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An Art of Breast Feeding Technique among Postnatal Mothers at Selected Hospital, Kanpur, UP, India

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ABSTRACT: Breast feeding is a universal phenomenon common to all cultures¹. In the last 2 decades, there is a universal awareness of advantages of breast milk. In the western world, there have been increased trends of breast feeding in recent years. On the other hand, there has been a decline in the breast feeding in the developing countries². Breast feeding should be initiated within the first hour after birth, and it includes the feeding of colostrums which is recommended by WHO as the perfect food for the newborn. Exclusive breastfeeding is recommended for the first six months of life for healthy term infants, which according to WHO refers to the practice of feeding only breast milk (including expressed breast milk) breastmilk without any additional food or drink, not even water. Breast milk is the natural first food for babies³, it provides all the energy and nutrients that the infant needs for the first months of life. Breast milk promotes sensory and cognitive development⁴, and protects the infant against infectious and chronic diseases.

KEYWORDS: Knowledge, practice, Health education programme, Postnatal mothers

I. INTRODUCTION

Exclusive breastfeeding reduces infant mortality due to common childhood illnesses. After the first six months the breastfeeding should be supplemented by weaning food. Weaning is the process of gradually introducing a mammal infant⁵, either human or animal⁶, to what will be its adult diet and withdrawing the supply of its mother's milk⁷. Infants should be introduced to nutrient-rich, solid foods with particular attention to iron at six months with continued breastfeeding for up to two years, in this context researcher developed an idea to develop a research design for the study.

In this research study the title of the research is "A study to assess the knowledge and practice on breast feeding technique among postnatal mothers, at selected Hospital, Kanpur" Objectives of the present study are, To assess the existing level of knowledge and practice on breast feeding technique among postnatal mothers admitted in postnatal ward, at selected hospital Kanpur, and to prepare and deliver health education programme.

II. CONCEPTUAL FRAME WORK

The conceptual framework selected for the present study is based on the health Belief model, which helps to gain an understanding of knowledge that influences their practices⁸. The synthesis of all of the elements of the health Belief model is displayed. These elements are also summarized⁹. The elements of this model are demographic variable, sociological variables and cues to action. Health belief model, address the relationship between a person's belief and behavior¹⁰. It provides a way of understanding and predicting, how client will behave in relation to their health and how they will comply with health care therapies.

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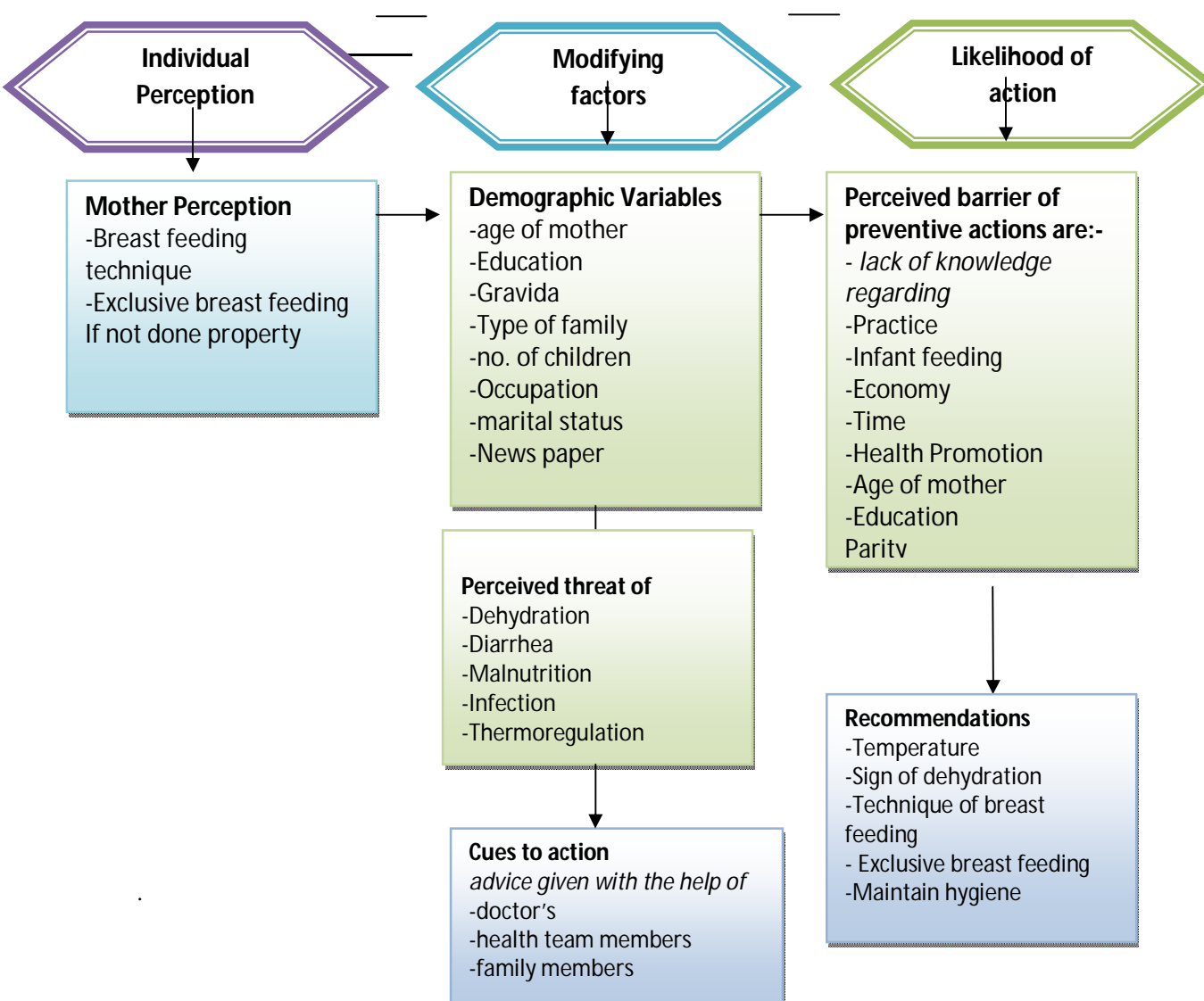
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It includes three components includes, the Individuals perception of susceptibility to an illness, Individuals perception of the seriousness of the illness and Likelihood that a person will take preventive action¹¹;The health belief model helps nurses to understand factors influencing client perceptions belief and behaviors¹², in order to plan care that will most effectively to assist client in maintaining and preventing illness.

