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RESEARCH ARTICLE

Knowledge and Practice of colostrums and exclusive Breast feeding among mothers of children below six months.

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Abstract

The present study was aimed to assess the knowledge and practice of colostrums and exclusive breast feeding among mothers of children below 6 months in selected urban and rural area of Puducherry. Quantitative non experimental descriptive design was adapted , the study was conducted among 50 mothers of children below 6 months in selected urban and rural areas of Puducherry. Non probability convenient sampling technique was used and data collected through structured interview schedule.

The study findings shown 15(30%) was found to have adequate knowledge regarding colostrums feeding and exclusive breast feeding, 29 (58%) was found to have moderately adequate knowledge and 6 (12%) was found to have inadequate knowledge regarding colostrums feeding and exclusive breast feeding. Among 25 samples selected from urban area 17 (68%) was found to practice colostrums feeding and breast feeding and 9 (32%) from selected 25 samples in Rural area was found to practice colostrums and exclusive breast feeding.

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INTRODUCTION

Even though our country is in its heels of development, the misconceptions and beliefs about the colostrum and breast feeding still remains the same.

Breast feeding is the most natural method. Feeding is of greatest importance. It is a must to meet the nutritional as well as the psychological and emotional needs of the infant. The basic food for infant is milk.

Colostrum can be defined as the first milk, initially for two to three days after delivery, which is rich in proteins as compared to natural breast milk.

Exclusive breast feeding is feeding the baby with breast milk for a period of six months. Human milk is deadlier superior to other milks. It is remarkably adapted to the requirements of the infant and provides the best start of life. On an average an Indian mother secretes 700 ml/day during the first year of lactation.

Colostrum is rich in proteins as compared to mature breast milk it is rich in protein, vitamin A, Sodium, Chloride content, but has a lower potassium and carbohydrate content. It is a rich source of protective material as this high protein content is made up of antibodies for many types of infections. No vaccine or immunizing agent known so far has the capacity to protect the baby against so many type of infections.

On microscopic examination, colostrum reveals the presence of aft globules, aunar epithelial cells and large polymorphs called colostrum corpuscles. The large fat globules act as a mild laxative and help the newborn to evacuate the meconium.

The AMERICAN Academy of Pediatrics (1999) has reaffirmed its position on recommending exclusive breast feeding until at least one year of age as the best form of infant nutrition.

Colostrum and culture: In many culture throughout the world, colostrum is accepted and encouraged as the first food for the infants. In some culture, however colostrum is considered to be old milk that has in breast for months and is unfit for the newborn and this should be expressed and thrown away until true milk appears on the second or third day. In developing countries, mothers do not give their babies the first milk because they fear it is pus or poison.

Boottle necks in successful breast feeding: A lot of obstacles come in the way of successful breast feeding, this includes,

- Mismanagement by elderly in family.
- Erroneous role played by print and electronic media.
- Erroneous impression among some women that formula feeding status symbol.
- Lack of interest on the part of the health personnel to promote breast feeding.
- Non availability of reasonable place for breast feeding in working places.
- Inadequate breast feeding or nursing leave for the mothers.
- Inadequate preparation of breast feeding during antenatal checkups.
- Lack of will for breast feeding on the part of the mother.

Need for the study:

Throughout the world today the infant is up to receive less breast feeding than any time in the past. Until 1940 the prevalence of breast feeding was high in nearly all the Societies, although the feed manufactures milk and baby milk had begun before the turn of century in parts of Europe and North America. The practice slowly spread during next decades. During post world war second era, however the way in which most mothers in industrialized regions fed their infant began to change and the export of these new practices to developing nations was under way. The associations between internal migration from rural to urban areas and a decline in breast feeding also has been notes in developing co countries. In many developing countries they believe that the first milk, the colostrum as pus or poison. Cultural practices has its effects on colostrum feeding, as they believe it as old milk that has been present in mother and they believe it as unfit for the bay, hence it should be thrown out. The formula feeding has been considered as the status symbol for the mothers in many urban areas. The mistaken notions about the practice of the breast feeding, adversely affect body form and the gullibility regarding formula feed as being superior in composition to breast milk. Lack of will to breast fed the child by the mother is an another contributing factor.

