

Awareness and Knowledge Regarding Breastfeeding in Antenatal Women Attending SMS Medical College Jaipur

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Abstract: Breastfeeding is God's gift to baby. Breast milk is easy, cheap and safe food, contains adequate amount of nutrients which is necessary for child development and contains antibodies which help to prevent infections. Breastfeeding is beneficial for mothers also in the form of natural contraception and prevent some diseases like breast cancer, ovarian cancer etc. The objective of this study was to find awareness and knowledge regarding breastfeeding in antenatal women. This study was a cross sectional study, carried out among randomly selected pregnant women at antenatal outpatient in Obstetrics and Gynecology department of Gangori hospital, SMS Medical College Jaipur. Data was collected through face-to-face interview using a structured questionnaire. Our findings revealed that majority of women were aware that breast milk is beneficiary for baby to prevent diseases and for physical growth. Majority of women had knowledge about benefits of breastfeeding for mother but most of the women did not know when to start breastfeeding after delivery. It is important to provide prenatal and antenatal education regarding breastfeeding to mothers and family members. We also recommend strengthening the public health education campaigning program to promote breast-feeding.

Keywords: Breast feeding, Awareness, Antenatal mothers, Knowledge.

INTRODUCTION

Breastfeeding is the gold standard for infant feeding. Breast milk has very important nutritional, immunological, behavioral and economic benefits and it creates a bond between mother and infant [1].

World Health Organization (WHO) recommends breastfeeding as the only source of nutrition for babies for the first six months, also known as exclusive breastfeeding. Between six months and two years old, it is recommended that mothers should use other supplemental sources (such as water, other liquids, or solid baby food) to feed their babies along with breastfeeding [4]. Breast milk is an ideal food with easy digestion and low osmotic load. It provides protection against various infections and supply nutrients and vitamins. For mother it acts as a natural contraception and helps in involution of uterus. In India, breastfeeding is affected by social, cultural, and economic factors. Breastfeeding Promotion Network of India (BPNI) was born to protect, promote and support breastfeeding in 1991 [2]. Government of India has started National Rural Health Mission, which intends to

implement Integrated Management of Neonatal and Childhood Illnesses (IMNCI) through then existing healthcare delivery system and promote breastfeeding [3]. The purpose of the present study was to assess the knowledge and awareness regarding breastfeeding in antenatal women in our hospital.

METHODOLOGY

This was a cross sectional study carried out among anti natal women who attended antenatal clinics in Obstetrics and Gynecology department of Gangori hospital, SMS Medical College, Jaipur (Rajasthan). The study was performed since July 2017 to September 2017. All the registered antenatal mothers attending the Antenatal Clinic and who gave consent to participate in the study were interviewed using a self-designed structured questionnaire performa.

RESULTS

Table-1: Socio-demographic Characteristics of the study population

Age Group (years)	Total (n=100)
< 20	10
20 – 30	70
>30	20
Residence	
Rural	65
Urban	35
Religion	
Hindu	32
Muslim	68
Caste	
General	42
OBC	18
SC	27
ST	13

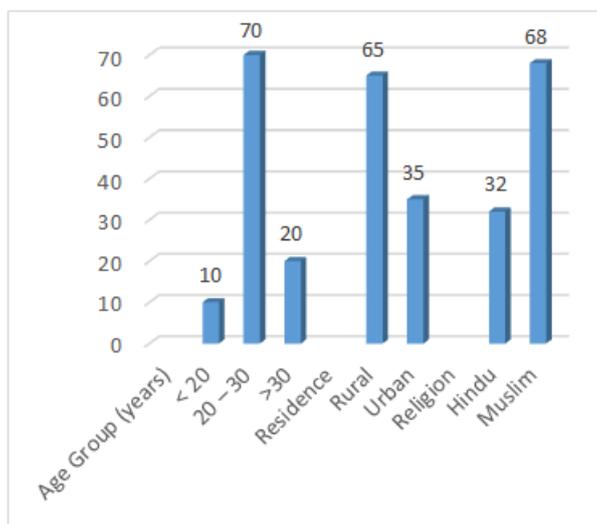


Fig-1: Socio-demographic Characteristics of the study population

In this study it was found that 70 women were in 20-30 years age group, 65 women were living in rural area, 68 women were Muslim religion and

maximum women were general cast in total study participants.

