

A study of breast feeding practices in UHTC field practice area of BJMC, Ahmedabad

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Abstract

Background: Breast feeding has been accepted as the most vital intervention for reducing infant mortality and ensuring optimal growth and development of child.

Objectives: This study was conducted to know the various breastfeeding practices in mothers.

Materials & methods: A cross sectional study conducted during Breast feeding week celebration 2014. Total 75 mothers of below 2 year's of age children who were enrolled in the Anganwadi centers selected randomly.

Results: 49.33% of mothers initiated feeding between 1-4 hours, 40% of newborn received prelacteal feeds, 73.33% newborn received colostrum, 52% mothers practiced exclusive breast feeding upto 4 months. Mothers able to demonstrate ideal position and attachment were 60% and 70.66% respectively.

Conclusion: Few mothers initiated breastfeeding at the earliest. Wrong customs like giving prelacteals and discarding colostrum is still practiced. Majority of the mothers knew about the right technique of feeding i.e. position, attachment.

Keywords: breast feeding practices, colostrum, prelacteal feeding

1. Introduction

- Optimal Infant & Young child feeding recognized as the most cost effective, high impact intervention to improve child health, prevent malnutrition and reduce child mortality.
- Breast feeding is of extreme importance for safeguarding health and welfare of growing infant and this practice must be persevered, protected and promoted by all means.
- Knowledge, ignorance, undesirable socio-cultural beliefs and misconceptions prevailing in the community are reported to influence breast-feeding behavior of mothers.
- Looking to the importance of breast feeding practices, the present study was conducted with objective to study the practices regarding breast feeding among mothers living in slums of BJMC field practice area Ahmedabad.

2. Materials and methods

The present study is cross sectional study conducted in randomly selected 5urban slum areas covered under Urban

Health Centre under the administration of community medicine department, B.J. Medical College during Breast feeding week celebration (1st August – 7th August) 2014. 15 mothers from each urban slum area selected randomly. So total 75 Mothers of under 2 year's of age children who were enrolled in the Anganwadi centers selected by randomly and interviewed using a pretested semi structured questionnaire having open and close ended questions. Time of initiation, prelacteal feeds, colostrum and duration of exclusive breast feeding was noted. Positioning of the baby and signs of attachment was observed as noted as per IMNCI guidelines. Complete privacy was ensured while observing the feeding of the child in their homes itself. Verbal consent was obtained and purpose of data collection was explained to mothers.

Inclusion Criteria

Mothers of all children between 0- 2 yrs of age willing to participate in the study.

3. Results & Discussion

Table 1: Socio-demographic profile of mothers in urban slum area (n=75)

Various socio-demographic factor		Total	Percentage
Age	Below 25	30	40
	26-35	40	53.33
	36 & Above	5	6.66
Type of family	Joint	50	66.66
	Nuclear	25	33.33
Education	Below Metric	5	6.66
	Metric	15	20
	12 th Pass	21	28
Parity	Graduate and Above	34	45.33
	Primipara	33	44
	Multipara	42	56

As shown in Table-1, 53.33% mothers had age between 26-35 years, 66.66% mothers belonged to joint family and 45.33% of

the mothers were graduate and above with 56% mothers were multipara.

Table 2: Distribution of mothers according to various practices of breast feeding (n= 75)

Practices	No. of mothers	Percentage
Initiation of breastfeeding		
<1 Hours	23	30.66
1-4 Hours	37	49.33
4-12 Hours	10	13.33
12-24 Hours	2	2.66
2-3 Days	3	4
Prelacteal Feeds		
Given	30	40
Not given	45	60
Colostrum feeding		
Fed	58	73.33
Not Fed	17	22.66
Duration of exclusive breastfeeding		
1 Month	1	1.33
2 Months	4	5.33
3 Months	10	13.33
4 Months	39	52
5-6 Months	21	28
Position of mother		
Correct	45	60
Incorrect	30	40
Attachment of baby		
Proper	53	70.66
Improper	22	29.33

In table-2 shows that 49.33% of mothers initiated feeding between after first hour to fourth hour. 40% of newborn received prelacteal feeds. 73.33% newborn received colostrum. 52% mothers practiced exclusive breast feeding

upto 4 months. 60% of the mothers were able to demonstrate ideal position and 70.66% mothers demonstrated ideal attachment.

