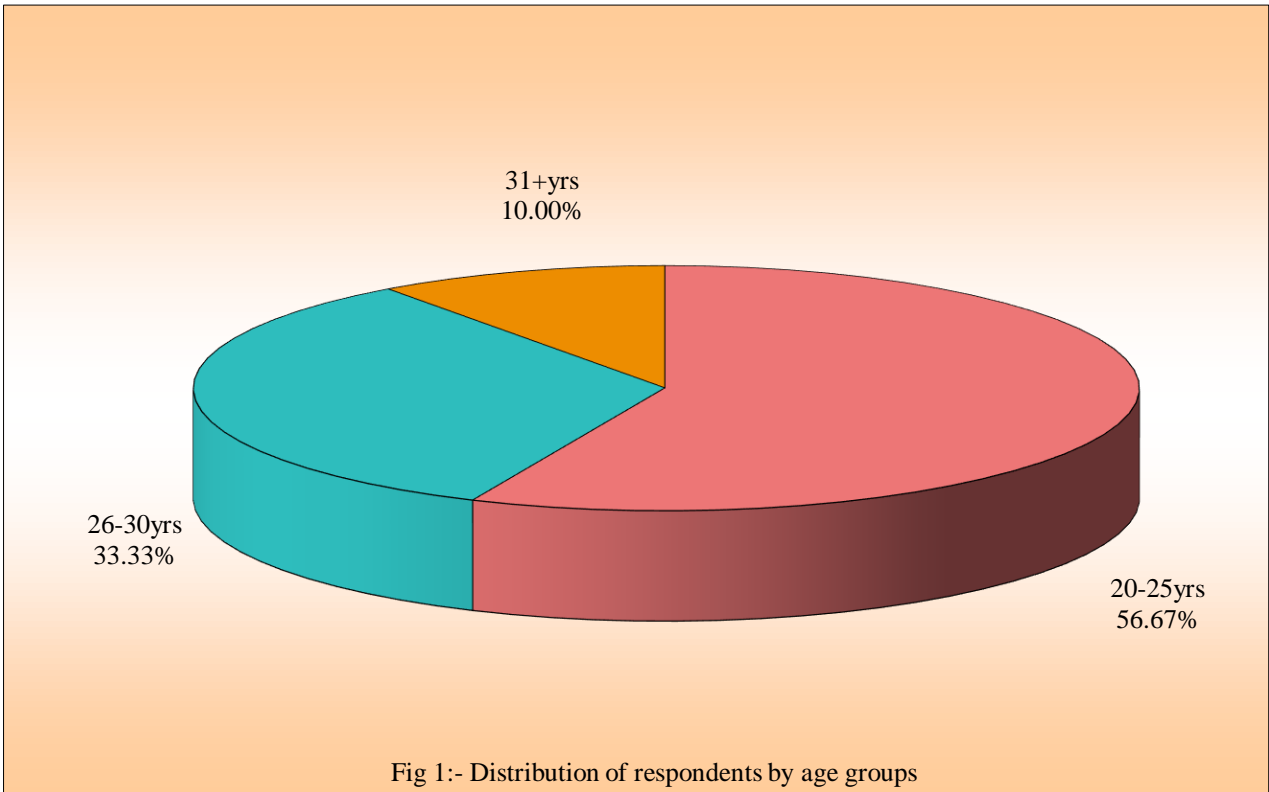
#### B. Sampling Technique

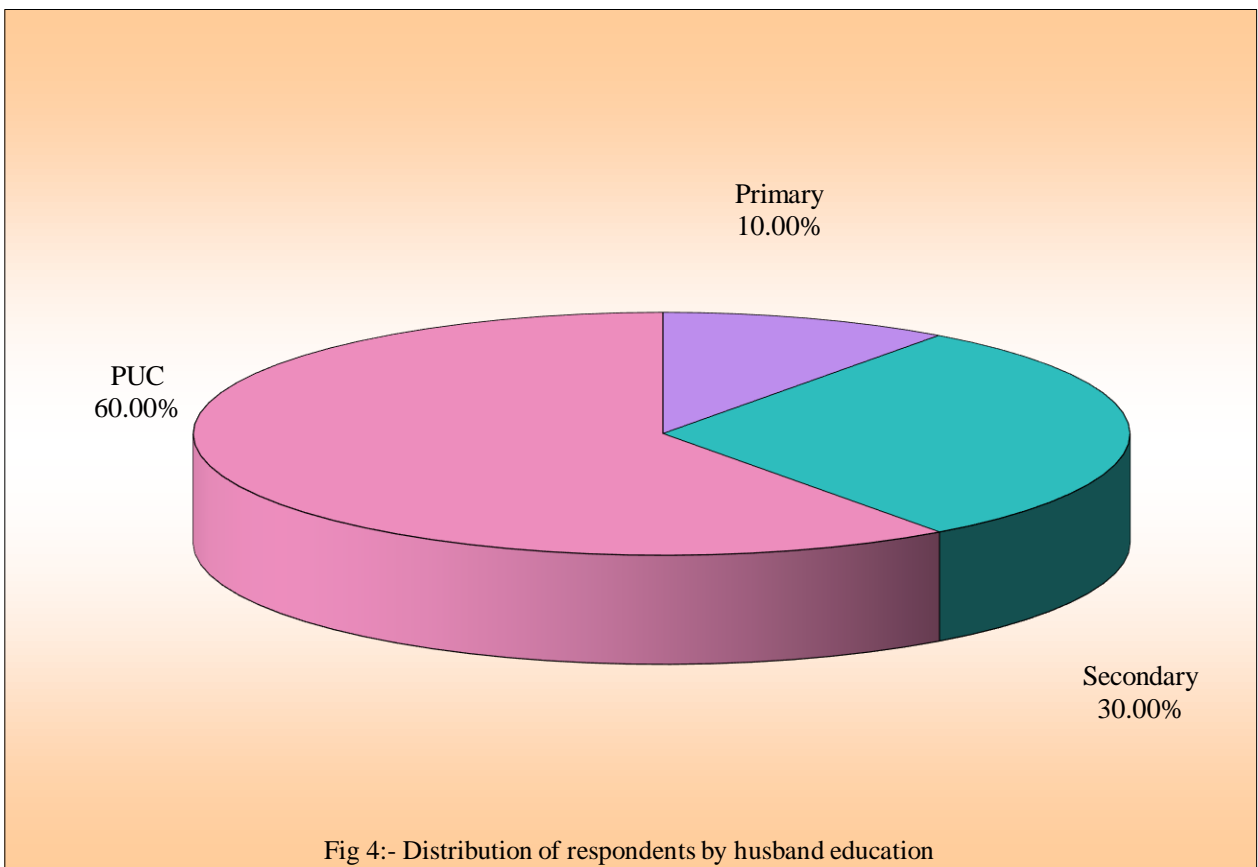
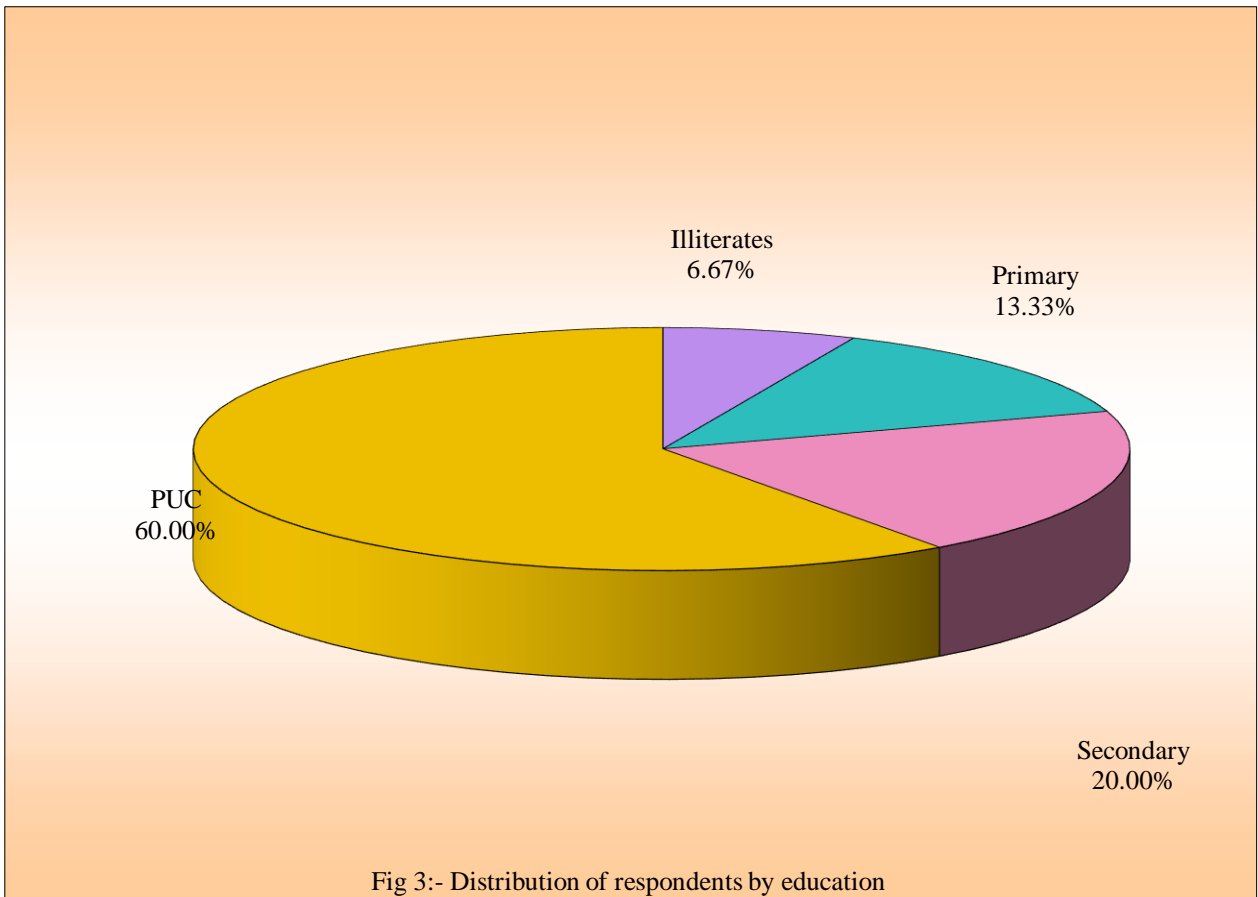
Non-probability convenient sampling technique will be used to select the subjects for the study. A convenient sampling is a Non Probability Sampling Technique, which entails of use of most convenient available people or subjects in a study. The Primigravida mothers who will be in 36 to 40 weeks of pregnancy and willing to participate in the study will be selected from the selected Hospital at Bagalkot.