Table-2: Socio-demographic and some Pregnancy related Characteristics of the study population

Education	
Illiterate	55
Non formal literate	12
Primary	13
Middle	18
Secondary & above	12
Occupation	
Homemaker	88
Working	12
Type of family	
Nuclear	35
Joint	65
Gravida	
Primi	42
Multi	58

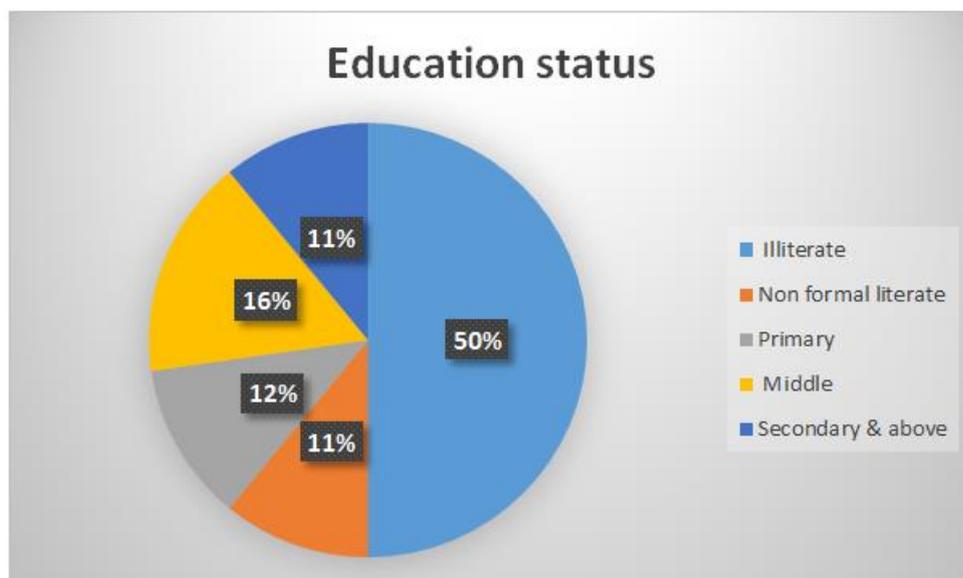


Fig-2: Socio-demographic and some Pregnancy related Characteristics of the study population

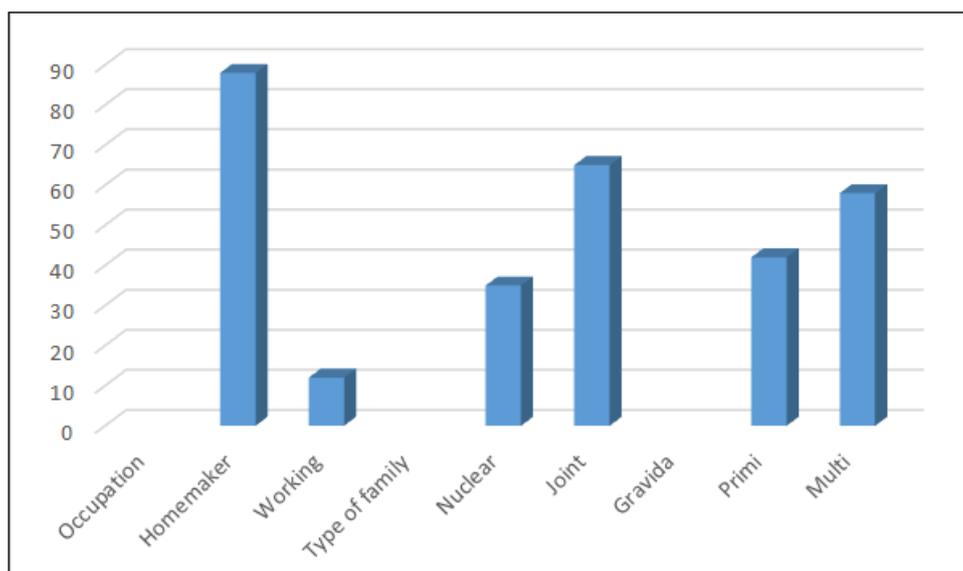


Fig-3: Socio-demographic and some Pregnancy related Characteristics of the study population

In this study, maximum women were illiterate, homemaker and living in joint family. In the total study

participants 58 women were multigravida, and 42 were primigravida.

