

A Study to Assess the Anxiety and its Influence on Maternal Breast-Feeding Self-Efficacy among Primipara Mothers Admitted in Maternity Units of Selected Hospitals of Bagalkot

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Abstract

Original Research Article

Background: Breastfeeding (BF) is considered, worldwide, one of the fundamental pillars for promoting and protecting the health of children and its social impact can be quantified through the reduction of medical consultations, hospitalizations and medical treatments, since the child in EBF has lower risk of becoming ill. The obstacles to breastfeeding are numerous, but generally the allegations to its abandonment involve myths and misinformation, even among women with higher socioeconomic status, which confirms the importance of guidance and interventions from healthcare professionals in supporting nursing mother Breastfeeding is one of the priorities of public health in the world and considered as most effective behaviours in disease prevention and health promotion. **Method:** This was cross-sectional survey design study with 100 subjects, selected through purposive sampling technique. Data was collected by using Generalised Anxiety scale and Dennis scale Data was analysed by using descriptive and inferential statistics in terms of mean percentage by distribution, paired “t” test and chi square test for association. **Results:** By using generalized anxiety scale percentage wise distribution of primipara mothers attended in maternity units of selected hospitals of Bagalkot the table reveals that out of 100 primipara mothers’ highest percentage (49%) of primipara mothers had mild anxiety (33%) of primipara mothers had moderate anxiety (14%) of primipara mothers had minimal anxiety (4%) of primipara mothers had severe anxiety. Findings related to assessment of breastfeeding self-efficacy among primipara mothers reveals that highest percentage of mothers had somewhat confident (77%), some of them are confident (20%) some of them are not confident (3%). **Interpretation and Conclusion:** After obtaining the results of the present study, the researcher noticed that, higher percentage of primipara mothers having anxiety while breastfeeding. The researcher felt that the primipara mothers need to decrease their level of anxiety and need to improve their breastfeeding self-efficacy.

Keywords: Primipara Mothers, Anxiety level, Socio-Demographic variables.

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INTRODUCTION

“Breastfeeding is a mother’s gift to herself, her baby, and the earth”

Breastfeeding (BF) is considered, worldwide, one of the fundamental pillars for promoting and protecting the health of children and its social impact can be quantified through the reduction of medical consultations, hospitalizations and medical treatments, since the child in EBF has lower risk of becoming ill. The obstacles to breastfeeding are numerous, but generally the allegations to its abandonment involve myths and misinformation, even among women with higher socioeconomic status, which confirms the importance of

guidance and interventions from healthcare professionals in supporting nursing mothers Breastfeeding is one of the priorities of public health in the world and considered as most effective behaviours in disease prevention and health promotion. Breastmilk is the most suitable food for the infants and is regarded as most important factor in the preservation of the milk infant’s health. Breastfeeding is significantly important in terms of physical, mental and emotional growth of the infants. this practice prevents the common paediatric diseases, including diarrhoea, acute respiratory infections, and ear infections. It also bears benefits for the mothers during and after breastfeeding [1].

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The world Health Organization (WHO) and United Nations International Children's Emergency Fund (UNICEF) have recommended the exclusive breastfeeding up to the first 6 months after birth, followed by complementary feeding and breastfeeding continuation for up to two years of age. These organizations have also emphasized on breastfeeding as one of the four strategies that should be notified in paediatric health [2].

Breastfeeding self-efficacy is a potentially modifiable variable that has been shown to predict longer breastfeeding duration and increased exclusivity of breastfeeding. The concept of breastfeeding self-efficacy was introduced by Dr. Cindy – Lee Dennis. It is a concept based on Bandura's (1997) social cognitive theory. It is defined as a mother's confidence in her ability to breastfeed her child. Breastfeeding self-efficacy is a mother's perceived ability to breastfeed her infant and has been shown to predict breastfeeding duration and exclusivity rates among women in the immediate postpartum period. The first feed is a profoundly important experience for the mother and her baby. Unless an individual circumstance indicates otherwise, the mother should have her baby with immediately after delivery and breastfeeding should begin as soon as possible. The time of first feed, depends largely on the needs of the baby. Some babies demonstrate a need to feed almost as soon as they are born. Other babies show no interest until they are an hour or so old. Whenever the first feed takes place, the quality of that experience is of utmost importance for the mother and baby. The early feedings might best consist of approximately 5 to 10 minutes sucking on each breast while the nipples are accustomed to it. This frequent sucking stimulates the production and let-down of lactation and reduces the potential severity of engorgement. Therefore, it is essential that there be no missed feeling, including those at night [3].