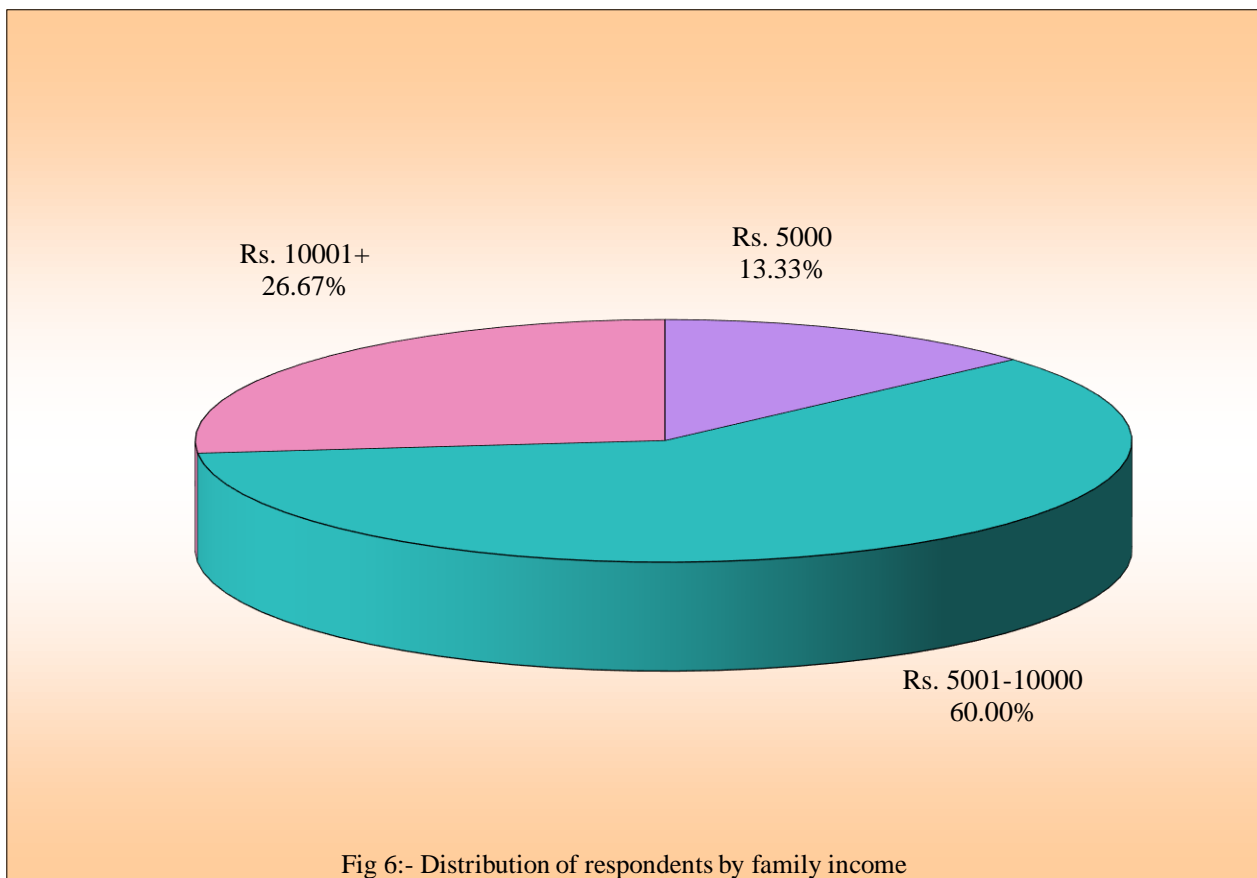
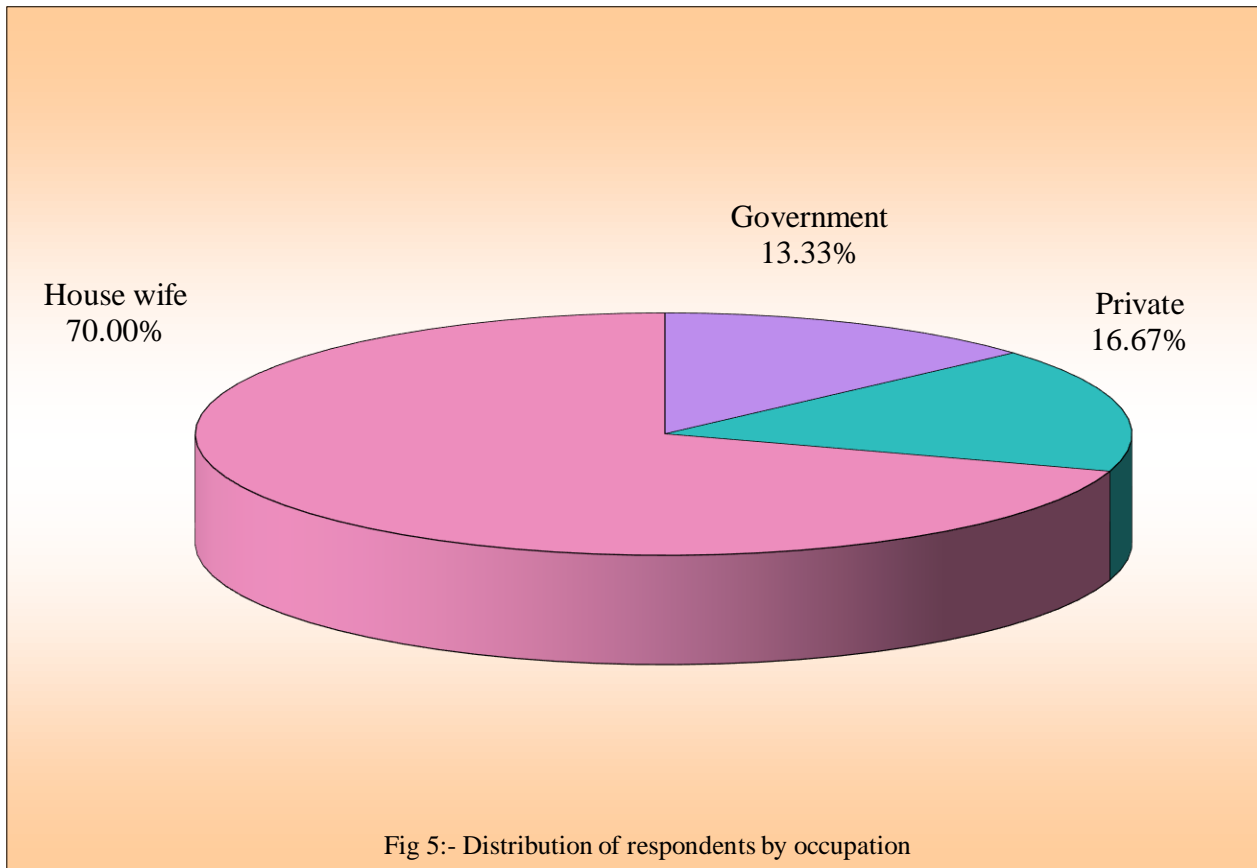
**VI. RESULTS**

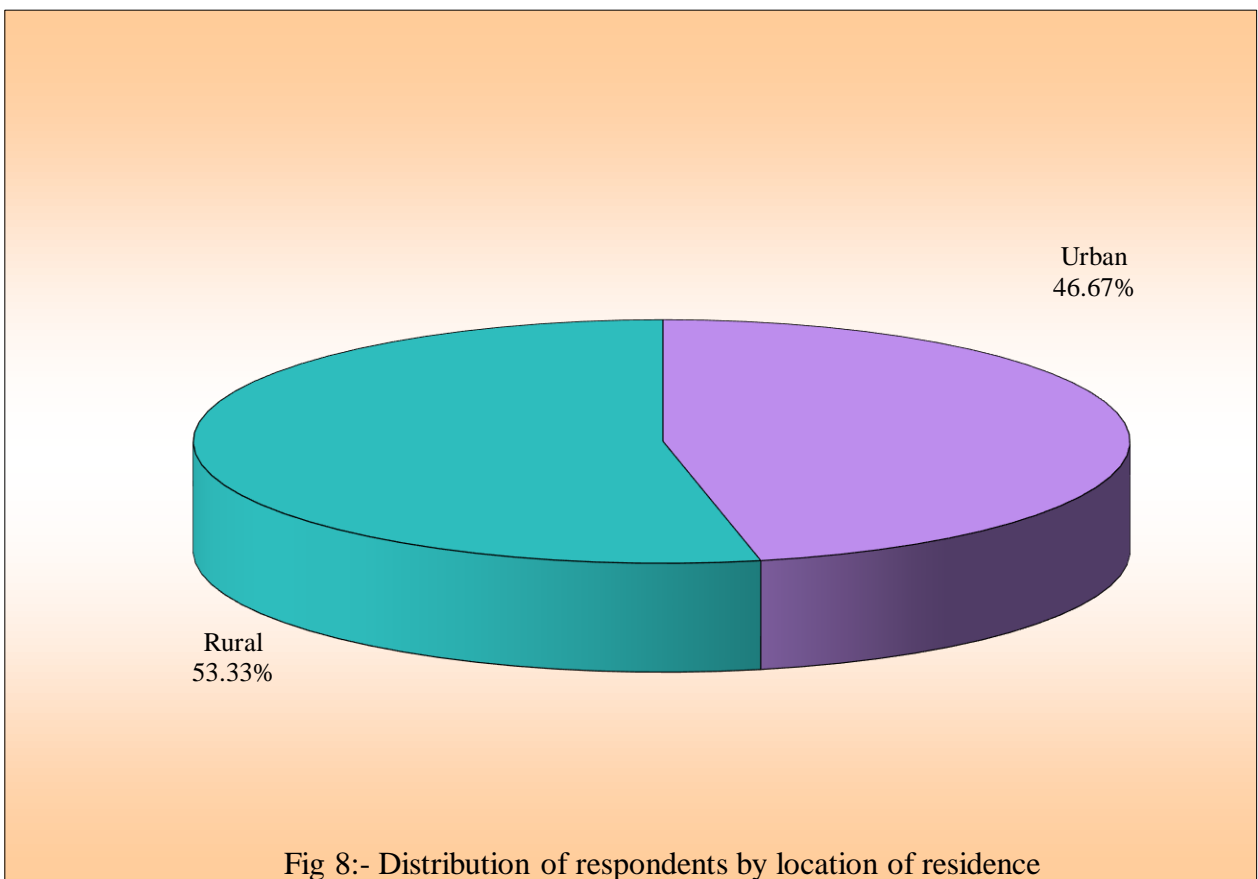
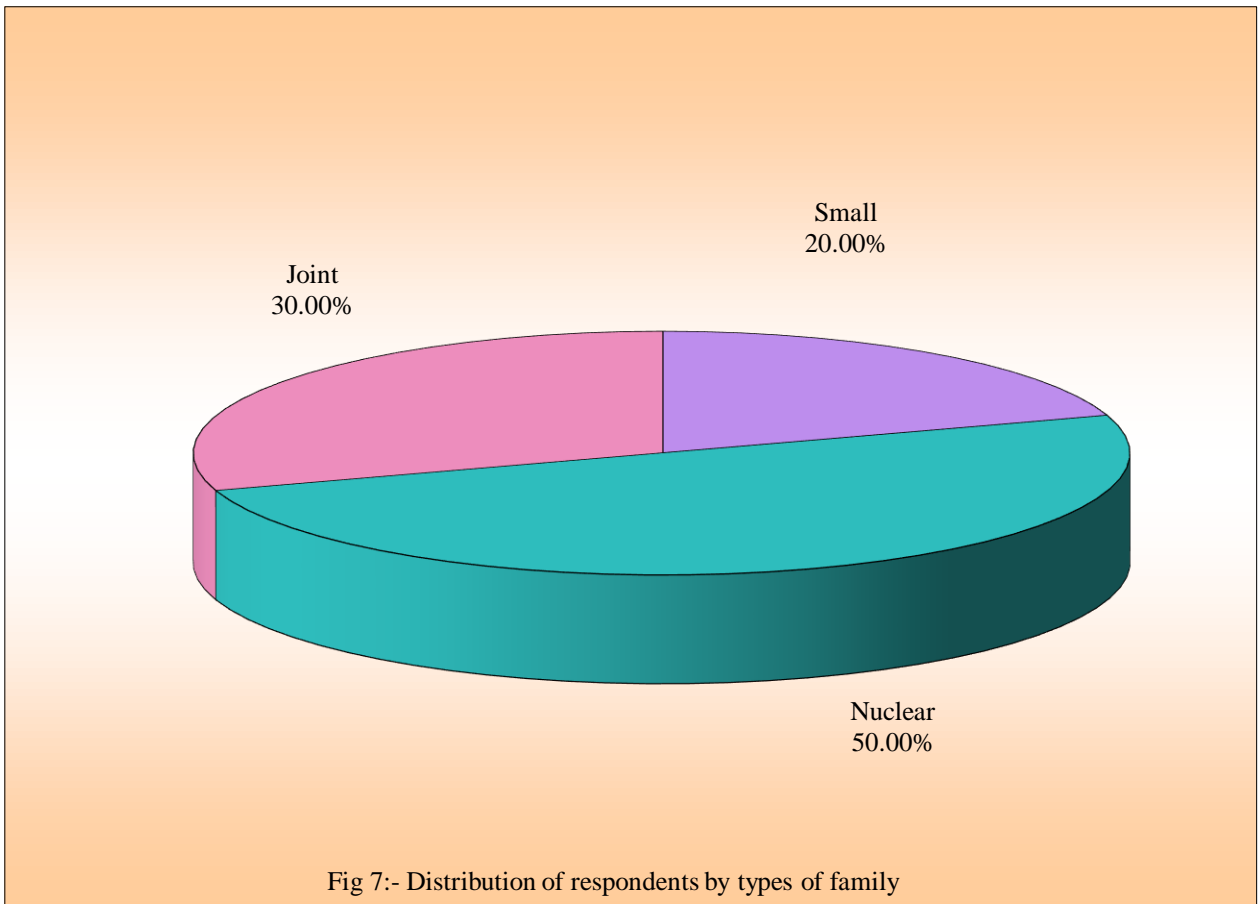
Characteristics	No of respondents	% of respondents
<b>Age groups</b>		
20-25yrs	17	56.67
26-30yrs	10	33.33
31+yrs	3	10.00
<b>Religions</b>		
Hindu	18	60.00
Christians	9	30.00
Muslims	3	10.00
<b>Education</b>		
Illiterates	2	6.67
Primary	4	13.33
Secondary	6	20.00
PUC	18	60.00