Table-3: Breastfeeding knowledge and awareness among antenatal mothers

Beneficiaries of breast feeding	(n=100)
Baby	98
Mother	56
Family	12
Don't know	2
Benefits to baby	
Prevents disease	84
Physical growth	86
Intelligence development	22
Don't Know	14

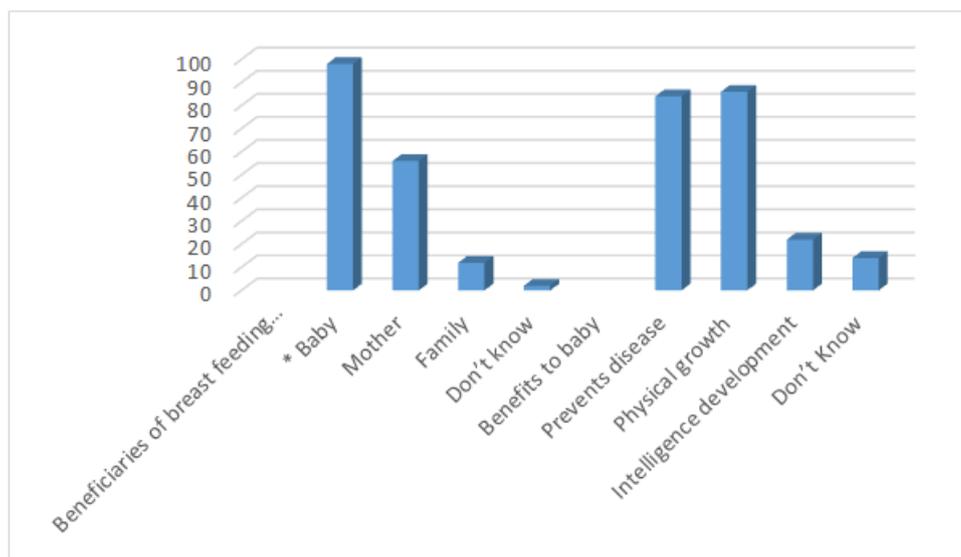


Fig-4: Breastfeeding knowledge and awareness among antenatal mothers

Table-3 shows that 98 women were aware that breastfeeding is beneficial to baby. It was also found that 84 women had knowledge that breastfeeding

prevents infection in baby, 86 women considered it is necessary to physical growth and 14 women had no knowledge about benefit.

Table-4: Breastfeeding knowledge and awareness among antenatal mothers

Benefits to mother	
Prevents disease	75
Prevent breast engorgement	22
Don't Know	25
Benefits of colostrum	
Good for baby	86
Harmful	14
Source of information regarding breastfeeding	
Health worker	70
Family & neighbor	80
TV & media	20

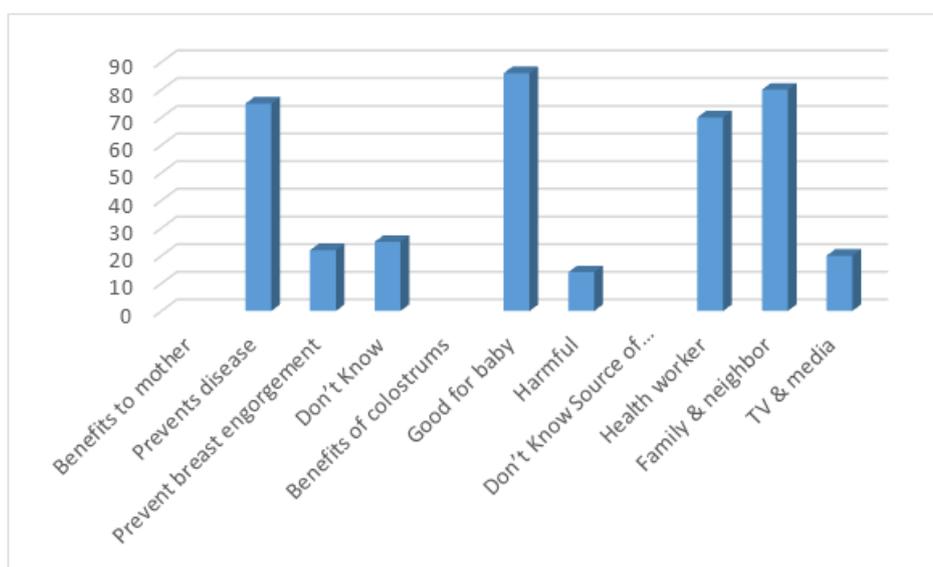


Fig-5: Breastfeeding knowledge and awareness among antenatal mothers

In this study, 75 women were aware that breastfeeding prevents disease in mother but 25 women had no knowledge about any benefit of breastfeeding for mother. It was also observed that 86 women were

aware about colostrum benefit. Health care worker provided the information regarding breastfeeding in maximum women.

