

Assessing Antenatal Mothers Knowledge on Lactation Management: A Study in Shahdol, Madhya Pradesh

Seema Sahu¹, Dr. Venice Mariya David²

¹Ph. D Scholar, People's University, Bhopal, Madhya Pradesh, India

²People's University, Bhopal, Madhya Pradesh, India

Abstract: *This study assesses the knowledge of antenatal mothers regarding lactation management in a selected hospital in Shahdol, Madhya Pradesh, India. Using a descriptive research design, 50 antenatal mothers were surveyed using a closed - ended questionnaire. The study found that 68 of the mothers had average knowledge about lactation management, with 12 having good knowledge and 20 having poor knowledge. The study concludes that there is a need for more comprehensive education on lactation management for antenatal mothers.*

Keywords: Breast Feeding, Lactation, Knowledge, Antenatal Mothers

1. Introduction

Breastfeeding makes a holding experience among mother and youngster since it elevates skin - to - skin contact, seriously holding and stroking.¹ Numerous specialists say that friendly holding during the primary long periods of life decreases social and conduct issues in the two youngsters and grown - ups.²

There are numerous medical advantages of breastfeeding for yourself as well as your child.³ It helps assemble your child's insusceptible framework and offers the ideal nourishment. A portion of the medical advantages to you incorporate a lower chance of bosom and ovarian malignant growth, and a lower hazard of cardiovascular illness.⁴ Carve out opportunity to comprehend the advantages of breastfeeding and don't hesitate for even a moment to ask your supplier for help. According to WHO, breastfeeding is crucial for promoting a child's healthy development, growth, and wellbeing.⁵ The group advises mothers to start breastfeeding their newborns during the first hour of life, to nurse exclusively for the first six months, and then to supplement breastfeeding with nutritious foods until the child reaches age two or older.⁶

According to the WHO, more than 4 million infants die in the first four weeks of life each year. The first three million of these deaths happen during the newborn period. UNICEF (2009) reports that neonatal sepsis causes 26% of neonatal deaths, preterm birth causes 27%, hypoxia causes 23%, tetanus causes 7%, diarrhea causes 3%, congenital diseases cause 7%, and other causes account for the remaining 7%. According to a study done in the Uttar Pradesh, the adoption of aseptic procedures, skin - to - skin contact with the mother, and exclusive breastfeeding for the first six months led to a 50% decrease in neonatal mortality.⁷

The richest nourishment for a baby is breast milk. Successful breastfeeding requires the use of suitable procedures, and minimising malnutrition and diarrhoea will save many babies' lives. Most mothers are unaware of the proper methods for breastfeeding. This causes numerous

unrecognised and unfair issues for babies and nursing mothers. Most mothers are unaware of the proper methods for breastfeeding. This causes numerous unrecognised and unfair issues for babies and breastfeeding mothers.⁸

The researcher noticed that many moms have trouble using optimal breast feeding techniques and downplay the significance of doing so. If a mother chooses to breastfeed her infant, she will ensure that the youngster receives excellent nutrition.

Objectives of the Study

To assess the knowledge of antenatal mothers regarding lactation management and to identify any association between their knowledge scores and selected socio - demographic variables.

Hypothesis

H₀: There is no significant association between the knowledge score of antenatal mother regarding lactation management with there socio demographic variables

H₁: There is a significant association between the knowledge score of antenatal mother regarding lactation management with there demographic variables.

Assumption

This study is significant as it provides insights into the level of knowledge about lactation management among antenatal mothers in Shahdol, Madhya Pradesh. The findings can help in designing targeted interventions to improve breastfeeding practices and overall infant health.

Delimitations

In this research study the study was delimited -

- 1) Only primi antenatal mothers who came to visit the antenatal opd in distt. Hospital Shahdol M. P.
- 2) Data gathering takes two weeks.

2. Material and Methods

Research design:

The study employs a descriptive research design with a cross-sectional survey approach. Data was collected from 50 antenatal mothers at Shree Ram hospital in Shahdol, Madhya Pradesh, using a structured questionnaire. The collected data was then analyzed using descriptive and inferential statistics.

Research approach:

The research method adopted for the present study was Cross-sectional survey approach, because the present study aimed to assess the knowledge of antenatal mother regarding lactation management.

Setting of the study:

The Pilot study was done in Parmanand Hospital Shahdol City. For the main study samples were selected from Shree Ram hospital Shahdol, Madhya Pradesh.

Population:

In this study the population consist of antenatal mothers who have visited in Shree Ram hospital Shahdol, Madhya Pradesh.

Sampling and sample size:

For the present study Non-probability convenient sampling technique was used to select 50 antenatal mothers. Who fulfilled the required criteria of our study. which means the study participants were chosen based on the study's purpose.

Variables

Demographic variables: It contains baseline characteristics of antenatal mothers such as age, gender, religion, educational status, occupation, monthly family income, type of family

Independent variable: - Knowledge on Lactation Management is independent variables.