<b>Husbands education</b>		
Primary	3	10.00
Secondary	9	30.00
PUC	18	60.00
<b>Occupations</b>		
Government	4	13.33
Private	5	16.67
House wife	21	70.00
<b>Family income</b>		
Rs. 5000	4	13.33
Rs. 5001-10000	18	60.00
Rs. 10001+	8	26.67
<b>Types of family</b>		
Small	6	20.00
Nuclear	15	50.00
Joint	9	30.00
<b>Location opt residence</b>		
Urban	14	46.67
Rural	16	53.33
<b>Sources of information</b>		
Grand mother	3	10.00
Friend	2	6.67
Husband	6	20.00
Health personnel	19	63.33
Total	30	100.00

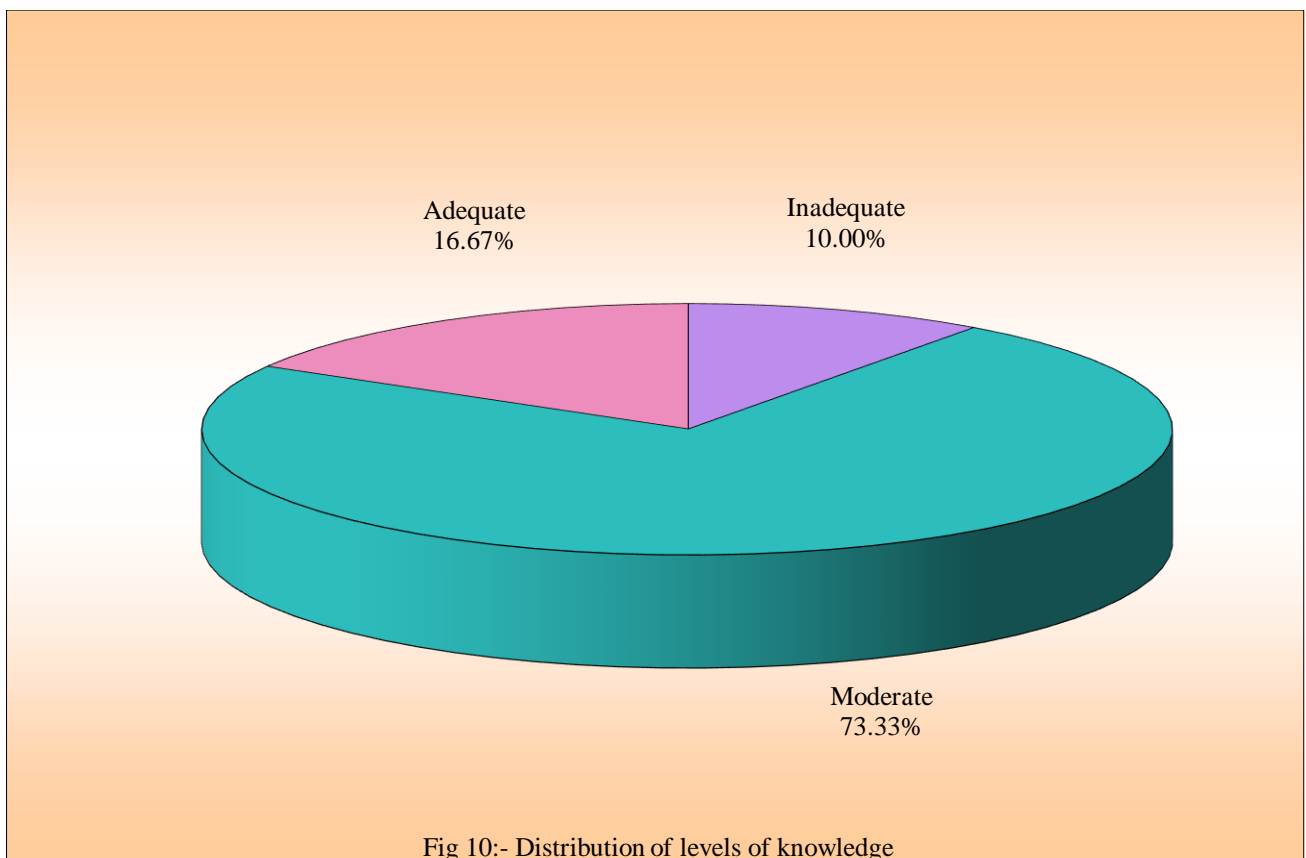
