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A Study to Assess the Knowledge of Primigravida Mothers Regarding Breastfeeding in Selected Hospital, West Bengal

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Abstract: ***A descriptive study was conducted to assess the knowledge of primigravida mothers regarding breastfeeding in selected Hospital of Hooghly District, West Bengal. The objective of the study was to assess the knowledge of primigravida mothers regarding Breastfeeding in selected Hospital of Hooghly District, West Bengal.The conceptual framework adopted for the study was based on General Systems Theory (Input–Process–Output Model) About 60 primigravida mothers were selected as nonprobability convenience sampling technique to collect data.Valid reliable Semi structured Questionnaire and Structured Questionnaire were used fpr data collection. The result showed revealed that majority of respondents were belong to age group 19-24 years (63.8%),Hindu by religion (73.2%) and (35%) completed their Higher Secondary level of education. 54.2% respondents were housewife by occupation and 36.7% were belong to socioeconomic class III according to modified G B Prasad.***

Among the participants having average knowledge (85%), good knowledge (10%) and poor knowledge (5%). There is no significant association observed between demographic variables (education and occupation of mothers) and knowledge of primigravida mothers regarding breastfeeding. The study had important implication in various field of nursing which paves the way for further research. Based on this study a similar study can be done on large sample.

Keyword: Assess, Knowledge, Primigravida, Breastfeeding, Selected Hospital

I. NEED OF THE STUDY

India is home to maximum number of under-five deaths and under weight children in the world. In 2006, for the first time, the number of children in the world dying before their fifth birthday fell below 10 million, to 9.7 million annually, where in India it was 2.1 million i.e; 21% of the global burden of under five deaths[1]

According to study conducted by Shailaja K.G.(2018) showed that 19% and 15.45% primigravida mothers have poor and good knowledge respectively[2].

During clinical practices, investigators experienced that primigravida mothers having lack of knowledge regarding breastfeeding. Hence , the investigators felt the necessity to conduct a study to assess the knowledge of primigravida mothers regarding breastfeeding

A. Problem Statement

A study to assess the knowledge of primigravida mothers regarding breastfeeding in selected Hospital , West Bengal

B. Purpose of the study

To assess the knowledge level of primigravida mothers regarding breast feeding in selected Hospital of Hooghly District**.**

C. Objectives of study

1.To assess the knowledge of primigravida mothers regarding Breastfeeding in selected Hospital of Hooghly District, West Bengal.

2.To find out the association between selected demographic factors and knowledge of primigravida mothers regarding breastfeeding in selected Hospital of Hooghly District, West Bengal.

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D. Operational Definition

In this study following terms are operationalized

E. Knowledge

In this study Knowledge refers to the level of understanding and awareness of primigravida mothers regarding breastfeeding, including, initiation, its benefits. exclusive breastfeeding, duration, positioning, attachment,

F. Primigravida Mother

A primigravida mother is a woman who is pregnant for the first time,

G. Breastfeeding

Breastfeeding refers to the process of feeding an infant with breast milk directly from the mother's breast or expressed breast milk.

H. Assessment

Assessment refers to evaluation of the knowledge of primigravida mothers regarding breastfeeding through a structured questionnaire administered.

I. Selected Hospitals

Selected hospitals refer to the healthcare institutions in West Bengal, chosen by the researcher as the study setting for data collection.

J. Assumptions

In this study following assumptions are undertaken

- Primigravida mothers possess knowledge regarding breastfeeding.
- Mothers are willing to participate and cooperate in this study.
- The sample of primigravida mothers selected from the hospitals is representative of the target population in the study setting.

K. Demographic Variables

Variables such as age, habitat, religion, education, socioeconomic condition

L. Dependent Variable

Knowledge regarding breastfeeding among primigravida mother

M. Delimitation

The study was delimited to

- Primigravida mothers in selected hospital of Hooghly district.
- Primigravida mothers who are willing to participate in this study.
- Primigravida mothers who are available during data collection.