Table 3: Association between educational status of mothers with time of initiation of breast feeding

Educational Status	Time of Initiation of breastfeeding					Total
	0-1 hrs	1-4 hrs	4-12 hrs	12-24 hrs	2-3 Days	
Below Metric	1(20)	2(40)	1(20)	0(0.00)	1(20)	5(100)
Metric	3(20)	4(26.66)	3(20)	3(20)	2(13.33)	15(100)
12 th Pass	11(52.38)	3(14.28)	2(9.52)	3(14.28)	2(9.52)	21(100)
Graduate and Above	29(85.29)	3(8.82)	1(2.94)	1(2.94)	0(0.00)	34(100)
Total	44(58.66)	12(16)	7(9.33)	7(9.33)	5(6.66)	75(100)

$\chi^2 = 26.467, df=12, p<0.05$

(Figures in parenthesis is percentage)

Table-3 shows that within 1hr breast feeding initiated more in mothers whose educational status was graduate and above compared to other mothers of educational status and this was found statistically significant ($\chi^2 = 26.467, df=12, p<0.05$).

Table-4 shows that colostrum given more in mothers whose educational status was graduate and above compared to other mothers of educational status and this was found statistically significant ($\chi^2 = 14.11, df=3, p<0.05$).

Table 4: Association between educational status of mothers with colostrum

Educational Status	Colostrum		Total
	Given	Not given	
Below Metric	2(40)	3(60)	5(100)
Metric	7(46.66)	8(53.33)	15(100)
12 th Pass	13(61.90)	8(38.09)	21(100)
Graduate and Above	31(91.17)	3(8.8)	34(100)
Total	53(70.66)	22(29.33)	75(100)

$\chi^2 = 14.11, df=3, p<0.05$

(Figures in parenthesis is percentage)

Table 5: Association between educational status of mothers with exclusive Breast feeding

Educational Status	Exclusive breast feeding		Total
	Yes	No	
Below Metric	2(40)	3(60)	5(100)
Metric	11(73.33)	4(26.66)	15(100)
12 th Pass	17(80.95)	4(19.04)	21(100)
Graduate and Above	22(64.70)	12(35.29)	34(100)
Total	52(69.33)	23(30.66)	75(100)

$\chi^2 = 3.812, df=3, p>0.05$

(*Figures in parenthesis is percentage)

Exclusive breast feeding found more in 12th passed mothers and this was statistically insignificant (chi sq= 3.812, df=3, p>0.05).

4. Discussion

In the present study it was found that majority of mothers (49.33%) initiated feeding within 1- 4 hours of delivery but only 30.66% initiated within 1 hour of birth. Higher percentage initiations of breastfeeding within 1-4 hour was reported by H.Rokade *et al.*^[1] (77%). Lower percentage initiation of breast feeding within 1- 4hours was reported by Shrivastava Anurag *et al.*^[5] (4.7%). The prevalence of prelactal feed was lower in studies done by Madhu *et al.*^[6] (19%) and S. Jain^[7] (4.7%) whereas it was higher in studies done Devang Raval *et al.*^[8] (61.9%) than the present study (40%). In present study 22.66% mothers discarding colostrum where as in studies done by Pratibha gupta *et al.*^[9] 66.9% and Takalkar *et al.*^[10] (33.6%) of mothers discarding colostrum. In present study mother were able to demonstrate ideal position (60%) and Attachment (70.66%) Whereas in study of H.Rokade *et al.*^[1] mother were able to demonstrate ideal position (46%) and Attachment (47%). In present study significant association found between educational status of mothers with time of initiation of breast feeding and also in association between educational status of mothers with colostrum. This is contrary to the study of R.Udgiri *et al.*^[11] shows that insignificant association found between educational status of mothers with initiation of first breast milk and also in association between educational status of mothers with colostrum.

5. Conclusions

Few mothers initiated breastfeeding at the earliest. Wrong customs like giving prelacteals and discarding colostrum is still practiced. Majority of the mothers knew about the right technique of feeding i.e. position, attachment.

6. References

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