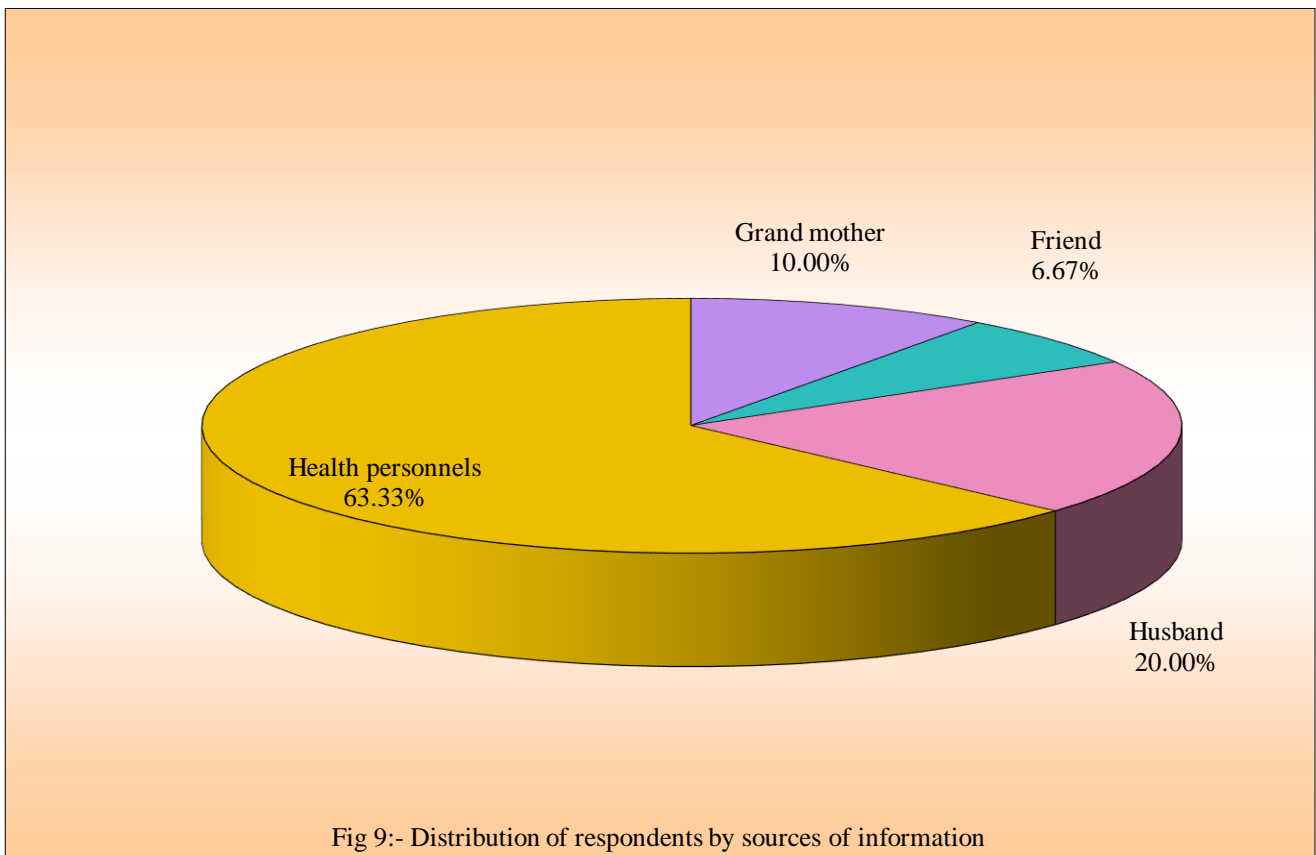
Table 1:- Distribution of respondents by demographic characteristics













Characteristics	Levels of Knowledge							Chi-square	p-value
	Inadequate	%	Moderate	%	Adequate	%	Total		
Age groups									
20-25yrs	2	11.8	11	64.7	4	23.5	17	2.1241	0.7130
26-30yrs	1	10.0	8	80.0	1	10.0	10		
31+yrs	0	0.0	3	100.0	0	0.0	3		
Religions									
Hindu	0	0.0	15	83.3	3	16.7	18	8.3182	0.0806**
Christians	3	33.3	5	55.6	1	11.1	9		
Muslims	0	0.0	2	66.7	1	33.3	3		
