

Knowledge Regarding Breast Feeding Among Primigravida Mothers at Selected Hospitals of Hisar Haryana.

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ABSTRACT

Among all the first action after birth is to suck our mother's milk. It starts upon entering the world. This is a demonstration of love, empathy, without that act infant can't get by. Breast feeding is the nature's gift for development and advancement of newborn. It is one of the exceptional gifts of nature and prize for both child and mother in numerous perspectives. Exclusive breastfeeding ought to be rehearsed for the initial a half year of life to accomplish ideal development and improvement of wellbeing in India. Breastfeeding is practically all inclusive, however the exclusive Breast feeding is very low. Present review was led for advancement of the information in regards to breast milk among primigravida moms going to antenatal OPD of Govt. Hospital, Hisar, Haryana. **IA**

Strategies and Material: All out of 100 moms were incorporated as a review subjects utilizing purposive examining procedure. The instrument utilized for information assortment was a self organized information survey. Tools were approved by the gatherings of specialists from different fields.

Results: 12% moms have poor information, 77% had average information and 11% had good information with respect to breast taking care of. The knowledge score was significantly associated with the age, schooling, occupation, sort of family, number of relatives and the dietary example ($p>0.05$) while score was not associated with the religion of the moms and training of husband ($p<0.05$). The review presumed that a large portion of moms had normal information in regards to breastfeeding.

Conclusion: The examiner presumed that there is a need of interventional projects to support the information scores of primigravida moms in regard to Breast feeding.

Powerful measures ought to be taken with significant data with the association of media, specialists and local area wellbeing programs.

Keywords: Effectiveness, Nursing, breastfeeding, primigravida

INTRODUCTION

The advantages of breastfeeding for the wellbeing and prosperity of the mother and child are irrefutably factual. WHO suggests early (for example in the span of one hour of conceiving an offspring) commencement of breastfeeding. A new preliminary has shown that early commencement of breastfeeding could lessen neonatal mortality by 22% which would add to the accomplishment of the thousand years

Breastfeeding gives present moment and long haul benefits on both child and mother including assisting with safeguarding kids against various intense and persistent issues. As per a review directed in provincial Ghana, it was reasoned that assuming all ladies started breastfeeding in something like 1 hour of birth, 22% of the babies would be saved from death. In the Indian setting, this implies that 250,000 children can be saved from death yearly by only one demonstration commencement of breastfeeding in no less than 1 hour of birth.

Breast milk is the nature most valuable gift to the infant. Meeting the sustenance as well as close to home and mental necessities of the infant is must. Breastfeeding is safest, cheapest and best defensive nourishment for newborn children. It forestalls unhealthiness and permits the kid full turn of events. Breast milk contains every one of the supplements in the right extent which are required for ideal development and improvement of child up to 4 to a half year. It is fundamental for mind development of the baby since it has high level of lactose and galactose. Breast milk is effectively absorbable. It advances close physical and profound swathe with the mother by successive skin to skin contact, consideration and connection. It diminishes the gamble of breast and ovarian malignant growth of mother. Early commencement of breast milk upgrades maternal baby subjugation. Anyway most mother

end breastfeeding because of different explanation. Information connected with the significance of the breastfeeding is one the significant reason for mother to end breastfeeding. Breast milk is considered as regular nourishment for newborn children yet because of different refined convictions and practice in India only one fourth of babies are breastfeed during the primary hour after conveyance. Greater part of them expressed that breastfeeding was postponed for 3 days due to various social practice. It was accounted for that ordinary breastfeeding ought to be started just when mother becomes unadulterated after custom shower. Negative mentality towards colostrums and defer in commencement of breast milk ought to be changed by teaching mother about benefit of breast milk inside thirty minutes after birth. The boards of trustees on sustenance and the Canadian and pediatric culture unequivocally suggested breast milk for full term babies in 1993. Despite the proposal there was a decrease in breastfeeding. The decay is by all accounts most noteworthy in youthful primiparas.

