

A Study to Assess the Breast Feeding Adaptation Practices Among Mother of Infants In Selected Urban and Rural Areas

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ABSTRACT

Introduction: Breast milk is considered to be the best milk for infants. It is well suited for the needs of infants. Breastfeeding plays a very important role in determining the growth and development of the infant. Breast milk contains all the nutrients that an infant needs in the first 6 months of life, including fat, carbohydrates, proteins, vitamins, minerals and water. Breast milk contains bioactive factors that augment the infant's immature immune system, providing protection against infection, and other factors that help digestion and absorption of nutrients. **Aim:** The aim of this narrative review is to compare the breastfeeding adaptation practices among mothers of infants in rural and urban areas. **Methodology: Types of studies-** Quantitative research design, Comparative research design. **Types of participants-** Mothers of infants in urban and rural areas. **Setting-** rural and urban areas. **Outcome-** This narrative review result will show the breastfeeding adaptation practices among mothers of infant in urban and rural areas.

1. Introduction

Breast milk is considered to be the best milk for infants. It is well suited for the needs of infants. Breastfeeding plays a very important role in determining the growth and development of the infant. Factors in breast milk protect infants from a wide variety of illnesses, such as diarrhoea and infant botulism, meningitis and pneumonia in infants. Breastfeeding reduces health care costs. A woman's ability to breastfeed is markedly reduced when she returns to work if breastfeeding breaks are not available, if quality infant care near her workplace is inaccessible or unaffordable, and if no facilities are available for pumping or storing milk.

Breast milk contains all the nutrients that an infant needs in the first 6 months of life, including fat, carbohydrates, proteins, vitamins, minerals and water. Breast milk also contains bioactive factors that augment the infant's immature immune system, providing protection against infection, and other factors that help digestion and absorption of nutrients

Appropriate breast feeding practice means early initiation of breast feeding within 1 hr of delivery, no prelacteal feeding, no discarding of colostrum, and giving only breast milk till 6 months of age. A mother needs knowledge regarding these in order to practice them and that depends on the mother's education, her socioeconomic status, her access to information regarding breast feeding, feeding taboos, and so on. Rural mothers are generally not well educated; do not have better socioeconomic status and difficulty in accessing information regarding breast feeding as compared to their urban counter parts.

KumarM. Vijay ,AcharyaIndranil, et al (2016),conducted a study on comparison of breastfeeding practices among urban and rural areas of Rangareddy district of Telangana. The cross

sectional research design was used. He conducted study on 800 women of both urban and rural areas. The findings are overall prevalence of exclusive breast feeding was 65%, being comparatively more in rural area (68%) which was statistically significant. Colostrum was discarded by 15% mothers in urban and 9% in rural area. Breast feeding was initiated within 1 hour in 184 (46%) in urban area and in 148 (37%) in rural area.

Sireesha.N, Dr.A.Padmaja, conducted a study on a comparative Study to Assess the Knowledge, Attitude and Knowledge on Practices Regarding Complementary Foods among Mothers of Infants between Urban and Rural Areas, At Tirupathi, Chittoor (Dist.), India. Convenient sampling technique was used to draw the sample. The data collection was done by interview method. The study was conducted at urban and rural areas at Tirupati and it is 100 mothers of infants from urban and rural areas Tirupati.The results of the study were indicating about that among 50 urban mothers 15 (30%) had inadequate knowledge, 19 (38%) had moderate knowledge and 16 (32%) had adequate knowledge on complementary foods. Among 50 rural mothers 21 (42%) had inadequate knowledge, 23(46%) had moderate knowledge and 6(12%) had adequate knowledge on complementary foods.

