

## A Comparative Analysis of Breastfeeding Knowledge and Practices Among Primipara Mothers

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### ABSTRACT

Nursing a newborn is the best way to nourish them. Without spending a dime, it is the priceless present a mother can provide her child. As soon as the baby is born, it should begin. Breast milk is a whole food that is unique to each animal. Breast milk is easily absorbed by infants and helps with digestion. The purpose of this research was to examine first-time mother' breastfeeding knowledge and habits. The study used a descriptive cross-sectional research approach. Using a simple random sample approach, 220 primipara mother participated in the study. The study found that while a lot of primipara mother knew enough about nursing to be safe, only a moderate percentage actually do it.

*Keywords: Breastfeeding, Primipara mothers, Knowledge, Practices.*

### I. INTRODUCTION

When it comes to meeting the physiological, psychological, and nutritional demands of a newborn or child, breastfeeding is far and away the best option. It is recommended to start breastfeeding right after the baby is born. Babies benefit most from the nutrient-dense first milk, often known as colostrum. Babies with human milk have an easier time digesting and absorbing nutrients. No matter the water's quality or availability, it is always at the perfect temperature, doesn't need mixing or sterilisation, and is completely safe to use. From meal to meal, and even within a single meal, its composition fluctuates.

For the first six months of a baby's life, mother must breastfeed exclusively. Breast milk is a special kind of food that animals have evolved to meet the specific nutritional demands of their young, and it is this food that helps keep humans alive. In addition to the essential minerals for nourishment, it also includes growth factors that are thought to aid in tissue development and antibodies that ward against infections. The natural process of breastfeeding strengthens the link between mother and child, which in turn helps the child's brain develop more optimally. By engaging the baby's five senses—sight, smell, hearing, taste, and touch—it fosters the child's development and learning.

Breastfeeding has a lasting effect on a child's psychological development by creating an environment of safety and attachment. Babies whose mothers breastfed them had higher IQs and sharper eyesight than those whose mothers did not. Those who are breastfed often have an IQ around 8 points more than those who are not.

For the first six months of life, a baby gets all the energy and nutrients they require from breast milk. As they enter the second half of the first year, breast milk continues to provide 50% or even more of their nutritional needs. In addition, it meets as much as a third of a child's caloric requirements in the first year of life. Babies who are breastfed have a lower risk of developing diabetes, are less likely to be overweight, and do better on IQ tests. Breastfeeding also lowers the incidence of ovarian and breast malignancies in women. Public health initiatives aimed at reducing newborn and child mortality and morbidity have not been found to be more cost-effective than promoting breastfeeding. Saving an estimated 1.4 million lives in underdeveloped nations, it can improve a child's tolerance to all preventative interventions.

## **II. REVIEW OF LITERATURE**

Saeed, Mehreen et al., (2023) The purpose of this study was to evaluate, at the first postnatal visit, how well first-time mother understood the need of continuing to breastfeed their infants exclusively for the first six months. Over the course of six months, from October 2022 to March 2023, one hundred women participated in a cross-sectional descriptive study at the Paediatrics Department at KRL Hospital Islamabad. The participants in the study were asked to fill out a questionnaire on their own time. A targeted breastfeeding awareness questionnaire was used to interview primi gravida women. Those who got their answers right scored 1 and those who got them wrong scored 0. Participants were considered to have low breastfeeding knowledge if their scores were 0–4, average if their scores were 4–7, and good if their scores were 7–10. Data was analysed using the most recent version of SPSS. The results indicate that the average age was 24 years with a standard deviation of 1.2. Mothers' levels of education ranged from illiteracy (41%), primary education (42%), secondary school (15%), and university (2%). Women in the workforce made up 12% of the mothers, 29% were students, and 59% were stay-at-home mother. In addition, 67% of mother had excellent nursing expertise, 12% had moderate knowledge, and 21% had poor understanding. Our research shows that first-time mother have sufficient information about nursing.

Afridi, Jahanzeb et al., (2022) Finding out how tertiary care hospital mother feel about exclusive breastfeeding and what they do when their babies are born. At Peshawar's Hayatabad Medical Complex, researchers performed a descriptive cross-sectional study at the paediatrics department. From 20 to 35 years old, 162 nursing women were chosen, all of whom had full-term babies up to 6 months old. The data was analysed using statistics version 24.0 after being acquired using a pre-planned questionnaire. The research ran from June 1, 2020, to October 30, 2020. There was no statistically significant correlation ( $p > 0.05$ ) between socioeconomic position, age group, and knowledge, attitude, or practice. On the other hand, when it came to educational status, there was a notable disparity in knowledge, attitude, and practice ( $p < 0.05$ ). One hundred thirty-three percent of women had inadequate information about breastfeeding, while thirty-nine percent had exceptional knowledge. A favourable attitude toward nursing was expressed by 39 (27.07%) of mother who were breastfeeding. In regards to nursing, 123 (73.21%)

women expressed their disapproval. The majority of the mother lacked sufficient understanding about the practice of exclusive breastfeeding (EBF). Therefore, it is believed that the media can play a role in informing women about the merits of EBF.