Health beliefs model (Resen stocks, 1978)



III.METHODOLOGY

Methodology indicates the steps, procedures and strategies for gathering efficacious and dependable data for the problem under study to meet the research objectives. It deals with the process of organizing the procedure for gathering valid and reliable data for investigation

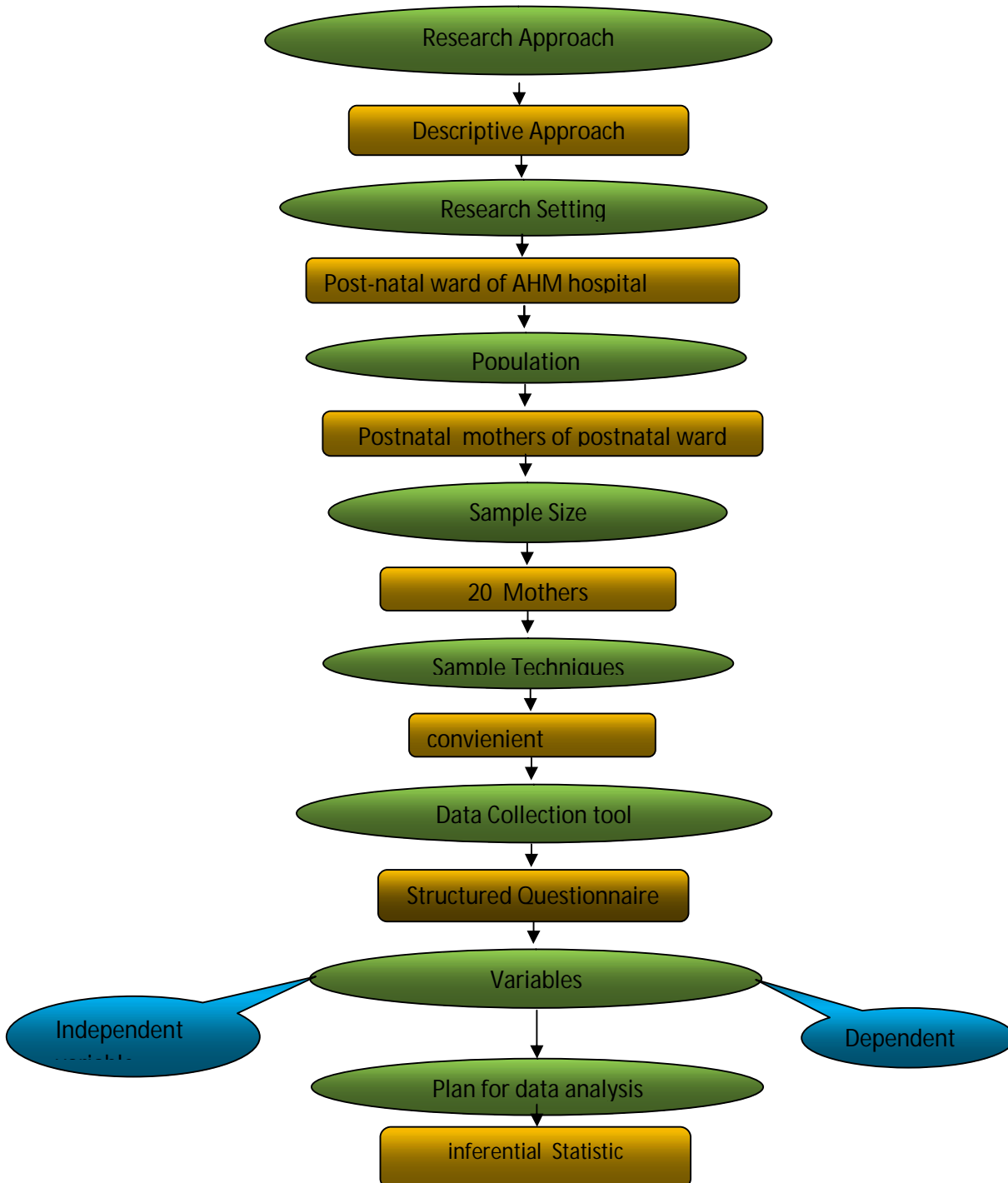
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Fig. No. 3 Schematic Representation of Research Design