OBJECTIVES OF STUDY

- To assess the knowledge on exclusive breast feeding and colostrum feeding among mothers of children below six months.
- To compare the level of knowledge on colostrum and exclusive breast feeding among mothers of children below six months in rural and urban areas.
- To find out the association between knowledge on colostrum and exclusive breast feeding with the selected demographic variables.
- To compare the level of knowledge on among the mothers of children in rural and urban areas.

Hypothesis

- There will be a significant relationship between knowledge and practice regarding colostrum and breast feeding.
- There will be a significant difference in level of knowledge on importance of breast feeding among rural and urban mothers of children below 6 months.
- There will be a significant association between knowledge and practice of colostrum and breast feeding among mothers of children below 6 months within selected demographic variables.

Assumptions

- Most of the mothers are not having awareness regarding breast feeding and colostrum feeding.
- Nurses play an important role to educate the mother regarding the importance of colostrum and breast feeding.

LITERATURE REVIEW:

Where and how breast feeding promotion initiates should focus it attention ? A study form rural warda.
Dongre Ar. Desmukh P.R. Rawool, A.P. Garg BS 2010 April

The cross sectional study was under taken in surrounding 23 villages of Kasthurba health training center , ANM trained in IMNCI paid house visits to 99 mothers during the study period and under took the assessment of breast feeding using IMNCI assessment for young infants. Most of the deliveries 94 took place in health cae facilities. Majority 61% new born babies had received breast feeding within half an hour. About half of mothers had any of breast feeding problems like feeding less than 8 times in 24 hours giving any other food or drinks or is low weight for age. Significantly more others with feeding problems had problems in positioning and attachment of infant to the breast was compared with those mothers who did not have any feeding problems.

Breast feeding knowledge and practices among rural women of Punjab , india , a community based study 2009.

Interviewed 1000 women in a community based analytical cross sectional study that was carried out in 20 villages of the district of Amritsar, Punjab, India in 2009 by standard cluster sampling . 225 respondents started breast feeding their babies on the first day of birth but in terms of early breast feeding only 128 respondents put their babies on the breast with in 4 hours of birth. Out of 1000 respondents 336 of the respondents were unaware of the importance of colostrums and 733 were not given advice on benefits of breast feeding weaning and 306 of respondents had not increased their diet during lactation.

MATERIALS AND METHODS:

Research Approach and Design :Quantitative non experimental descriptive design was used to assess the knowledge and practice of colostrums and breast feeding among mothers of children below 6 months in selected rural and urban area Puducherry.

Setting of the study : It is a place where study is conducted. The study was conducted in urban areas of Ariyankuppam and rural areas of Krimumampakkam in Puducherry

Criteria for Selection:Inclusion criteria :

- Mothers of age group between 18-34 years
- Only mothers of children below 6 months
- Sample available during study period
- Mothers who can understand and speak Tamil and English
- Mothers willing to participate

Exclusive criteria

- Mothers above 34 years and below 18 years
- Mothers who have children above 6 months of age
- Mentally ill or critically ill persons

Sample and sample size : Samples are the mothers between the age group 18-34 years and having children below six months in the selected urban and rural areas. The sample size includes 50 nos. 25 sample were selected from urban areas Ariyankuppam based on inclusion criteria and 25 samples were selected from rural are Kirumampakkam based on inclusion criteria.

Sampling technique : Non probability convenient sampling

Data collection method : Method of data collection is structured interview schedule using as structured questionnaire based on review of books, journals, internets and the tools is developed.

Procedure for data collection : Data collection period is 6 days. Before starting the data collection permission obtained from head of the institution, 25 samples each form rural and urban areas based on inclusion criteria was selected through convenient sampling techniques researchers conducted the interview to the mothers using structures questionnaire.

Plan for data analysis : The data collection was analyzed by using descriptive statistics and inferential statistics, percentage distribution was for demographic variables and knowledge and practice of colostrum and breastfeeding among the mothers of children below 6 months.

Chi- square test was checked to associate the knowledge and practice of colostrum and breastfeeding with selected demographic variables.

RESULTS:

The following are major findings of the study.