Education									
Illiterates	0	0.0	2	100.0	0	0.0	2	11.3209	0.0790**
Primary	1	25.0	2	50.0	1	25.0	4		
Secondary	2	33.3	2	33.3	2	33.3	6		
PUC	0	0.0	16	88.9	2	11.1	18		
Husbands education									
Primary	0	0.0	2	66.7	1	33.3	3	4.3182	0.3647
Secondary	1	11.1	5	55.6	3	33.3	9		
PUC	2	11.1	15	83.3	1	5.6	18		
Occupations									
Government	0	0.0	4	100.0	0	0.0	4	2.6026	0.6264
Private	0	0.0	4	80.0	1	20.0	5		
House wife	3	14.3	14	66.7	4	19.0	21		
Family income									
Rs. 5000	1	25.0	3	75.0	0	0.0	4	3.1351	0.5355
Rs. 5001-10000	2	11.1	12	66.7	4	22.2	18		
Rs. 10001+	0	0.0	7	87.5	1	12.5	8		
Types of family									
Small	2	33.3	4	66.7	0	0.0	6	10.6061	0.0314*
Nuclear	1	6.7	9	60.0	5	33.3	15		
Joint	0	0.0	9	100.0	0	0.0	9		
Location opt residence									
Urban	2	14.3	10	71.4	2	14.3	14	0.5844	0.7466
Rural	1	6.3	12	75.0	3	18.8	16		
Sources of information									
Grand mother	0	0.0	3	100.0	0	0.0	3	3.0901	0.7975
Friend	0	0.0	1	50.0	1	50.0	2		
Husband	1	16.7	4	66.7	1	16.7	6		
Health personnel	2	10.5	14	73.7	3	15.8	19		
Total	3	10.0	22	73.3	5	16.7	30		

Table 2:- Association between levels of knowledge and demographic characteristics (\*p&lt;0.05, \*\*p&lt;0.10)

## VII. CONCLUSION

Breastfeeding and immunisation is a good method of reducing kid and maternal mortality. The results from our study showed that though a significant population had adequate information of nursing and immunisation however lacunae was found in several of them. The short comings within the information ought to be met through the offered resources gift within the health care facility. The information relating to breastfeeding and immunisation ought to be restricted solely to health care professionals. It ought to be incorporated in adolescent education which might lead to building of the angle and later into observe.

we tend to should direct our efforts to empower such ladies further as adolescent women through health education and life skills education activities through existing health programs.

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