N. Hypothesis

Null Hypothesis (H0): There is no significant association between knowledge score and selected demographic variables of primigravida mothers at selected hospital

II. REVIEW OF LITERATURE

A. Review of literature related to Importance of Breastfeeding

Sheila G.J. Clars & Timothy J. Bungum(2017) conducted a study on "The benefits of Breastfeeding: An introduction for health educators. It was observed that breastfeed infants received benefits that can improve their health throughout their lives. The benefits of breastfeeding for children include increased resistance to infectious diseases such as gastroenteritis, Respiratory tract infection, ear infection. Breastfeeding children also display lower rate of chronic disease like diabetes, obesity, asthma and leukemia[3]

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B. Review of literature related to knowledge of primigravida mother regarding breastfeeding:

Avinash Kumar et al (2015)a cross-sectional study was conducted among 186 primigravida Majority (n=163, 87.6%) were Hindus followed by Muslims (n=16, 3.2%). Nearly half of the participants (n=92, 49.5%) were in the 21-25 y age group, 54.8% participants were not aware of correct position of baby during feeding[4]

C. Review of Literature related to association of demographic factors with knowledge of primigravida mothers regarding Breastfeeding

Chinchu Mohan(2018) executed a study on "Assessment of knowledge regarding exclusive Breastfeeding among primigravida and primipara mothers.The result of the study highlighted that there was significant association between knowledge score with education and occupation at 0.05 level of significant[5]

III. METHODOLOGY

This chapter describes the details of methodology for the study. The methodology of the research indicates the general pattern for organizing the procedures for gathering valid and reliable data for the study. It includes research approach, research design, variables, sample, sampling technique, selection of sample, sample size, setting of the study, development and description of data collection tools, reliability and validity of the tool, pilot study, data collection procedure, problem faced during data collection and plan for data analysis.

A. Research Approach

Quantitative Approach

Research Design

Descriptive research design

Setting of the Study

Setting is the more specific places, where data collection done. The nature of setting can influence the way people behave or feel and how they respond to question. So, the selection of an appropriate setting is importan

Pilot study: Pilot study was conducted on at Chandannagar Sub-Divisional Hospital,Hooghly

Final study: Final study was conducted at Imambara District Hospital, Hooghly

Reasons for selecting the setting

- Familiarity with the setting.
- Availability of adequate subjects.
- Administrative approval.
- Feasibility of conducting research study in terms of time and distance.

Population

In this study, the Population was comprised primigravida mothers

Sample

The sample is defined as representative unit of a target population, which is to be worked upon by researchers during their study for observation and analysis.

In this study, Sample was primigravida mothers who were present during the data collection in a selected Hospital.

B. Sampling criteria

Inclusion criteria

- Primigravida mothers (first pregnancy).
- Antenatal admitted to the selected hospital.
- Mothers who are willing to participate and provide informed consent.
- Mothers able to understand and respond to the questionnaire (e.g., Bengali, Hindi, or English).

Exclusion Criteria

- Multigravida mothers (having had previous pregnancies).
- Mothers with serious ill
- Mothers who are unable to communicate

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C. Sample size

The sample size for the present of study is 60.

D. Sampling technique

In this study, the sample selection is done by nonprobability convenience sampling technique

E. Validity of Tool

In order to establish validity of prepared tool, it was given to 8 experts. The experts were chosen on the basis of their clinical expertise, experience and interest in problem area.. The experts were requested to give their opinion and suggestions regarding the appropriateness, accuracy and relevance of items. Tools are modified according to their opinion.

Tool I - It was composed of 10 items initially. Then it was modified and finalized to 5 items as per experts opinions.

Tool II- It was a structured tool consist of 22 questions. Tools II are modified according to experts opinion. Item number 7,13 were modified

Pretesting of the tool

Pretesting of the tool was done to check clarity of the items, feasibility, practicability and ambiguity of the language.

