

KNOWLEDGE REGARDING BURPING TECHNIQUE AMONG MOTHERS WITH A VIEW TO DEVELOP INFORMATION BOOKLET

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ABSTRACT:

“Any woman can give birth to a child, which is a simple biological process. But to be good mother needs a great art, understanding and compassion”

Vincent Lanmell

Feeding a newly born baby can be such a fascinating experience but can also result to more intimidating one. Burping is an important aspect of feeding. Burping (also called belching and eructation) is the release of gas from upper digestive tract through the mouth. The aim of the study was to assess the knowledge regarding burping technique among mothers with a view to develop information booklet in Kurji Holy Family Hospital, Patna, Bihar. Main objectives were to – (i) assess the knowledge regarding burping technique among mother. (ii) Determine the association between knowledge score with the selected demographic variables. This was a Descriptive research design and Quantitative research approach was adopted for the study. Mothers who were admitted in Kurji Holy family hospital were selected as the population. Sample size was 60. Structured knowledge questionnaire regarding burping technique was used for the data collection. Purposive sampling technique was used for the study. Main study conducted in May 2018. The main findings of the study revealed that nearly 70% of mothers had average knowledge, 26.67% had good knowledge and 3.33% had poor knowledge. Findings related to association between knowledge regarding burping technique with the selected demographical variables showed that only two variables, occupational status and source of information had association at 0.05 level of significance as compared to age, type of mothers, type of family, number of children, type of feeding, educational status, income and previous knowledge. The study concluded that burping technique is very important for all the mothers. The proper technique of burping helps to reduce the chances of aspiration, vomiting and other life threatening condition of the child. So it's important to aware and proper trains the mothers to follow proper technique of burping technique. So, information booklet was distributed to all the mothers participated in the study.

Key Words: Informational Booklet, burping technique, new born.

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INTRODUCTION

The first year of life is crucial in laying the foundation of good health. At this time certain specific biological and psychological needs must be met to ensure the survival and healthy development of the child in to a future adult. Breastfeeding is the ideal method suited for the psychological and physiological needs of a new-born. Breastfeeding a new-born is a natural, usually wonderful experience for both mother and baby. Getting started with breastfeeding, though, does not always come naturally. Everybody knows the significance of burping a newly born one as they are being fed. Such young ones tend to swallow in some considerable amount of air which is not good for them since it makes them quite uncomfortable. Some mothers of the new born babies may not know what to do with such a situation. It would be necessary for such mothers to understand the most appropriate ways to do burping as well as the right positions to go for while carrying out this exercise. For some new parents, feeding a newly born baby can be such a fascinating experience but can also result to a more intimidating one. This is so if the new mother does not know what to expect from that. While feeding the baby, there is need to keep on burping. It is an important aspect of feeding newly born since it would assist in getting rid of the air which might be swallowed by the babies while being fed.

BACKGROUND OF THE STUDY

The current infant mortality rate for India in 2020 is 29.848 deaths per 1000 live births, a 3.48% decline from 2019. The infant mortality rate for India in 2019 was 30.924 deaths per 1000 live births, a 3.36% decline from 2018.

The reason for infant mortality and morbidity is the lack of knowledge about proper new-born care and improper feeding practices. In neonates the cardiac sphincter is not well developed as the pyloric sphincter. For this reason the infant need to be burped several times. It is important to burp during and after feeding, in order to release air bubbles that can cause discomfort and pain. The number of times a baby needs to be burped during the feeding process depends on the type and amount of milk drank and the baby's individual needs. It's ideal, especially in the first few months or if the baby has a problem with either acid reflux or spitting up, that they are burped every two to three ounces of formula. If a baby is breastfeeding, mothers often burp the baby when they switch breasts. So, it is important to make them aware about the correct technique of burping.

PROBLEM STATEMENT

"A Descriptive study to assess the knowledge regarding burping technique among mothers with a view to develop information booklet in Kurji Holy Family Hospital, Patna, Bihar".