MATERIAL AND METHODS

Research approach quantitative research approach. The present study is a cross-sectional research design. A purposive sample of 100 primipara mothers were selected from HSK Bagalkot. Written consent was taken from participants for the study. Socio-demographic variables, for the present study the data was collected by standardized items of the data was analyzed by using descriptive and inferential statistical in terms of mean, standard deviation, paired t test, independent t test & chi square.

Study Design: The study design adopted for this study was cross-sectional research design.

Setting of the study: The present study was conducted at HSK Hospital Bagalkot. The study setting was selected according to the availability of primipara mothers at HSK Bagalkot.

Participants: In the present study participants were the primipara mothers. The sample consisted of 100 Primipara mothers who met inclusion criteria.

Instruments: The study was conducted using a Self-Structured Questionnaires with items related to socio-demographic and GENERALIZED ANXIETY Scale for assessing anxiety and DENNIS Scale for breastfeeding self-efficacy through face-to-face interaction.

DESCRIPTION OF THE FINAL TOOL:

In this present study data was collected by researcher herself after obtaining permission from concerned authority and informed consent from subjects in the following section:

PART 1: Description of socio-demographic characteristics of sample.

PART 2: Assessment of level of anxiety and breastfeeding self-efficacy among primipara mothers attended in maternity units of selected hospitals of Bagalkot.

Section-A: Assessment of levels of anxiety among primipara mothers attended in maternity units of selected hospitals of Bagalkot.

Section-B: Mean and SD of anxiety score among primipara mothers attended in maternity units of selected hospitals of Bagalkot.

Section-C: Assessment of levels of breastfeeding self-efficacy among primipara mothers attended in maternity units of selected hospitals of Bagalkot.

Section-D: Mean and SD of breastfeeding self-efficacy among primipara mothers attended in maternity units of selected hospitals of Bagalkot.

PART 3: To correlate anxiety and breastfeeding self-efficacy scores of primipara mothers attended in maternity units of selected hospitals of Bagalkot.

PART 4: To associate the anxiety and breastfeeding self-efficacy among primipara with their selected socio-demographic variables.

A: association of anxiety score in primipara mother with their selected sociodemographic variables.

B: association of breastfeeding self-efficacy score in primipara mother with their selected socio-demographic variables.

SOCIO DEMOGRAPHIC VARIABLES:

In this study socio-demographic variables refers to selected variables of married women such as, Age, Educational status of mother, Occupation, Religion, Economic status, mode of delivery, educational status of husband, Family type, Area of residences, Birth weight of baby, Diet, Gestational week for delivery,

Statistical analysis:

The obtained data were statistically examined in terms of the objectives of the study using descriptive and inferential statistics. A master sheet was prepared with responses given by the study participants. Frequencies Percentage was used for the analysis of demographic data, and 't' test to determine significance, and The Chi square(χ^2) test to find out the association between socio demographic variables and pretest level of engorgement among primipara mothers.

Ethical Approval: A certificate of ethical permission was obtained from ethical committee of the institution and written consent was taken from each participant.

RESULTS**Part I. Socio- demographic variables****Percentages wise distribution of breast-feeding mothers according to age**

The percentage wise distribution of subject according their age majority of the primipara mothers 37% were belonging to 30-35 years, 33% of them were belonging to 24-29 years of age. 27% were belonging to 18-23 years of age and 3% of them were belonging to 36-40 years.

Percentages wise distribution of breast-feeding mothers according to their education

It reveals that majority 56% of mother's secondary education, 24% had primary education, 16% mothers had degree and above and 4% of mothers had no formal education and. It reveals that majority of mothers secondary education.

Percentages wise distribution of breast-feeding mothers according to their husband education

It reveals that majority 45% of husband's secondary education, 27% had degree and above, 16% husbands had primary education and 12% of husbands had no formal education and. It reveals that majority of husbands secondary education.

Percentages wise distribution of breast-feeding mothers according to their Occupation.

It reveals that the majority is 37% mothers in daily wages, 29% of mothers where house wife 18% mothers were self-employee, 16% of mothers were professionals It reveals that the majority of mothers occupation in daily wages.