Dependent variable: - Knowledge level of antenatal mother regarding Lactation Management is dependent variable.

Sampling Criteria

A) Inclusion criteria

The proposed study will be conducted on antenatal mothers regarding Lactation Management.

- Antenatal primi mothers Who belongs to age group of 18 - 40years.
- Who are willing to participate in the study.
- Who are present at the time of data collection.
- Who can understand Hindi or English language.
- Who have not taken any training program regarding Lactation Management.

B) Exclusion criteria

Antenatal primi mothers -

- Those are not willing to participate in the study.
- Who don't know Hindi or English language.

- They are not present at the time of data collection.
- Who have taken any training program regarding Lactation Management.

Development and description of tools

utilised in the research structured knowledge survey used to acquire data.

The instrument consisted of two parts -

Tool- I: Demographic data - A structured questionnaire was prepared to assess the demographic variable. It consist of age, gender, religion, educational status, occupation, monthly family income, type of family, etc.

Tool- II: Records - This section consists of structured questionnaire regarding knowledge about Lactation Management.

Data Collection Procedure

- A prior permission will be obtain from authority of Shree Ram Hospital of Shahdol, M. P.
- A permission will be obtain from Obstetricians of Shree Ram hospital of Shahdol in M. P.
- 50 antenatal mother were selected by using convenient sampling technique
- Data were collected from 03/05/21 to 15/05/21.
- After describing about the research study, the written consent was obtained from each subject.
- The purpose of the study was explained in advance.
- Self structured closed ended questionnaire regarding lactation management was given to all selected antenatal mothers and 30 minutes also provided them to answer all the questions.
- The data collection process was terminated after thanking the antenatal mother for their participation and cooperation.

Plan for Data Analysis

The study's goals were used as the basis for the data analysis.

- The collected data was coded and transformed to master data sheet for statistical analysis.
- Analysis of collected data was done in accordance with the objectives and hypothesis of the study.
- The significance was calculated by using mean, standard deviation and calculated 'Chi' value. Chi-square was used to find the correlation with selected demographic factors and the findings will be documented in tables, graphs and diagrams.

3. Data Analysis and Major Findings

Section 1: Demographic data

- 1) 35 antenatal mothers, or 70% of them, were between the ages of 21 and 25.
- 2) 75 percent of expectant mothers were Hindus.
- 3) 34 percent of the 17 prenatal women had completed their secondary education.
- 4) 43 (86%) of the prenatal mothers were housewives.
- 5) The majority of expectant moms 26 (52%) had a monthly household income of between Rs.10000 and Rs.20,000.
- 6) Most people (50%) were reared in nuclear families.

Section 2: Level of knowledge score among antenatal mothers regarding lactation management

Out of 50 pregnant mothers, 34 (or 68%) had an average level of knowledge about breastfeeding, and 6 (12% of expectant mothers) had a good level of understanding. And 10 (20%) of expected mother had a poor knowledge regarding lactation management.

Table 1: Percentage distribution of antenatal mothers according to their knowledge score towards breast feeding N=50

Levels of knowledge	Score	Frequency	Percentage
Poor	1 - 10	10	20%
Average	11 - 20	34	68%
Good	21 - 30	6	12%

Overall, prenatal moms had a mean knowledge score of 13.76, according to the mean, median, SD, and mean percentage.

Table 2: Area wise Mean %, of score N=50

Area	Mean%
Introduction /general information on breast feeding	61.83
exclusive breast feeding techniques	56
Assess the quantity of milk	54
Increase secretion of milk	42
Mothers who are employed	48
	55.6

Above knowledge score data showed that the Antenatal mothers had more knowledge about general information of breast feeding (61.83%±1.67).

Section 3

The relationship between demographic factors and participants' knowledge score regarding lactation management is the focus of this section.

The knowledge score and a few demographic factors did not significantly correlate. Age, religion, degree of education, occupation, monthly family income, and family type are all statistically significant at the 0.05 level of 5.

4. Recommendations

In order to improve postpartum care services and breastfeeding support in India and other similar contexts, researchers, policy makers, and clinicians need to continuously monitor the country's breastfeeding rates. Our study provides crucial information on this topic. This study emphasises how crucial it is to support continuity of care and evidence - based measures, such allowing companions of choice in postnatal wards. All new mothers must have access to enough personnel for breastfeeding support in order to increase women's overall satisfaction with postpartum care. Large samples might be used to repeat the comparable study.

- 1) A similar study might be carried out to assess the effectiveness of prenatal moms' knowledge of breastfeeding in a particular hospital in Shahdol.
- 2) In order to evaluate the pregnant women' knowledge of breastfeeding in a particular neighborhood in Shahdol, a comparative study can be conducted.

- 3) To evaluate the knowledge and practice related breastfeeding, a correlative study might be conducted.

5. Conclusion

The study concludes that the majority of antenatal mothers in Shahdol, Madhya Pradesh, have average knowledge about lactation management. There is a need for more comprehensive education on this topic to improve breastfeeding practices and infant health.

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