Mog, Chanda. (2021) Problems may arise if breastfeeding is not properly understood or practiced. Examining the breastfeeding-related knowledge, attitude, and practice (KAP) of women in an urban slum, including those who are first-time mother and those who have had many pregnancies. Using a simple random sampling approach, researchers in a community-based cross-sectional study in an urban slum recruited 200 mother, 100 of whom were first-time mothers and 100 of whom were multipara. On average, multiparous women had a knowledge score of  $9.5 \pm 2.2$  about nursing, whereas primiparous mothers had a score of  $8.4 \pm 1.8$ . The multiparous mother had an average attitude score of  $48.38 \pm 2.7$ , whereas the primiparous mothers had a mean attitude score of  $47.27 \pm 3.09$ . A total of 118 mother (or 59% of the sample) have sufficient information about breastfeeding, whereas 86 mother (or 43% of the sample) were practicing proper technique. A statistically significant difference was seen between the two groups, with 52% of multiparous mothers and 34% of primiparous mothers properly practicing nursing ( $P=0.01$ ). With a substantial difference ( $P=0.001$ ), the level of knowledge among multiparous (71% vs. 47%) was deemed to be satisfactory. Of the mother surveyed, 83% had a favourable attitude regarding nursing, while 82% of those who were first-time mothers and 84% of those who were multiparous had no negative feelings either. As with multipara mother, primipara mothers still have a ways to go in terms of knowledge, and they also have a lower rate of proper nursing practice. The results of this study highlight the critical need of educating women during prenatal checkups and vaccination sessions, as well as disseminating information about optimum nursing techniques through the media, in order to reduce the number of infant deaths in the studied region.

Ndidiamaka, Ihudiebube-Splendor et al., (2019) Babies get all the carbs, lipids, proteins, and immunological components they need to grow and fight off infections in their first year of life from breast milk, making it the best source of nourishment for babies. The promotion of optimum breastfeeding habits relies on women having knowledge about exclusive breastfeeding (EBF). The purpose of this cross-sectional descriptive study was to examine first-time mothers in certain areas in Nigeria's Enugu State on their familiarity with EBF, their plans to use it throughout their pregnancy, and the variables that may influence these decisions. One hundred and twenty-one first-time mother in Enugu State who were included in a total population study using inclusion criteria were recruited from a variety of rural and urban health facilities in the state during the third trimester of their pregnancies. To gauge participants' familiarity with and plans to use EBF, researchers utilised a questionnaire they had created themselves. The categorical and continuous variables were summarised using descriptive statistics such as frequency, percentage, mean, and standard deviation. The demographic data linked with the participants' knowledge level and desire to practise EBF were predicted using Chi-square and Wald statistic tests. While 62.7% of first-time mother intended to breastfeed exclusively for four to six months, 58.7% had insufficient understanding on exclusive breastfeeding for babies. There was a statistically significant difference in the participants' EBF knowledge, EBF information sources, and participants' places of residence ( $p = 0.024$  and  $p = 0.001$ , respectively), according to the Chi-square test. Age ( $p = 0.026$ ), educational attainment ( $p = 0.046$ ), EBF knowledge ( $p = 0.016$ ), and sources of information about EBF ( $p = 0.027$ ) were all shown to be significant predictors of positive intention to perform EBF according to the Wald value in the logistic regression model. It is possible that a combination of in-house

and facility-based breastfeeding counselling, education, and support programs might help this population's low EBF knowledge and practice intentions. Improving breastfeeding outcomes requires more research with multiparous women and evaluation of the efficacy of in-house EBF supportive-educational interventions.

### **III. RESEARCH METHODOLOGY**

#### **Research Approach**

Quantitative research approach is considered appropriate for the present study.

#### **Research Design**

Descriptive survey design was adopted for this study.

#### **Sources of Data**

Primary and secondary data both.

#### **Sampling Technique**

Simple Random sampling technique is adopted to select the samples.