Percentages wise distribution of breast-feeding mothers according to their Religion.

According to religion majority is 73% of mothers were Hindus., 12% of the mothers were Muslims, 5% of the mothers were other religion and Followed by 10% of the mothers were Christian.

Percentages wise distribution of breast-feeding mothers according to their Residence.

Percentage wise distribution of mothers according their area of residence that reveals highest

percentage is 78% of mothers were from Rural and 22% of mothers were from Urban.

Percentages wise distribution of breast-feeding mothers according to their Monthly income.

Percentage wise distribution of mothers based on their family income shows highest percentage is 45% mothers' income is less than 10000 and 33% mothers had an income in between 10001 to 20000, and 12% of mothers had an income between 20001 to 30000 and lowest percentage is 10% had an income above 300001 It reveals that majority of mothers under the study of mother's monthly income is less than 10000.

Percentages wise distribution of breast-feeding mothers according to their Type of family.

It reveals that majority of participated mothers were 36% in the joint family and 65% of the participated mothers were in the nuclear family and there is no extended family, It reveals that majority of mothers under the study from nuclear family.

Percentages wise distribution of breast-feeding mothers according to their Diet.

It reveals that majority of participated mothers were 43% Vegetarian and 45% mothers were Eggetarian and 12% of mothers were having mixed diet. It reveals that majority of mothers were Eggetarian.

Percentages wise distribution of breast-feeding mothers according to their Type of delivery.

It reveals that majority of participated mothers were 48% in Full term vaginal delivery 40% of the participated mothers were in the lower segment caesarean section (LSCS), and there is 6% vaginal – spontaneous and instrumental delivery, it reveals that majority of mothers under the study from the Full-term vaginal delivery.

Percentages wise distribution of breast-feeding mother baby's according to their Birth weight of baby.

The percentage wise distribution of baby's according to their Birth weight of the baby. it reveals that the highest percentage is 81% is were 1000 to 2500gms, 2% is were 2500 to 3500gms, 13% is were Less than 1000gms, and 4% greater than 3500gms lowest percentage is 2% is were 2500 to 3500gms.

Percentages wise distribution of breast-feeding mothers according to their Gestational age of delivery.

Percentage wise distribution of mothers according their Gestational age at delivery that reveals highest percentage is 75% of mothers were Term, 15% of mothers were preterm. And 10% of mothers were post term.

PART-2: Assessment of level of anxiety and breastfeeding self-efficacy among primipara mothers

attended in maternity units of selected hospitals of Bagalkot.

Table 5.2: Percentage wise distribution of primipara mothers attended in maternity units of selected hospitals of Bagalkot according to the level of anxiety.

Test	Levels of stress	Number (F)	Percentage (%)
ANXIETY SCORE	Minimal Anxiety	14	14%
	Mild Anxiety	49	49%
	Moderate Anxiety	33	33%
	Severe Anxiety	4	4%

Table 5.4: Assessment of levels of breastfeeding self-efficacy among primipara mothers attended in maternity units of selected hospitals of Bagalkot.

Table 5.4: Assessment of levels of breastfeeding self-efficacy among primipara mothers attended in maternity units of selected hospitals of Bagalkot.

Levels of breast-feeding self-efficacy	Range of scores	Number of scores	Percentage
Not yet all confident	0-14	0	0%
Not confident	15-27	3	3%
Somewhat confident	28-42	77	77%
Confident	43-56	20	20%
Always confident	57-70	0	0%

PART 3: To correlate anxiety and breastfeeding self-efficacy scores of primipara mothers

Table 5.6: Description of correlation between anxiety and self-efficacy among primipara mothers.

Variable	Mean	Median	Sd	Range	R Vaule	Significance
Self Efficacy	37.42	37	6.94	32	-0.11526	Negative correlation
Anxiety	8.34	8	3.46	15		

PART 4: To associate the anxiety and breastfeeding self -efficacy among primipara with their selected socio demographic variables.

Table 5.7: Description of association of anxiety score in primipara mother with their selected sociodemographic variables.

H₂: -There will be a significant association between Anxiety and breastfeeding self -efficacy with selected sociodemographic variables of primipara mothers.

