

# A Study to Assess the Knowledge on Newborn Care among the Primigravida Women at Selected Hospitals in, Mau

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## Abstract

**Introduction:** Newborn care and exclusive breastfeeding are essential for the healthy growth and survival of infants. Primigravida mothers often have limited knowledge regarding proper newborn care practices, which may affect infant health. Therefore, assessing the knowledge of primigravida women regarding newborn care is important to promote healthy practices.

**Materials and Methods:** A quantitative descriptive research design was adopted for the study. The study was conducted at the antenatal OPD of Durga Ji Hospital, Azamgarh among 100 primigravida mothers who were less than 36 weeks of gestation. Samples were selected using convenient sampling technique. Data were collected using a structured knowledge questionnaire and analyzed using descriptive and inferential statistics.

**Results:** The findings showed that 2% of primigravida mothers had adequate knowledge, 71% had moderate knowledge, and 27% had inadequate knowledge regarding newborn care and exclusive breastfeeding. A significant association was found between knowledge and occupation of the mothers.

**Conclusion:** The study concluded that most primigravida mothers had moderate knowledge regarding newborn care. Health education programs by nursing professionals are necessary to improve awareness and promote proper newborn care practices.

**Keywords:** Newborn care, primigravida women, knowledge, exclusive breastfeeding, maternal education.

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## Introduction

“There is no substitute for mother’s love; there is no substitute for mother’s milk.” William Gouge The birth of the baby is an important event in the family. It is therefore important for the mothers to have a healthy baby. Breast milk is the best food for the babies as breast fed babies are healthier than formula fed babies.<sup>1</sup> Child birth and breast feeding are unique experiences for women. They can only be cherished and nurtured by the health care workers and the baby friendly way.<sup>2</sup> Exclusive breastfeeding as defined by the WHO and UNICEF is the practice whereby the infant receives only breast milk from the mother.<sup>3</sup> Breast feeding is the most natural way of infant feeding to satisfy nutritional, metabolic and psychological needs of the baby. A child who is breast fed has greater chances of survival than a child artificially fed. Breast feeding significantly reduces the risk of death especially from diarrhea and pneumonia in infants compared to formula fed babies<sup>4</sup>. It also protects the infant from early malnutrition and some infections.<sup>5</sup> Breast feeding has shown to ensure

quality survival, the risk of adult onset of disease like diabetes, allergic disorders like asthma, CAD, hypertension, celiac diseases, lymphoma and cataract is substantially reduced in later life. Breast feeding has advantage to both the baby and the mother. Owing to the advantages of the breast milk to the infants, WHO in 1993 took efforts to improve infant and young child nutrition by promoting breastfeeding WHO and UNICEF created and promoted Baby Friendly Hospital Initiative (BFHI) in 1991, to ensure that all maternity services whether free standing or in a hospital, becomes centers of breastfeeding support.<sup>6</sup> The World Health organization (WHO) recommends that infants be exclusively breastfed for the first six months of life followed by breastfeeding along with complementary food for up to two years of age or beyond.<sup>7</sup> According to breast feeding promotion network of India only 10% of hospitals and maternity facilities in India had BFHI status in 2005.<sup>8</sup>

### **Objectives**

1. To assess the knowledge of Primigravida mothers regarding exclusive breastfeeding.
2. To find out the association between the Primigravida mothers with their selected demographic variables.

### **Hypothesis**

**H<sub>1</sub>:** There will be significant association between the knowledge of Primigravida mothers on exclusive breastfeeding and their age.

**H<sub>2</sub>:** There will be significant association between the knowledge of Primigravida mothers on exclusive breastfeeding and their religion.

**H<sub>3</sub>:** There will be significant association between the knowledge of Primigravida mothers on exclusive breastfeeding and their occupation.

**H<sub>4</sub>:** There will be significant association between the knowledge of Primigravida mothers on exclusive breastfeeding and their education.

**H<sub>5</sub>:** There will be significant association between the knowledge of Primigravida mothers on exclusive breastfeeding and their income.

**H<sub>6</sub>:** There will be significant association between the knowledge of Primigravida mothers on exclusive breastfeeding and their dietary pattern.

**H<sub>7</sub>:** There will be significant association between the knowledge of Primigravida mothers on exclusive breastfeeding and their source of information.

**Methodology Research approach:** A quantitative research approach was adopted for the present study.

**Research design:** A descriptive design was adopted with a primary objective to assess the knowledge of the Primigravida mothers regarding exclusive breastfeeding.

**Setting of the study:** The study was conducted at antenatal OPD in Durga Ji hospital, Azamgarh.

**Sample and sampling technique:** A total of 100 Primigravida mothers who were less than 36 weeks, who were not in active phase of labor and were attending the antenatal OPD at Durga Ji hospital, Azamgarh were selected by using the convenient sampling technique. The study excluded the Primigravida mothers who were more than 36 weeks and were in active phase of labor.

Ethical considerations: The ethical committee of the hospital approved the study.

**Method of data collection:** A structured knowledge questionnaire was used to collect the data from the subjects.

**Data collection procedure:** A written permission is obtained. The investigator informed the participants about the purpose of the study and has taken an informed consent from the same. The data were collected during the 2nd week of May. All the Primigravida mothers (100) answered the questionnaire.

**Tool:** The data collection tool used in the present study was a 30 structured questionnaire. The tool was developed by reviewing various books, Studies and taking suggestions and opinions from the experts.

Plan for data analysis: The data were analyzed by using descriptive and inferential statistics. The data collected was organized, tabulated and analyzed by using frequencies, percentage mean and standard deviation. Association between the knowledge with the selected demographic variables was analyzed by using chi-square test.

**Validity:** The structured questionnaire for the present study was validated by subject experts consisting of Obstetrics and Gynecological nursing personnel. **Reliability:** The reliability of the test obtained was '0.89'. Hence the tool was considered reliable for proceeding with the study. **Pilot study:** The pilot study was conducted by using 10 samples on 18.4.2025.

## Results

The values in the above table shows that very negligible (2%) number of the Primigravida mothers had adequate knowledge, majority (71%) had moderate knowledge and a few (27%) of the Primigravida mothers had inadequate knowledge regarding the exclusive breastfeeding.

## Discussion

The present study was conducted with an aim to assess the knowledge of Primigravida mothers regarding exclusive breastfeeding. The results revealed that out of 100 participants 71% had moderate knowledge regarding exclusive breast feeding. This is supported by the results of the study conducted by Esha Sharma and Shantha Seelan who reported that out of 100 Primigravida mothers 77% had average knowledge.<sup>9</sup> The present study showed significant association between the knowledge of Primigravida mothers on exclusive breastfeeding with their occupation ( $\chi^2=40.22$ ).

## Conclusion

Majority of the Primigravida mothers were lacking knowledge regarding exclusive breastfeeding.

Significant association is there between the knowledge of Primigravida with their occupation. Hence, there is need for the nursing personnel to impart knowledge on exclusive breastfeeding and its various aspects. Preparation of cost effective material and usage of the same for teaching by the nurse educator to be encouraged to conduct such education programs. Nursing students should be taught the importance of exclusive breastfeeding which will help them to educate the Primigravida mothers about the same.

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