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Knowledge and attitude of urban nursing mothers towards breast feeding

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Abstract

A well-known saying "your health will depend on the type of food you eat". A solid eating regimen comprises of an even eating routine made out of exceedingly significant supplements in right extent. It forestalls lack of healthy sustenance and beginning of illnesses like weight, diabetes, heart ailments, disease and stroke to give some examples. Newborn child and little youngster taking care of practices are of prime significance to keep up the dietary status of kids between 0-24 months of age and are frequently affected by conventional practices. Baby and small kid taking care of practices, lack of healthy sustenance and kid endurance rates in the nation are interlinked. Accentuation on improving these practices is a basic advance for better advancement and wellbeing of children. Contamination and ailing health during the pinnacle time of advancement in the initial two years of life influence the development capability of kids. Breastfeeding is an essential human action, crucial to newborn child and maternal wellbeing also, of monstrous financial incentive to families and societies. To survey the healthful information and demeanor towards breast feeding among urban nursing moms, present investigation was led. The example was 200 lactating moms. Purposive Random examining strategy was utilized to gather the data. The information was gathered legitimately from moms by utilizing organized survey to evaluate the dietary information and attitude of nursing mother. After the information assortment, information will be coded efficiently and organized under various heads. Coding was done on the basis of knowledge and attitude. After this, content and statistical analysis was done using percentage.

Keywords: urban nursing mothers, breast feeding, nutrition and health

Introduction

Sustenance is the investigation of supplements in food, how the body utilizes them, and the connection between diet, wellbeing, and ailment. It is characterized as the procedures by which a creature or plant takes in and uses food substances. Great sustenance is a significant piece of driving a solid way of life. Joined with physical action, you're eating regimen can assist you with reaching and keep up a solid weight, diminish your danger of incessant sicknesses (like coronary illness and disease), and advance your general wellbeing.

Breast milk is the complete nourishment for the half year of life there are no prerequisite of extra food and drink. It is protected and more beneficial of the infant. Breast milk is the all supplements structure which required for the youngster development and improvement. It is the perfect milk for child incorporates the all supplements requirements for the beginning half year of life of infant. Breast milk contains the protein, nutrients, fat, catalysts and antibodies. It shields the infant from the contamination play act like a guard against disease. Breast milk taking care of help in advance the engine, tangible, psychological and physical turn of events and it secure against the contamination and interminable sickness. Select Breast milk taking care of is suggested beginning the half year of child. Select Breast milk taking care of decrease the pace of mortality since baby for the most part sick from the runs and pneumonia. It helps in recuperation from the disease.

Breastfeeding is likewise advantage for moms. The fat which put away during the pregnancy through the breastfeeding will help disposes of this put away fat tissue. This fat utilizing as a wellspring of vitality to deliver milk. During pregnancy the mother body not just put away the fat which are utilized in the Breast milk taking care of yet additionally store the other significant supplement protein during pregnancy which help in milk creation. It also take care of mother likewise generally safe of the illnesses like Breast milk malignancy, ovarian disease, endometrial tumors, type 2 diabetes and osteoporosis. It additionally help in space between kids. It forestalls baby blues haemorrhage. It is prosperity of the mother.

Dietary knowledge is one of the way to conquer the issue. Mother ought to have the option to

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comprehend the significance and job of nourishment in our life and its impact on both newborn child and mother wellbeing. When lactating mother have great sustenance of information then the issue of lack of healthy sustenance in mother and newborn child it will come to decrease. What's more, the future and abundance of our country are solid.

Research Methodology

To evaluate the nourishing information and attitude of nursing moms, present study was led in Delhi. The sample was comprised of 200 urban lactating moms. Purposive Random inspecting strategy was utilized to gather the data. The information was gathered straightforwardly from moms by utilizing organized survey to evaluate the nourishing information and attitude of nursing mother. After the information assortment, information will be coded efficiently and arranged under various heads. Coding was done based on information and attitude. After this, content and measurable investigation was finished utilizing percentages.

Table 1: Socio demographic characteristics of the respondents

Characteristics	Frequency (n=200)	Percentages (%ages)
Age of the respondents		
< 25	12	6
25-30	92	46
31-35	76	38
36-40	20	10
Type of Family		
Joint	128	64
Nuclear	72	36
Educational Status		
Matric	-	-
Higher Sec	40	20
Graduation	120	60
Post-Graduation	40	20
Other	-	-
Occupational Status		
Working	126	63
Not Working	74	37

Table 1 demonstrates that majority of the nursing mothers (46%) were in the age group of 25-30 years; 38% were in the age range of 31-35 years, 10% were in the age scope of 36-40 years and just 6% of them were beneath 25 years. Larger part of the respondent's for example 64% were from joint family and 36 were from nuclear. Dominant part of them were graduate, trailed by post-graduation (20%) and Higher Sec (20%) once more.