S/No	Socio Demographic Variables	Df	Chi Square	Table Vaule	P Vaule	Significance
1	Age in Years	3	1.519	7.84	0.6779	Not significant
2	Mother Education	3	1.7617	7.84	0.6233	Not significant
3	Husband Education	3	5.042	7.84	0.1687	Not significant
4	Occupation of Mother	3	0.1369	7.84	0.9871	Not significant
5	Religion	3	10.8238	7.84	0.0127	significant
6	Residence	1	0.2676	3.84	0.6049	Not significant
7	Family Monthly Income	3	10.30401	7.84	0.0162	significant
8	Type of Family	1	0.1034	3.84	0.7478	Not significant
9	Diet	2	4.1038	5.84	0.1285	Not significant
10	Type of Delivery	3	1.8826	7.84	0.5971	Not significant
11	Birth Weight of Baby	3	1.5899	7.84	0.6617	Not significant
12	Gestational Age at Delivery	2	4.002	5.84	0.1352	Not significant

DF=Degree of freedom

NS=Not significant

SS=statistical significant

Findings related association between Anxiety scores of primipara mothers with their selected socio-demographic variables reveals that there was significant association found between anxiety scores of primipara

mothers with religion ($x^2=10.8238$) and family monthly income ($x^2=10.30401$) hence H₂ stated was accepted for only religion and family monthly income and rejected for other variables.

Table 5.8: Description of association of breastfeeding self-efficacy score in primipara mother with their selected sociodemographic variables.

S/No	Socio Demographic Variables	Df	Chi Square	Table Vaule	P Vaule	Significance
1	Age in Years	3	17.0247	7.84	0.0007	Significant
2	Mother Education	3	11.8415	7.84	0.0079	Significant
3	Husband Education	3	0.5792	7.84	0.9012	Not Significant
4	Occupation of Mother	3	6.5515	7.84	0.0877	Not significant
5	Religion	3	8.27491	7.84	0.0407	Significant
6	Residence	1	0.3469	3.84	0.5559	Not significant
7	Family Monthly Income	3	7.5644	7.84	0.0559	Significant
8	Type of Family	1	0.0204	3.84	0.8864	Not Significant
9	Diet	2	2.1122	5.84	0.3478	Not significant
10	Type of Delivery	3	1.9848	7.84	0.5756	Not significant
11	Birth Weight of Baby	3	10.7578	7.84	0.0131	Significant
12	Gestational Age at Delivery	2	201.7736	5.84	0.0001	Significant

DF=Degree of freedom

NS=Not significant

SS=statistically significant

DISCUSSION

The findings of the present study are discussed in light of previous scientific studies in this chapter and discussion regarding findings of the study is presented in accordance with the objectives of the study and hypothesis. The current study finds out the breastfeeding self-efficacy among primipara mothers at BVVS HSK Hospital and Research Centre, Bagalkot. The study found that there is will be negative correlation between anxiety and breastfeeding self-efficacy among primipara mothers.

- The percentage wise distribution of subject according their age majority of the primipara mothers 37% were belonging to 30-35 years, 33% of them were belonging to 24-29 years of age, 27% were belonging to 18-23 years of age and 3% of them were belonging to 36-40 years.
- Similar study was conducted by Nahid Maleki, malikeh amel barez(2017) study result shows that mean age of the participants was 23.98±4.56 years majority of mothers (67.67%) were within age group of 15-25 years
- Findings related association between Anxiety scores of primipara mothers with their selected socio-demographic variables reveals that there was significant association found between anxiety scores of primipara mothers with religion ($\chi^2=10.8238$) and family monthly income ($\chi^2=10.30401$) hence H_2 stated was accepted for only religion and family monthly income and rejected for other variables.
- A study was conducted by Rosa Vanessa Alves Lima (2021) similar study result shows that (5.9%) had high anxiety, (38.7%) had medium anxiety and (55.4%) had low anxiety.

LIMITATIONS: The study limited to the sample of 100 primipara mothers admitted in BVVS HSK Hospital

Bagalkot, assessing anxiety and breastfeeding self-efficacy

CONCLUSION

The main focus of this study was to assess the anxiety and breastfeeding self-efficacy among primipara mothers admitted in HSK Hospital Bagalkot The data was collected from 100 primipara mothers. The study proved that there is will be negative correlation between anxiety and breastfeeding self-efficacy among primipara mothers.

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