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IV.ANALYSIS AND RESULTS

Table no 01:Assessment of knowledge of postnatal mothers regarding knowledge on breastfeeding techniques
(N = 60)

S. No.	Category	Frequency	Percentage	Mean	SD
1	Poor	41	68	15.48	0.7126
2	Average	17	28	0	0
3	Good	2	4	0	0

Table no. 02 Assessment of practice of postnatal mothers regarding knowledge on breastfeeding techniques
(N = 60)

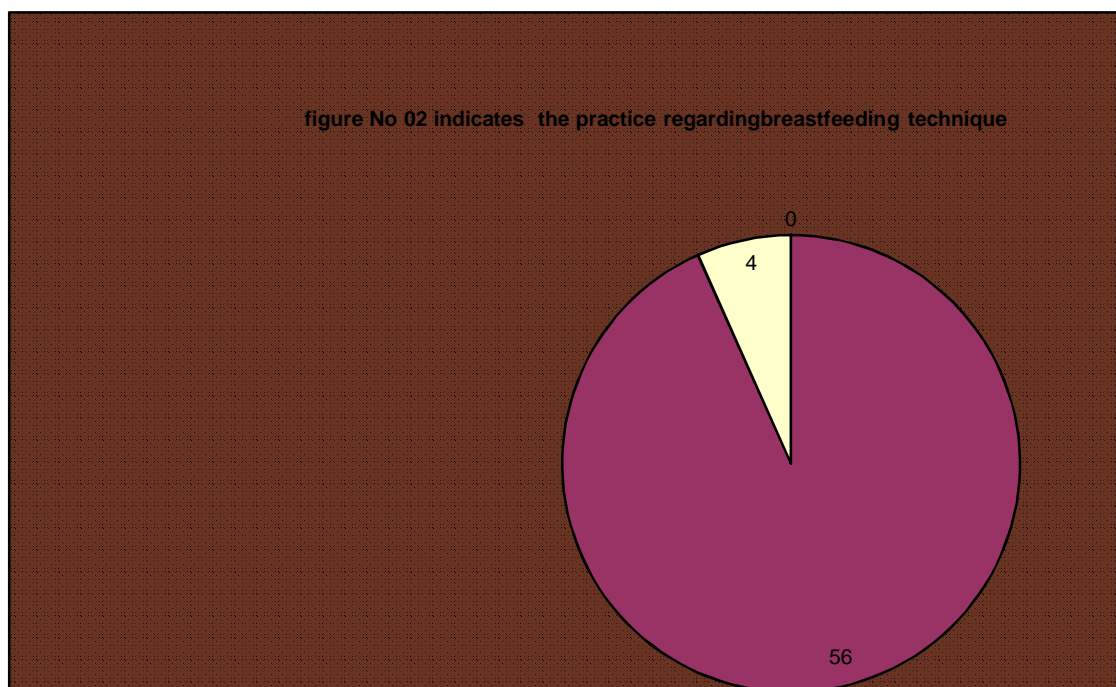
S. No.	Category	Frequency	Percentage	Mean	SD
1	Not Appropriate	56	93	5.16	1.0979
2	Appropriate	4	7	0	0

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The data presented in the figure No2 fulfill the objective 02 it is clearly indicates that 93% mothers have not done appropriate practice regarding neonatal care. The mean & SD also justify the practice of the mothers.

V. CONCLUSIONS

The data presented in the table no.01 indicate that 68% mothers have poor knowledge on art of breastfeeding technique. And in the figure No2 depicts and fulfill the objective 02 it is clearly indicates that 93% mothers have not done appropriate practice regarding breastfeeding technique. The mean & SD also justify the practice of the mothers.

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