

EXCLUSIVE BREASTFEEDING PRACTICE AND RELATED FACTORS AMONG MOTHERS ATTENDING IN HOSPITAL OF UDAIPUR

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Received 2022 November 25, Accepted 2022 Decembar 24, Published 2022 December 31

Abstract Exclusive breastfeeding (EBF) means that the infant receives only breast milk for the first six months of life after birth. In India, less than 50% of children are breastfed within an hour of birth, whereas the rate of exclusive breastfeeding in the first six months stood at **55%**. Early initiation of breastfeeding and exclusive breastfeeding can prevent nearly 99,499 deaths of children every year due to diarrhea and pneumonia.

Objectives: To assess the exclusive breast-feeding practice and associated factors among children in an urban area of Udaipur. **Method:** This cross-sectional study was conducted in Pacific Medical Hospital, Udaipur, among 80 mothers having infants aged 7-12 months, attending the outpatient department were selected purposively for the study during the period of 1st July 2021 to 31st November 2021. Sample was selected purposively for the study and predesigned questionnaire were used for data collection. Data analysis was done by using SPSS software version 22. **Result:** It was found that only 30(37.5%) mother went for regular antenatal checkup and remaining 50 (62.5%) had irregular antenatal checkup. But none of them got breastfeeding advice during antenatal visit. Breastfeeding was initiated within 1 hour of birth in 36(40%) cases and 44 (60%) cases after 1 hour of birth. Exclusive breastfeeding (EBF) was found in 40 (50%) children. Among them 30 (75%) were children of housewife mothers. Mixed feeding (breast milk plus formula/ cow's milk) was given to 30 children among them 18 (60%) were the children of housewife mothers. Only formula milk was given to 10 children of them 8(80%) were the children of housewife mothers. Exclusive breast milk was not given by 18(45%) mothers due to job or other occupation whereas 22 (55%) mothers did not give EBF due to insufficient breast milk.

Keywords: Exclusive breast feeding; practice; among mothers

Introduction

Breast milk is the natural first food for babies, Breast milk is not just food for babies – but a rich source of essential nutrients and antibodies that boosts a child's immune system, brain development and saves lives. In the context of the COVID-19 pandemic, now more than ever, the global nutrition community needs to ensure that women have all the support they need to continue breastfeeding their children safely. Breastfeeding is one of the smartest investments to improve human capital, stimulate economic growth and give every child the same opportunity to survive and thrive.

To mark the start of World Breastfeeding Week from 1st August 2020, UNICEF Data has released updated estimates of key breastfeeding indicators for countries, regions and the world so that governments worldwide

can monitor and track progress on recommended breastfeeding practices. The latest data highlight that there is still much work to be done.

Globally:

- Less than one in two newborns receives the benefits of early initiation of breastfeeding (recommendation is to place newborns skin-to-skin with their mother immediately after birth and to support mothers to initiate breastfeeding within one hour of birth).
- Only two in five infants under six months of age are exclusively breastfed (recommendation is to feed infants **only** breast milk from birth until they turn 6 months of age).
- Less than two in three young children aged 12-23 months are still breastfed during their second year of life (recommendation is for breastfeeding to continue for up to 2 years of age or beyond).

Materials and Methods This is a cross sectional study conducted at the outpatient department of Pacific Medical College Hospital, Udaipur. During the period of 1st July 2021 to 31st November 2021. Total 80 mothers having infants aged 7-12 months interviewed and included consecutively. Sick children requiring emergency care, irritable children and mothers who were unwilling to participate were excluded from the study. All mothers were interviewed after obtaining informed written consent. Predesigned questionnaire were used for data collection. Information's for initiation of breast feeding and exclusive breast feeding were elicited by historic recall. Early initiation of breast feeding was considered when proportion of children who were put on breast within one hour of birth. Exclusive breastfeeding was considered when proportion of infants who were fed exclusively from breast from birth up to 6months (180 days) of age. Data analysis was done by using SPSS software version 22.

Results In this study 80mothers having infants aged 7-12 months were interviewed, mean age of children in month was 8.64 months range (7–12m). Among them 56 (70%) were male and 24 (30%) were female. Regarding antenatal follow up of mother, only 30 (37.5%) mother went for regular antenatal checkup and remaining 50 (62.55%) had irregular antenatal checkup. But none of them got breastfeeding advice during antenatal visit. Among the respondent's house wife mother was 56 (70%) and working mother was 24 (30%) and 25(31.25%) children were born by normal vaginal delivery whereas 55 (68.75%) children were born by caesarean section delivery

Regarding feeding pattern of 6 months old infants, breastfeeding was initiated with in 1 hour of birth in 36(45%) and 44 (55%) mothers after 1hour of birth. Exclusive breastfeeding was found in 40 (50%) children. Breast milk (BM) + formula/ cow's milk was given in 30 (37.5%) children. Only formula milk was given in 10 (12.5%) children.

Rate of exclusive breastfeeding was higher 30 (75%) in children of housewife mother than children of working mothers which was 10 (25%). Here the rate of mixed feeding was 18 (60%) in the children of housewife mother and 12 (40%) was children of working mother. Formula feeding was given in 8(80%) children of housewife mother and 2(20%) children of working mother.

Exclusive breast milk was not given due to job or other occupation in 18(45%) children whereas 22(55%) mother could not give Exclusive breastfeeding (EBF) due to insufficient breast milk.

Discussion Exclusive breast feeding (EBF) is the best recommended infant feeding method for the first six months of life and has a protective effect against child morbidity and mortality. but it has not yet been universally practiced and the reduction in the rate of EBF is taken as a serious problem, especially in developing countries.

Mean age of children in month was 8.64 months range (7 – 12months). Among them 56 (70%) were male and 24 (30%) were female. Regarding antenatal follow up of mother, only 30(37.5%) mother went for regular follow up

and remaining 50(62.55%) had irregular antenatal checkup. They showed that regular antenatal visit was 18.2%, Irregular visit was 67.8% and no visit was 14%. Regarding breast feeding advice during antenatal visit, present study showed that none of the mother got breastfeeding advice during antenatal visit. This result was not consistent with the result have found that majority (52%) of the mothers had received breastfeeding advice during their antenatal visit. In the present study it was shown that, breastfeeding was initiated with in 1 hour of birth in 36(45%) mothers and after 1 hour of birth in 44(55%) mothers which was not consistent that breastfeeding was initiated with in 1 hour of birth in 68.5% of the study children (0-23 months).

In this study exclusive breastfeeding was found in 40 (50%) children up to 6 months of age. Breast milk + formula/ cow's milk was given in 30 (37.5%) children. Only formula milk was given in 10(12.5%) children.

In present study rate of exclusive breastfeeding was higher 30 (75%) among the children of housewife mothers than children of working mothers which was 10 (25%).

Conclusion: In the study rate of exclusive breast feeding was 50%. This study also showed that frequency of exclusive breast-feeding practice was lower in working mothers than housewife mothers. This study also showed that the speculation of not getting sufficient milk was one of the main reasons for not giving exclusive breastfeeding.

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