- Analysis of demographic data shows that mothers of with age group of 18-22 yrs is 44 %. 22-26 yrs is 30 %, 26-30 yrs is 14% and 30-34 is 12% and was found significant.
- Mothers of Hindu religion is 62%, Muslim is 12 % Christian is 26 % and this was found to be significant.
- Mothers have only one child contributes 36% two children contributes 46% whereas mothers with three children and more than three children contributes 12% and 6% respectively and this too was found significant.
- On taking the age of the child to consideration, mothers with child of age below one month, 1-2 month, 3-5 months, and 6 months are 22%, 30%, 40% and 8% respectively and this was found to be non-significant.
- Mothers belonging to poor socio economic status is 46% middle socio economic status is 48% and those belonging to high socio economic is 6% as was found to be significant.
- Mothers having monthly income Rs. 1000-2000 is 40%, Rs. 3000-4000 is 44%, Rs. 5000 is 10% above Rs. 5000 is 6% This was found to be non-significant.
- Mothers who are house wives are 50% business is 18% government employees is 18% non-governmental employees is 14%. This was found to be non-significant
- Mothers belonging to nuclear family is 32% joint family is 52% and contagious family is 16% and this was found to be non-significant.
- Analysis of level of knowledge and practice of colostrum feeding and exclusive breast feeding shows that 15 was found to have adequate knowledge regarding colostrum feeding and exclusive breast feeding 29 was found to have moderately adequate knowledge and 6(12%) was found to have inadequate knowledge regarding colostrum feeding and exclusive breast feeding.
- Among 25 samples selected from urban area was found to practice colostrum feeding and breast feeding and 9 from selected 25 samples in rural areas was found to practice colostrum and exclusive breast feeding.

Table 1 : Comparison of knowledge on colostrum and exclusive breast feeding among mothers of children below six months at rural (Kirumampakkam) and urban (Ariyankuppam) areas, Puducherry.

Sl.No	Area of living	Adequate	Moderate	Inadequate	Total
1.	Urban	10 (40%)	14(56%)	1(4%)	25
2.	Rural	5(20%)	15(60%)	5(20%)	25

Table : 2 Comparison of Practice on colostrum and exclusive breast feeding among mothers of children below six months at rural (Kirumampakkam) and urban (Ariyankuppam) areas, Puducherry.

Sl.No	Area of living	Adequate	Moderate	Inadequate	Total	Percentage
1.	Urban	10	7	-	17	68%

2.	Rural	5	3	-	8	32%
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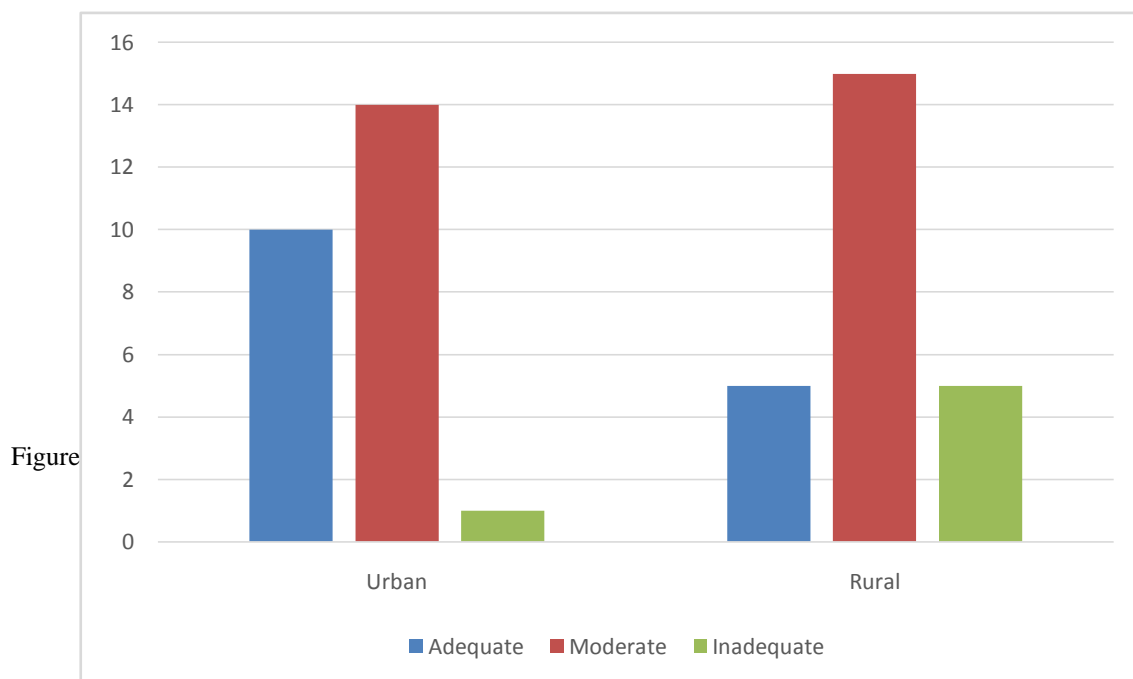
Table :3 Association between knowledge and colustrums feeding and exclusive breast feeding with the selected demographic variables