Reliability of Tool

The method to check the reliability of tool was done by Cronbach's alpha method.

The reliability of tool II was approximately 0.85. Hence the tools was reliable.

Ethical consideration

- Permission was taken from the from superintendent District Hospital Hooghly.
- Principal, Govt. Nursing Training School , District Hospital Hooghly

Informed consent

- Informed consent was taken from respondents.
- Privacy and confidentiality had been maintained through out the study.

F. Data collection tools and technique

Variables	Tools	Technique
Section 1 Demographic variables	Semi structured Questionnaire	Interview method
Section 2 Research variable	Structured Questionnaire	Interview method

IV. ANALYSIS AND INTERPRETATION OF DATA

1) Section I:-Findings of demographic characteristics of primigravida mother.
2) Section II:-Findings related to knowledge score of primigravida mother regarding breastfeeding.
3) Section III:-Findings related to association between knowledge of primigravida mother regarding breastfeeding with selected demographic variables.

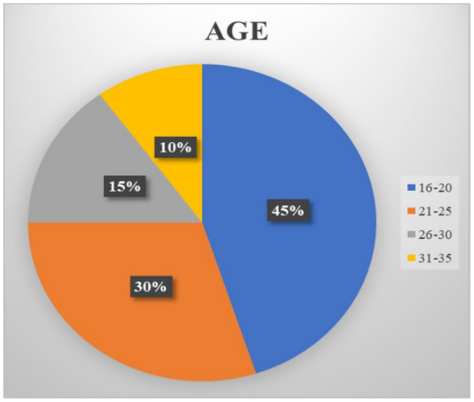

Fig 1: Pie diagram showing percentage distribution of primigravidae mother according to their age.

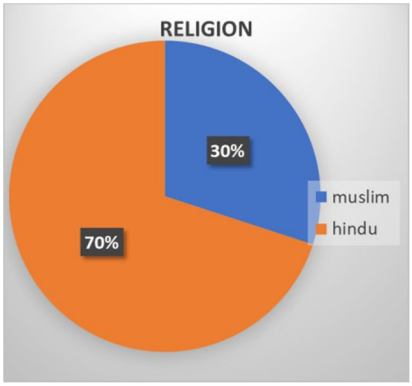

Fig2: Pie diagram showing percentage distribution of primigravidamother according to their religion

Table 2: frequency and percentage distribution of primigravida mother according to their academic qualification
n=60

Academic Qualification Of Mother	Frequency(f)	Percentage (%)
Illiterate	1	2
Up to Madhyamik	23	38
Higher Secondary	22	37
Graduate & above	14	23

Data presented in Table no- 2 shows that maximum 38% prmigravida mother belonged to upto Madhyamik and minimum 02% primigravida mother belonged to illiterate group.

Table 3: frequency and percentage distribution of primigravida mother according to their occupation
n=60

Occupation of Mother	Frequency(f)	Percentage(%)
Housewife	56	92
Beautician	01	2
Labour	01	2
Tailor	01	2
Research Scholar	01	2

data presented in Table no -3 shows that maximum(92%) primigravida mothers are housewife and minimum (2%) primigravida mothers from each other occupation**.**

Table 4: frequency and percentage distribution of family income of primigravida mother.
n=60

Family Income	Frequency(f)	Percentage(%)
1424-2405	07	12
2406-4859	15	25
4860 & above	38	63

Table-4 shows that maximum primigravida mothers (63%) belongs to 4860/- & above family income and minimum primigravida mothers (12%) belongs to 1424-2405/- family income

Table 5: Range and percentage of knowledge score
n=60

Range of score		Percentage(%)
0-7	Poor	<33%
8-14	Average	34-66%
15-22	Good	>67%

Table 5 shows that the participants who got the score in between 15-22 are belonged to good knowledge and 8-14 are belonged to average knowledge and 0-7 are belonged to poor knowledge

