

## ASSOCIATION BETWEEN THE LEVEL OF PRACTICE ON COLOSTRUM FEEDING & BREAST-FEEDING TECHNIQUE WITH SELECTED SOCIO- DEMOGRAPHIC VARIABLES

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DOI: <http://doi.org/10.47211/idcij.2022.v09i02.010>

### ABSTRACT

WHO universally recommends colostrum, a mother's first milk or the 'very first food', as the perfect food for every newborn. The sticky, yellowish substance produced by the mother soon after birth is ideal for the newborn - in composition, in quantity and rich in antibodies. Colostrum not only nourishes, it also protects. It is just what the baby needs during its first few days. Colostrum needs to start in the first hour. **Setting and Design:** A quantitative evaluative research approach was used in the current study. A pre-experimental one group pre-test post-test group design. In the present study the setting was the selected hospitals of Bangalore. The target population was primi gravida mothers. The sample and the sample size in the present study is 100 primi gravida mothers from selected hospitals of Bangalore. Non-probability convenient sampling technique was used in the present study. **Results:** The result shows that educational status of primi gravida mothers ( $p < 0.002$ ) found significantly associated with pre-test practice level of mothers at 0.05 significance level, whereas the remaining demographic variables found non-significant at similar level of significance.

**Keywords:** Universally, Colostrum, antibodies

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## INTRODUCTION

According to UNICEF, the exclusive breast-feeding rate in India up to 6 months of age is 46% and that of early initiation of breast feeding is just 41%. Globally, less than 40% infants under 6 months of age are exclusively breast feed, despite the documented benefits of breast feeding. A study in India revealed that mothers were unaware about the time of initiation of breast feeding. Though 99% of mothers knew that breast feeding should be initiated within 1 hour after delivery, only 36% of them had actually done so. It also showed that 52% of the mothers did not receive any advice on breast feeding during Primi-gravida period. (Kuchi S et al 2021)

In 2016, The Global Health Observatory (GHO) state that, 4.2 million (75% of all under-five deaths) occurred within the first year of life. The risk of a child dying before completing the first year of age was highest in the African WHO Region (52 per 1000 live births), over six times higher than that in the WHO European Region (8 per 1000 live births). Annual infant deaths have declined from 8.8 million in 1990 to 4.2 million in 2016. (Vardell E et al 2020)

Although breastfeeding is a natural phenomenon, successful breastfeeding can be a complex task for the mother-infant dyad. Several factors can be used to measure breastfeeding effectiveness, including the mother's correct positioning of her infant at the breast, her comfort level, type of nipple, infant feeding techniques, such as rooting, latching, active sucking, and audible swallowing, all of which was found in these studies to be objective predictors of successful breastfeeding. However, cesarean section can negatively influence breastfeeding initiation and techniques due to mothers' mobility limitations, positioning difficulties, post-surgical pain and discomfort, and separation of mother and infant in the first days after birth. In addition, the analgesia administered to mothers for pain relief after cesarean section can impact infants' ability to latch on their mothers' breast. Consequently, a study has also found that mothers who had just delivered their infants through cesarean section found breastfeeding to be more stressful than mothers who had vaginal deliveries. (Carlander A-KK et al 2010)

Breastfeeding technique (BFT) is explained as the mother's and baby's positioning, baby's attachment to the breast, and suckling during breastfeeding, which are very important for effective breastfeeding. Appropriate early childhood care and application of effective breastfeeding techniques during infancy are the key to optimum development, health, and survival. The World Health Organization (WHO) has recommended to utilize the appropriate breastfeeding techniques that helps to promote exclusive breastfeeding, due to this reason the baby can get the expected amount of energy and adequate nutrients. In addition, breast feeding is important for both the mothers and infant's health with protecting against different acute and chronic disorders. (Safayi BL et al 2021)