#### **Sample**

220 Primipara mothers were selected as sample for the study.

#### **Data Collection Tool**

A self-administered structured questionnaire was used to gather the data. Primitive mother' nursing knowledge and habits were the intended subjects of this survey.

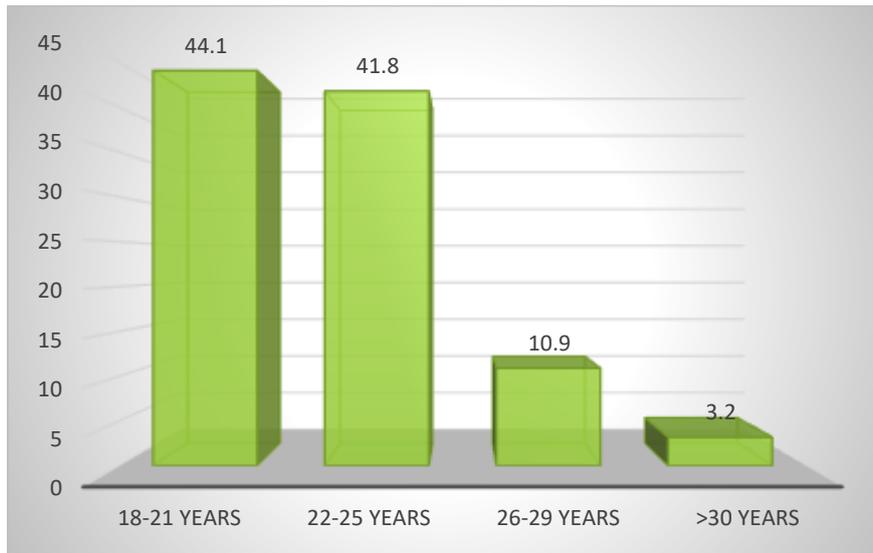
#### **Statistical Techniques**

The data that was gathered was then organised into tabular form and subjected to statistical analysis. Various descriptive statistics were employed to characterise the demographic characteristics and levels of practice and knowledge, including frequency, percentage, mean, and standard deviation. The purpose of this study was to examine the association between primipara mother' nursing behaviours and their knowledge using inferential statistics and Pearson correlation.

### **IV. DATA ANALYSIS AND INTERPRETATION**

**Table 1: Age of The Respondents**

<b>Particulars</b>	<b>Frequency</b>	<b>Percentage</b>
18-21 Years	97	44.1
22-25 Years	92	41.8
26-29 Years	24	10.9
>30 Years	7	3.2
Total	220	100.0

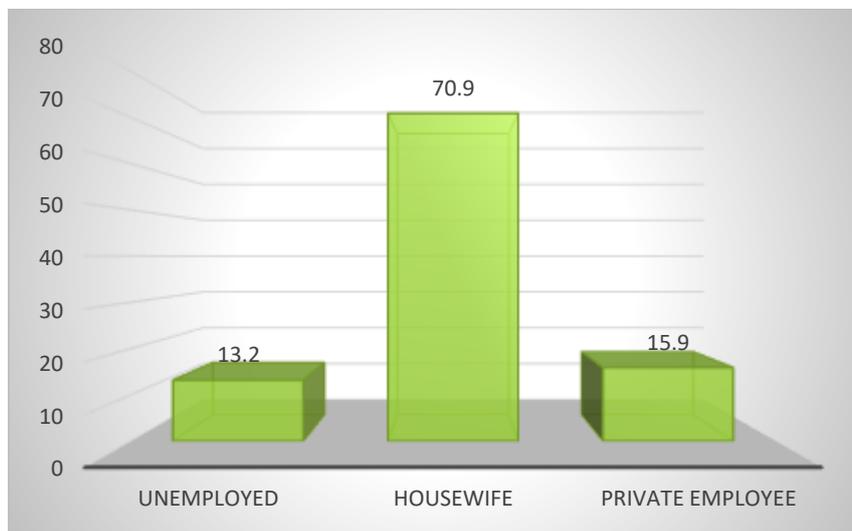


**Figure 1: Age of The Respondents**

Participating respondents' ages are displayed in the table. Most primipara mother are between the ages of 18 and 21, with 44.1% falling into that bracket, followed closely by those between the ages of 22 and 25, with 41.8%. Less than 10% of responses are in the 26-29 age bracket, while only 3.2% are in the 30+ age bracket.