Table 6: Frequency and percentage of knowledge score of primigravida mothers
n=60

Range of score	Frequency(f)	Percentage(%)
Poor	03	05
Average	51	85
Good	06	10

Here the data presented in Table no 6 shows that maximum primigravida mothers (85%) have average knowledge and minimum primigravida mothers (05%) have poor knowledge

Table 7: Mean, Median & Standard deviation (SD) of knowledge score

Variable	Mean	Median	SD
Knowledge	12.42	12	2.71

A. Discussion of the major findings in relation to other studies Discussion related to demographic variables

Majority of the participants were in the age group between 16-20 years (45%).Majority of the participants belongs to Hindu (70%) and were educated up to Madhyamik level (38%).Majority of the participants were Housewife (92%) and having family income 4860 and above (63%) according to G B Prasad Income Scale.

The present study findings are similar to the study conducted by Mohite RV, Mohite VR, Kakade SV on ''Assessment of knowledge of breastfeeding among primigravida mothers'' with the objectives to assess the knowledge of breastfeeding among primigravida mothers and to determine association between socioeconomic variables with the knowledge. The study revealed that majority of respondents were belong to age group 19-24 years (63.8%),Hindu by religion (73.2%) and (35%) completed their Higher Secondary level of education. 54.2% respondents were housewife by occupation and 36.7% were belong to socioeconomic class III according to modified G B Prasad.

1) Discussion related to knowledge score

Among the participants having average knowledge (85%), good knowledge (10%) and poor knowledge (5%).

The findings of the study is supported by the study conducted by Mohite RV, Mohite VR, Kakade SV on "Assessment of knowledge of breastfeeding among primigravida mothers'' to evaluate the knowledge of primigravidae mothers regarding breastfeeding. This study revealed that 59.66% mothers have fair knowledge, 20.37% and 17.96% mothers have good and poor knowledge [6]

2) Discussion related to association between selected demographic variables with knowledge

Present study showed that there is no significant association observed between demographic variables (education and occupation of mothers) and knowledge of primigravida mothers regarding breastfeeding using Chi-square method.

The present findings are supported by another study conducted by Sandhya Jagadule, Jyoti A. Salunkhe, Kavita. On To assess knowledge, Attitude, and Knowledge of Practice regarding Breastfeeding and to find an association between knowledge attitude and knowledge of practice with demographic variables. The study concluded that there is no significant association found between knowledge of mother with education and occupation of mothers using Fisher exact test[7].

B. Implication

- Nursing practice: The study will help to improve the knowledge of primigravida mothers at selected hospital of Hooghly District regarding knowledge of breastfeeding. It also helps to develop positive attitude towards breastfeeding and provide health education to primigravida mothers.
- Nursing education: Using the data from this study nursing personnel can achieve knowledge about breastfeeding. It helps to motivate nursing students to provide knowledge and also encourage mothers to give breastfeeding to baby
- Nursing administration: By using the data obtained from this study nursing administrator can provide appropriate information to the primigravida mothers for improving their lack of knowledge and encourage them to perform breastfeeding. As an administrator we should organize various educational programme for creating awareness of primigravida mothers at selected hospital of Hooghly District.
- Nursing research: Research is essential to find out the knowledge of primigravida mothers at selected hospital of Hooghly District. This plays an important role for identifying the knowledge and misbelief regarding knowledge of breastfeeding among primigravida mothers. Research can find answers that are unknown, filling gaps in knowledge and changing the way of health care, professional work.

V. LIMITATION OF THE STUDY

The findings of the study could not be broadly generalized because it was of following limitations.

1) Conduct only selected hospital of Hooghly District.
2) Number of sample were too small

VI. RECOMMENDATION

1) A similar study can be conducted on a larger sample for generalization of finding of the study.
2) A similar study can be conducted in a community setting.
3) A structured teaching programme regarding breastfeeding can be given to the primigravida mothers.