Kumari Priyanka, NilaVansa, et al (2015), conducted a study on a comparative study to assess the knowledge and attitude of mothers regarding exclusive breast feeding in selected rural and urban areas of district Jalandhar, Punjab. The research approach adopted for the study was non experimental approach with the comparative research design. Total 100 samples, Half- half from the rural and urban mothers was assessed and compared by administrating questionnaire and Likert scale. From the Results it was observed that 78% of urban mothers had good knowledge and 90% had positive attitude as compared by the rural mothers, 56% had average knowledge 24% had negative attitude

towards the exclusive breast feeding. Urban area mean knowledge score (18.46) and attitude score (19.38) was higher as compared to the rural mothers (14.46) and (17.34). The calculated value by using "t" showed that (6.10) of knowledge and attitude (19.38) is greater than tabulated "t" value (2.99) at the level of significance.

Polineni Vindhya, Boralingiah Prakash, et al (2014), conducted a study on a comparative study of breastfeeding practice among working and non-working women attending in Tertiary care hospital, Mysuru. The cross-sectional research design was used. The sample size was 214, 107 in each arm of working and non-working mothers of the children aged between 13-24 months. The findings are Majority among both the groups were found to be below 25 years of age. 53.3% of the non-working and 42.1% of the working women had initiated breastfeeding within one hour of birth. 95.3% of non-working women and 97.2% of the working women had fed their children with colostrum.

Karnawat Divya, Karnawa B S, et al (2012), conducted a study on a Knowledge, attitude & practices about infant feeding among mothers of urban & rural areas of Ajmer district. Cross-sectional study was used. Structured interview through questionnaire to assess knowledge, attitude and practice of subjects on breastfeeding and weaning. She was conduct study on 60 mothers (30 urban and 30 rural) having at least one child below 2 years of age.. Knowledge and practice scores of urban mothers were better than that of rural ones. The average knowledge score of urban mother in breast feeding and weaning was 61.6% and 64.0% respectively as compared to 45% and 44% respectively of rural mother. Attitude scores on breastfeeding among the groups were 81.8% which was better in rural mothers whereas attitude scores about weaning among the groups was average 50%. The average score 83.3% of breast feeding practices among urban mother was for more that of rural mother 58.3%. Again similar observation was made for weaning practices in which average score of urban mother (86.8%) was ahead of rural mother (68.0%).

Kuzma Jerzy (2012), conducted a study on a Knowledge, attitude and practice related to infant feeding among women in rural Papua New Guinea. The descriptive research design was used. Participants were selected using convenience sampling. A mixed method study using interviews based on a semi-structured questionnaire (n=140) and Focus Group Discussions (FGDs) was conducted among mothers in rural PNG. Whereas most women indicated breastfeeding as a better way to feed babies, knowledge of the reasons for its

superiority over infant formula was generally poor. Only 17% of mothers practiced exclusive breastfeeding for the first six months postpartum. Our study showed that the size of the gap between exclusive breastfeeding practice and global recommendations was striking. Taking into account the low educational profile of the participants, the disparity may be explained by the fact that most of the mothers in this study had no formal education on infant feeding.

2. Findings

The systematic search was conducted by formulating the terms separately and in integration with all synonyms, also according to the database. Likewise, a manual Google scholar search was undertaken using the keywords and search synonyms from already articles. An addition of 6 articles was found in the database. Initial search recovers 1170 articles over which 270 articles were selected manually. 150 articles were rejected as a result of replication in the database. Replication was removed and reviewed 120 articles for acceptability. 114 more studies were rejected because of unreachable of the full text. Hence 6 articles were screened which includes quantitative study.

3. Discussion

These findings are supported by a study by Karnawat Divya reported that the average knowledge score of urban mother in breast feeding and weaning was 61.6% and 64.0% respectively as compared to 45% and 44% respectively of rural mother. Attitude scores on breastfeeding among the groups were 81.8% which was better in rural mothers whereas attitude scores about weaning among the groups was average 50%. The average score 83.3% of breast feeding practices among urban mother was for more that of rural mother 58.3%. Again similar observation was made for weaning practices in which average score of urban mother (86.8%) was ahead of rural mother (68.0%).

4. Conclusion

From the result of the study, it will be conducted for showing the comparison of breastfeeding adaptation practices of mother of infants in urban and rural areas. Therefore the mother should know the advantages of breastfeeding. Breastfeeding helps to improve the immunity of the infants and prevent from illness.

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Reference

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