Demographic Variables	Adequate		Moderate		Inadequate		X ²
	F	%	F	%	F	%	
Age of the mother							
18 – 22	4	8	14	28	4	8	X ² = 2.882
22 – 26	8	16	5	10	2	4	p.0.864
26 – 30	2	4	5	10	-	-	df=6 significant
30 – 34	1	2	5	10	-	-	
Religion							
Hindu	11	22	14	36	2	4	X ² = 5.702
Muslim	1	2	5	4	3	6	p.0.223
Christian	3	6	5	18	1	2	df=4 significant
Others	0	-	5	-	-	-	
No. of children							
One	6	12	8	16	4	8	X ² = 4.203
Two	3	6	18	36	2	4	p.0.649
Three	4	8	2	4	0	-	df=6 significant
More than 3	2	4	1	2	0	-	
Age of children							
Below one month	0	-	7	14	4	8	X ² = 4.498
1 – 2 month	4	8	1.0	20	1	2	p.0.610
3 – 5 month	8	16	11	22	1	2	df=6 significant
6 month	3	6	1	2	0	-	
Socio – economic status							
Poor	6	12	13	26	4	8	X ² = 8.244
Middle	8	16	15	30	1	2	p.0.083
High	1	2	1	2	1	2	df=6 significant

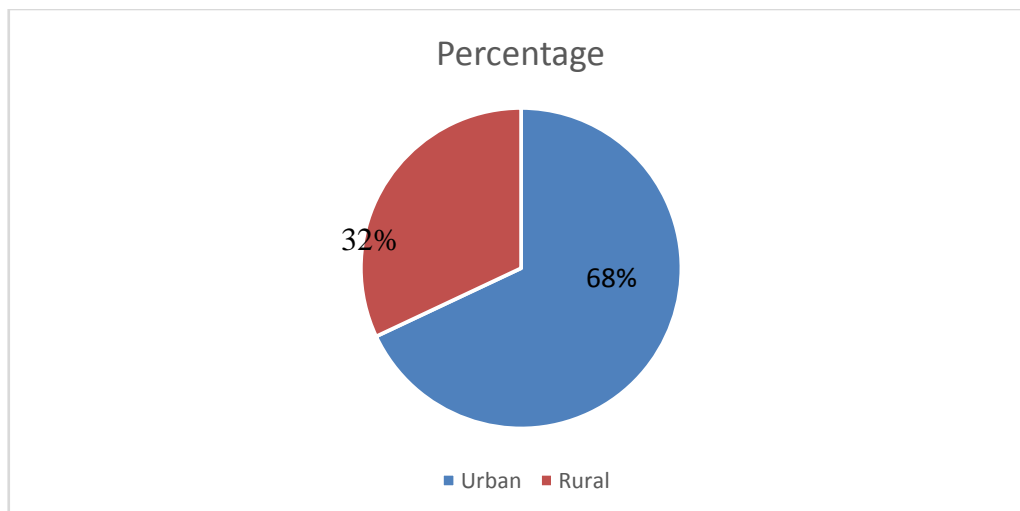
Monthly Income	Adequate		Moderate		Inadequate		X ²
	F	%	F	%	F	%	
1000-2000	4	8	13	26	3	6	$\chi^2=2.738$ p.0.841 df=6 significant
3000-4000	6	12	14	28	2	4	
5000	3	6	1	2	1	2	
Above 5000	2	4	1	2	0	-	
Are of living							
Urban	5	10	15	30	5	10	$\chi^2=6.909$ p.0.032
Rural	10	20	14	28	1	2	
Employment status							
Housewife	6	12	15	30	4	8	$\chi^2=11.382$ p.0.77 df=6 significant
Business	3	6	6	12	-	4	
Government	5	10	4	8	-	-	
Non-Govt	1	2	4	8	2	-	
Type of family							
Nuclear	3	6	10	20	3	6	$\chi^2=2.663$ p.0.616 df=4 significant
Joint	7	14	17	34	2	4	
Consanguineous	5	10	2	4	1	2	
Congial	0	-	0	-	0	-	
Comparison of knowledge of mother in rural and urban areas	15	30	29	58	6	12	$\chi^2=6.909$ p.0.032 df=2 significant
Comparison of practice of colostrums and breast feeding in urban and rural areas	10 5	58.82 62.5	0 0	- -	7 3	41.17 37.5	$\chi^2=5.908$ p.0.016 df=2 significant