Table-5: knowledge about initiation of breastfeeding

Initiation of breast feeding	
in Normal delivery	
As soon as possible	20
Within 1 hour	30
>1 Hour	42
Don't know	8
Initiation of breast feeding	
As soon as possible	5
4 hours	20
Don't know	75

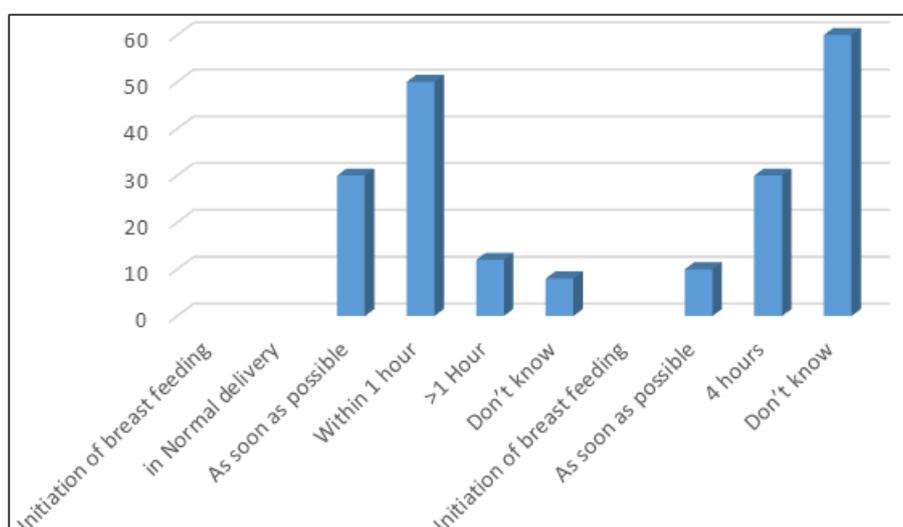


Fig-6: knowledge about initiation of breastfeeding

In the present study, it was found that knowledge regarding the timing of initiation of breastfeeding was very low in maximum women. In the total study population only 20 women in the case of normal delivery, considered breastfeeding should be initiated just after the birth while in cesarean delivery, 75 women had no knowledge about the right time of initiation of breastfeeding.

DISCUSSION

Breastfeeding is the Gold standard for infant feeding. The WHO recommends that for the first six months of life, infants should be exclusively breastfed for optimal growth, development, and good health. So infants should receive nutritionally adequate and safe complementary foods with breast milk for up to two years or more [4]. Exclusive Breast Feeding (EBF) is defined as infant feeding with human milk without the addition of any other liquids or solids [5]. In the present study, authors found that maximum women were of 20-30 years age group, belonging to rural area and Muslim in religion. More than half women were illiterate and 88

women were homemaker. Among total study population, 58 women were multigravida and 42 were primigravida. Breast milk is ideal food with easy digestion and adequate nutrients. In this study it was found that 88 women had knowledge that breast milk is beneficiary to their baby, 58 women considered that it is beneficial to themselves too. In this study, maximum women were aware that breastfeeding is necessary for physical growth and to prevent infections in baby.

Colostrum is the first milk, produced during pregnancy and just after the birth and is highly nutritious for newborn babies. In the present study 86 women considered it is beneficial for baby but 12 women thought it is harmful and should be discarded. Similarly in Shanghai, China 99% mothers knew benefits of breastfeeding for baby. They knew first thick yellow milk should be given to baby (84.3%), it has beneficial effects [6]. Similarly in Karnataka, India 56% women knew that colostrum needs to be given to child [7]. It was found that 20 women considered breastfeeding should be initiated just after the birth of baby in normal

delivery but in cesarean delivery only 5 women were aware of this fact. It was also found that 75 women didn't know when to start breastfeeding after cesarean section. In the study of G Dhandapany, Puducherry, it was found that 92% women knew breastfeeding should be initiated within one hour only but 36% actually practiced [8]. Similarly Knowledge regarding initiation of breastfeeding was fairly good 69.3% in the study of Galhotra Chandigarh [9].

CONCLUSION

Breastfeeding is necessary for mother and baby so education about it should be start prenatal or antenatal period. Exclusive breastfeeding should be encouraged.

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