Table 2: Knowledge of nursing mothers towards Breast feeding

Variables	Yes	No
The baby is given breast feed soon after his/her birth...	188(94)	12(6)
Do you know about colostrum?	200(100)	-
Do you know that colostrum fights against diseases?	156(78)	44(22)
The prelacteal feed is good for newly born child like water honey etc	40(20)	160(80)
Is breast milk easily digestible and acceptable by infant	200(100)	-
Breast milk is balanced diet for the infant.	164(82)	36(18)
Breast feeding helps to develop strong bond between mother and child.	156(78)	44(22)
Breast milk is a clean and hygienic method of feeding	164(82)	36(18)
Breast milk is readily available for the infant	164(82)	36(18)
Breast milk is more economical compared to the artificial feeding.	188(94)	12(6)
Breast milk provides all nutrients required by the child up to 6 months.	172(86)	28(14)
Breast milk protects the child from illness.	152(76)	48(24)
Artificial feeding is better than breast feeding.	84(42)	116(58)
Feeding mothers should have eat balanced and healthy diet	200(100)	-
Breast fed babes are comparatively healthier than bottle babies	160(80)	40(20)

% ages are in parentheses

The above table no 2 portrays that larger part (94%) of the nursing moms knew about the way that child ought to be given breastfeed following the infant's introduction to the world and all knew about the colostrum and its significance. Other than that majority of them were not in favour of giving prelacteal feed to new conceived and accept that breast milk is effectively edible and satisfactory by the baby. Greatest nursing moms were of the supposition that "Breast milk is a best regimen for the newborn child". They additionally included that breast feeding builds up a solid bond among mother and her infant. They trust it is helpful, conservative and promptly accessible nourishment for the infant and best of all, it contains all the supplements required by the kid up to a half year. They were knowledgeable with the way that breast milk shields the kid from sickness and in each angle it is better than counterfeit taking care of as breastfed babies are a lot more grounded than bottle took care of infants. They likewise expressed that nursing moms ought to have solid and adjusted eating routine with the goal that all the fundamental supplements required by the child can be given timely.

Table 3: Attitude of nursing mothers towards breast feeding

Variables	Yes	No
Do you think that the baby should be given breast feed soon after his/her birth?	188 (94)	12(6)
Do you think that colostrum should be given to the child?	200(100)	-
Besides mother's milk, do you think that prelacteal feed is needed for the child?	122(61)	78(39)
Would you continue with breast feeding after your child turns one if the child so desires?	184(92)	16(8)
Would you not breastfeed your child after he/she turns two, even if the child so desires?	144(72)	56(28)
Would you feed your child on demand?	176(88)	24(12)
Do you think that working mothers should introduce formula milk as well?	186(93)	14(7)
Would you stop breastfeeding your child as soon as you started to work, even if the child still desires?	126(63)	74(37)
Do you think that returning to work would not make you stop breastfeeding?	200(100)	-
If your partner would have helped you and brought child to your work place, would you breastfeed?	200(100)	-

% ages are in parentheses

It is apparent from table 3 that greater part of the moms believed that breast feed should be given immediately after the birth of the child; 100% demonstrated inspirational disposition towards colostrum. In spite of the fact that 63% of working moms expressed that they would stop breast feeding (during working hours only) when they began to work since they don't have some other choice close by. They further included that they truly don't want to stop this during office hours however defenseless. Indeed, even non-working moms were of a similar supposition that in case they would be working they would need to quit breast feed during working hours. They believe in breast feeding however all the while they feel that formula milk ought to likewise be presented as it would be advantageous for working moms when they are at their work place; they accept that in the wake of coming originate from work, they are unquestionably going to take care of their infants with special focus on breast feed. In general it has been found that dominant part of them confirmed inspirational appearance towards breast taking care of nonetheless they also accept that there should be some options other than breast feed ought to be there in the event of nonattendance of nursing mother. Indeed, even they indicated uplifting outlook towards breast feeding at the work

environment in the event that their accomplices help them and get the kids to their work environment,

Discussion

This investigation shows that moms who have great information towards Breast Feeding. Reason may be qualified moms, urban settings and financial status of the members. Information by respondents on colostrum in this examination is 100% (having acceptable information). Comparative examination was led by Vijayalakshmi P *et al* (2015), majority (88.5%) of the mothers were breast feeders. However, merely 27% of the mothers were exclusive breast feeders and only few percentage initiated breast feeding within an hour. While mothers have good knowledge on breast feeding. In the present research, they acknowledge that in the wake of coming begin from work, they are verifiably going to deal with their newborn children with exceptional spotlight on breast feed. In fact, even they showed elevating viewpoint towards breast feeding at the workplace if their associates help them and get the children to their workplace. The current examination reasons that the moms have an awesome information and inspirational mentalities toward breast feeding. Our discoveries likewise show that mentality towards exclusive breast milk was minimal low among these moms. In this way, it is imperative to give pre-birth instructions or guidelines to moms and fathers on breast feeding. Studies show that women who have breastfed experience reduced rates of breast and ovarian cancer later in life. A few examinations have discovered that breastfeeding may diminish the danger of creating type 2 diabetes, rheumatoid arthritis, and cardiovascular disease, including hypertension and high cholesterol. We likewise suggest fortifying the general wellbeing training efforts to advance breast feeding practices in India

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