Figure : 1

Comparison of knowledge on colostrum feeding and exclusive breast feeding among mothers of children below 6 months in rural (Kirumampakkam) and urban (Ariyankuppam) areas, Puducherry.



Comparison of practice on colostrum feeding and exclusive breast feeding among mothers of children below 6 months in rural (Kirumampakkam) and urban (Ariyankuppam) areas, Puducherry.



DISCUSSION:

This chapter deals with discussion in accordance with the objective of the study and hypothesis. The statement of the problem was "A comparative study to assess the knowledge and practice of colostrums and exclusive breast feeding among the mothers of children below 6 months in selected rural and urban areas.

The first objective was to assess the mother's knowledge on exclusive breast feeding and colostrums feeding.

- Regarding overall categorization among 50 sample selected 15(30%) was found to have adequate knowledge regarding breast feeding and colostrums feeding, 29(58%) was found to have moderate knowledge comparing to 6(12%) that falls in adequate category and among 50 samples selected 25(50%) was found to practice colostrums feeding and exclusive breast feeding in which 17 samples of urban area and 8 samples of rural area practices it.

The second objective was to compare the level of knowledge among the mothers in rural and urban areas.

- Regarding 25 sample selected from urban area 10(40%) was found to have adequate knowledge, 14(56%) was found to have moderate knowledge, 1(4%) was found to have adequate knowledge regarding colostrums and exclusive breast feeding.
- On taking to consideration 25 samples selected from rural area 5(20%) was found to have adequate knowledge, 15(60%) to have moderate knowledge and 5% (20%) to have inadequate knowledge on colostrums and exclusive breast feeding.

The third objective was to find out association between knowledge on colostrums and exclusive breast feeding with selected demographic variables.

- The variable age of the mothers, religion no of children, socio economic status, area of living shows significance at the level of $p < 0.03$ and other variables age of child, monthly income, employment status, type of family does not show any significance.
- Mothers of with age group of 18-22 yrs are 44 %. 22-26 yrs is 30 %, 26-30 yrs is 14% and 30-34 is 12% were significant
- Mothers of Hindu religion is 62%, Muslim is 12 % Christian is 26 % and others 0%. They found to be significant.
- Mothers having only one child is 36% two children contributes 46% whereas mothers with three children and more than three children contributes 12% and more than 3 is 6%. They found to be significant.
- Mothers belonging to poor socio economic status is 46% middle socio economic status is 48% and those belonging to high socio economic status is 6% they found to be significant.

- Mothers having monthly income Rs. 1000-2000 is 40%, Rs. 3000-4000 is 44%, Rs. 5000 is 10% above Rs. 5000 is 6% They found to be significant.
- Mothers who are house wives are 50% business is 18% government employees is 18% non-governmental employees is 14%. They found to be significant.

CONCLUSION

The study concluded at 15(30%) have adequate knowledge on various aspects of colostrums and exclusive breast feeding, 29(25%) have moderately adequate knowledge regarding inadequate category and among 50 samples 25(50%) was found to practice colostrums feeding and exclusive breast feeding.

Conflict of interest : Nil

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