Aims

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1. To assess the knowledge regarding breastfeeding among primigravida mothers attending antenatal OPD of Govt. hospital, Hisar, Haryana.
2. To associate knowledge with various socio-demographic variable of primigravida mothers

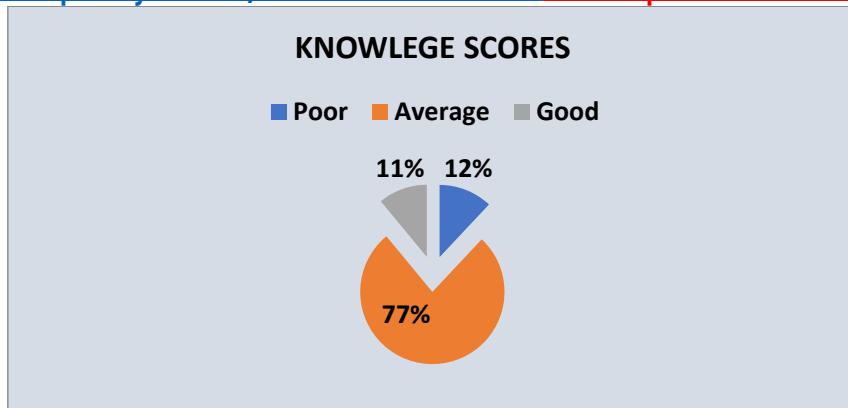
Material and Methods

The study design was descriptive. Total of 100 mothers were included as a study subjects using purposive sampling technique. The instrument used for data collection was a self structured knowledge questionnaire. Tool was validated by the groups of experts from various fields. Pilot study was conducted and the reliability of the tool was checked by internal consistency (split half method) and it was found to be 0.9. The tool was reliable so the main study was conducted in OPD of Govt. Hospital, Hisar, Haryana. The data was collected by using questionnaire and discussion developed by researcher. The collected data was tabulated, analysed and interpreted by using descriptive and inferential statistics.

Children are our future and our most precious resources. After Birth the health of the baby depends on the nurturing practices adopted by the families. The basic food for infant feeding is milk. Breastfeeding is the most natural method. Breast milk is the natural food for babies. It provides energy and the nutrients needed for the first months of life and it continuous to provide up to half or more of a child's needs during the second half of the first year. The care of a child needs to begin in the first few hours of life with exclusive breast feeding and appropriate intervention at 4 to 6 months in the form of timely complementary feeding. Good nutrition is one of the basic components of health and as particulars of optimal child development survival and maintenance of health throughout life. The nutritional and health status of infants depends mainly on the feeding practices of the community. Early life is a period of rapid growth with the weight of infant doubling by 6 months and tripling by one year of age various studies were conducted to determine the level of insight on breast feeding among mothers. Most of the studies showed that mums were not having enough insight on breast feeding. On the same lines the present study was undertaken with the aim to find the existing insight on breastfeeding among primigravida mother attending the antenatal OPD in Govt. Hospital, Hisar, Haryana. In present study Purposive technique was used to select the sample and self structured questionnaire was used to identify the knowledge regarding breast feeding. Study was conducted on 100 subjects who met the inclusion criteria.

Results

The results of the study showed that 12% moms have poor insight, 77% had average insight and 11% had good insight with respect to breast feeding. The knowledge score was significantly associated with the socio demographic variable age, schooling, occupation, sort of family, number of relatives and the dietary pattern ($p>0.05$) while there was non-significant association with the religion of the samples and educational status of husband ($p<0.05$).



Informed written consent was obtained from each study subject before inclusion in the study. Findings of the present study were supported by John R (2005) Descriptive survey on "knowledge, attitude and practices of employed mothers about breast feeding in selected areas of Mangalore city." The results showed that 28% of mothers had poor knowledge, 57% had average and only 15 % had good knowledge regarding breastfeeding. It also showed that 73% of Mothers have knowledge regarding the benefits of breast feeding but only 24% of them had knowledge regarding 'expression and storage of breast milk. Results of present study also reveal that 12% had poor knowledge, 77% had average and only 11% had good knowledge about the breast feeding.

Results of both the studies are comparable. Findings of present study clearly indicate that there was inadequate knowledge among primigravida mothers regarding breastfeeding. And the knowledge of mothers was significantly associated with various socio demographic variables like age, education, type of family, occupation etc.

CONCLUSION

However, further studies on efficacy as well as impact of STP should be conducted so that the breast feeding practices of mothers can be improved and through adequate knowledge a more positive attitude can be developed regarding breast feeding, which will support preventive rather than curative care.

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