## REVIEW OF LITERATURE

A Descriptive cross-sectional study was done to assess knowledge, attitude and practice of colostrum feeding among 100 pregnant women admitted at KMCTH in Nepal (2011-2012). Data collection was done by using semi structured questionnaire. Result showed that only 9% women were aware about protective effect of colostrum and 26% of women who lacked knowledge about colostrum belong to the rural community. Better knowledge and practice was found among mothers of urban area due to education received through mass media (46%). (Joshi SK et al 2014) A study on knowledge regarding advantage of breast feeding & maternal attitude towards infants feeding was done among 526 mothers in San Francisco, California. Mothers were selected by using convenient sampling technique. Data collection was done by using structured knowledge questionnaire and 5-point Likert scale. Result showed that some mothers thought breast feeding was physically painful & uncomfortable & it was independently associated with not breast feeding & exclusively breast-feeding rate are low in the United State with 30.5% of mother exclusively breast feed their infant to 3 months of age & 11.3% to 6 months. (Cascone D et al 2019)

A descriptive study was conducted at tertiary hospitals in Pondicherry regarding Primi-gravida counselling on breastfeeding on every third primigravida mothers admitted in the maternity ward from June to December 2005. Among the 144 primigravida mothers, 108 who had a minimum of three Primi-gravida visits were booked. These 108 mothers were administered a pre-test semi structured questionnaire on breast feeding. The awareness among mothers (both counselled and not counselled) regarding health information pertaining to breast feeding was assessed. The findings of the study of the booked mothers revealed that 21 % (n=23) had received some Primi- gravida counseling about breast feeding while 79 % (n=85) had not received any such counselling. Awareness related to breastfeeding among mothers in the counselled group was better than those in 'not counselled' group. Even in the counselled group, awareness among mothers with regard to correct breast-feeding techniques and concept of continuing breast-feeding during illness in the baby was no different from those in the 'not counselled group'. Thus the study conducted that the existing Primi-gravida counselling on breast feeding was inadequate in the population studied and needed to be strengthened. (Dhandapany G et al 2008)

Authors communicated their research work of Effectiveness of Video Assisted Teaching Program on Postpartum Minor Discomforts of Primipara Mothers. Authors aimed this study with to investigate the effectiveness of video assisted teaching program on postpartum minor discomforts of primipara mothers. They identified quasi-experimental research design to continue this study. The 100 primipara mothers with minor discomforts during the postpartum period were selected by using purposive sampling technique. A structured interviewing questionnaire, postpartum minor discomforts questionnaire (pre and post-test) and the postpartum minor discomforts follow up instrument were used for data collection. Investigators concluded that the video assisted teaching program found an effective tool to improve knowledge and practice of postpartum primipara mothers. (EL Salam AAA et al 2016)

#### OBJECTIVES

To find the association between the level of practice on colostrum feeding & breast-feeding technique with selected socio-demographic variables.

#### METHODOLOGY

A quantitative evaluative research approach was used in the current study. A pre-experimental one group pre-test post-test group design. In the present study the setting was the selected hospitals of Bangalore. The target population was primi gravida mothers. The sample and the sample size in the present study is 100 primi gravida mothers from selected hospitals of Bangalore. Non-probability convenient sampling technique was used in the present study.

#### RESULTS

**Table No 1 Chi-square value of pre-test practice score of primi gravida mothers regarding colostrum feeding & breast-feeding technique with selected Socio-demographical variables:**

Socio-Demographic Variables		Chi-square	df	P value	Level of Significance
Age (in Years)	7.65	0.019	3	0.786	NS
	1.071				
	0.639				
	4.8				
Type of family	9.031	4.789	1	0.588	NS
	3.963				
Religion	4.154	0.015	3	0.902	NS
	Chi-square				
	7.65				
	1.071				
Educational status	0.639	1.063	3	0.002	S
	4.8				
	9.031				
	3.963				
Occupation	4.154	4.676	3	0.786	NS
	Chi-square				
	7.65				
	1.071				
Family's monthly income	0.639	1.925	3	1.984	NS
	4.8				
	9.031				
	3.963				
Place of residence	4.154	0.405	2	0.188	NS
	Rural				
	Semi-urban				

**Significance level-  $p < 0.05$  S- Significant NS- Non-significant**

The table 1 is stating that only educational status of primi gravida mothers ( $p < 0.002$ ) found significantly associated with pre-test practice level of mothers at 0.05 significance level, whereas the remaining demographic variables found non-significant at similar level of significance. Therefore, the **research hypothesis**

**H2 accepted** for this variable of educational status of primi gravida mothers at 0.05 level of significance, and for other variables the H2 got rejected.

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