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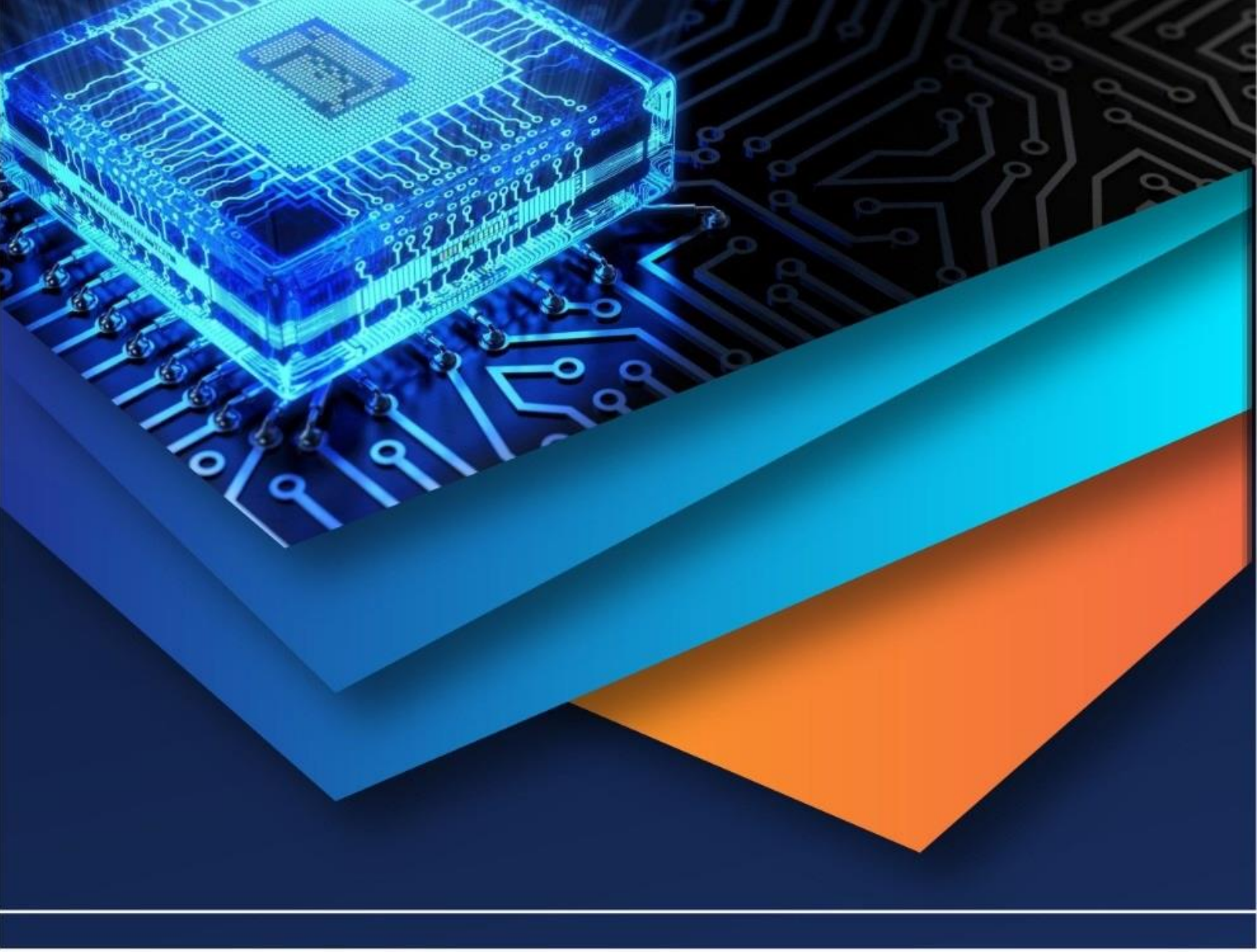

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