OBJECTIVES

- Assess the knowledge regarding burping technique among mothers in Kurji Holy Family Hospital, Patna, Bihar.
- Determine the association between knowledge score with selected demographic variables

METHODOLOGY

- **Research Approach:** Quantitative Research Approach was adopted.
- **Research Design:** Descriptive Research Design was used for the study.
- **Target Population:** Mothers admitted in Kurji Holy Family hospital, Patna, Bihar.

- **Accessible Population:** Mothers admitted in Kurji Holy Family hospital , Patna, Bihar
- **Sampling Technique:** Purposive Sampling technique was used for the study.
- **Setting of the study:** Kurji Holy Family Hospital, Patna, Bihar.
- **Sample Size:** the sample consists of 60 mothers who were admitted in Kurji Holy Family hospital.

DESCRIPTION OF THE TOOL

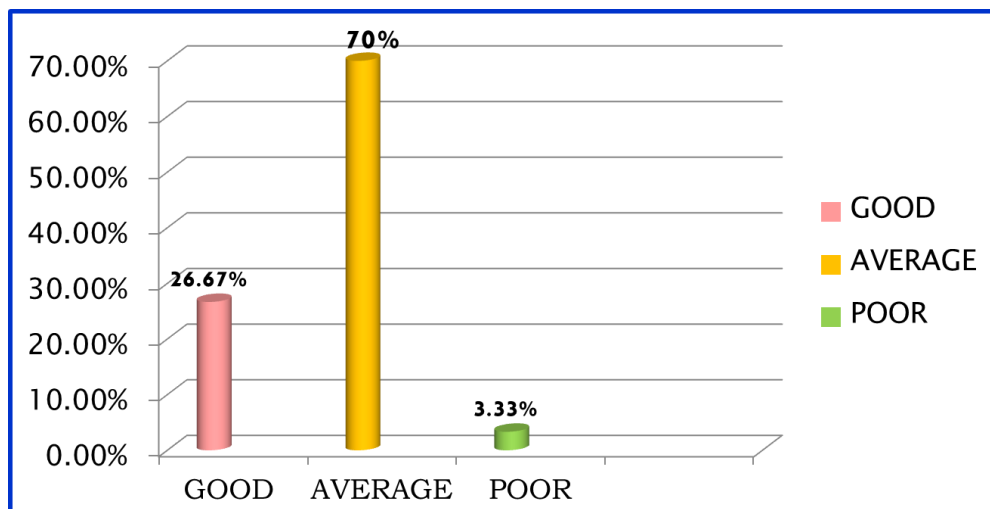
Research tool consists of two sections-

Section A:Socio-demographic variables – it includes identification data of variables such as age, type of family, type of mother, type of feeding, number of children, educational status, family income, previous information about burping technique, source of information.

Section B: Structured Knowledge Questionnaire regarding Burping technique- This consists of 30 knowledge questionnaire regarding burping technique. The questions are categorized under – Knowledge on breastfeeding, knowledge related to burping technique and concept of burping technique.

RESULT

Findings related to knowledge of mothers regarding burping technique



Data represented in Fig. No.1. shows that 70% of mothers had average knowledge, 26.6% of mothers had good knowledge and 3.33% had poor knowledge regarding burping technique.

Findings related association between knowledge regarding burping technique with the selected demographic variables-

Occupational status and source of information had association with the knowledge of mother regarding burping technique as compare to other variables (age, type of mother, type of family, no. of children, and type of feeding, educational status, income and previous knowledge).So, research hypothesis was partially accepted.

CONCLUSION

Burping is very important for the new-born immediately after the breast feeding. The proper burping technique will help to reduce the risk of aspiration, vomiting and other discomforts for the babies. Through this study the investigator found that very less mother had good knowledge about the burping technique so this study is highly recommended.

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