**Table 2: Occupation of The Respondents**

Particulars	Frequency	Percentage
Unemployed	29	13.2
Housewife	156	70.9
Private Employee	35	15.9
Total	220	100.0

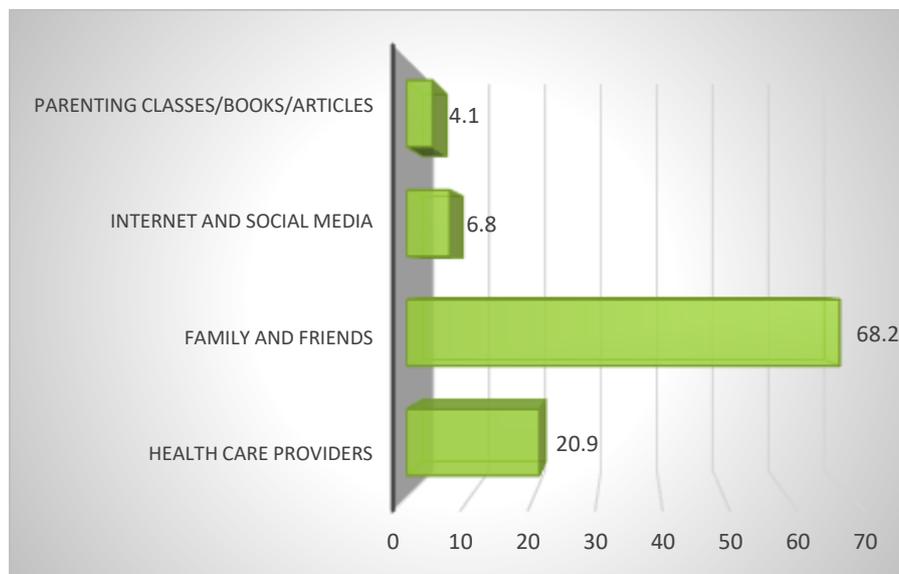


**Figure 2: Occupation of The Respondents**

It appears that most primipara mother are mostly involved in domestic duties, as the majority of respondents (70.9%) are housewives, according to the occupational distribution. Among those who took the survey, around 15.9% work for private companies and 13.2% are out of work.

**Table 3: Source of Information about Breastfeeding**

Particulars	Frequency	Percentage
Health Care Providers	46	20.9
Family and friends	150	68.2
Internet and social media	15	6.8
Parenting classes/books/articles	9	4.1
Total	220	100.0

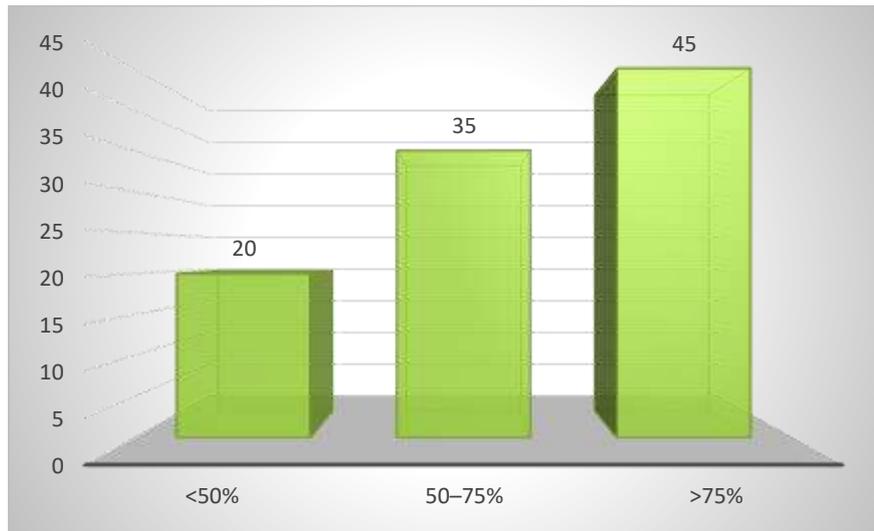


**Figure 3: Source of Information about Breastfeeding**

The table below lists the most common places where first-time mother may get information on breastfeeding. When asked where they get their knowledge, most people say friends and family (68.2%). In terms of where people get their information, around 20.9% consult doctors and 6.8% use online resources like social media and the internet. Fewer than 4% said they learned anything new about parenting by reading books, articles, or classes.

**Table 4: Level of Knowledge Regarding Breastfeeding Among Respondents**

Level of Knowledge	Frequency	Percentage
<50%	44	20.0
50–75%	77	35.0
>75%	99	45.0
Total	220	100.0



**Figure 4: Level of Knowledge Regarding Breastfeeding Among Respondents**

The distribution of Primipara mothers' levels of expertise is seen above. A significant portion of the population (45%) has a solid grasp on breastfeeding, as evidenced by their 75% knowledge level or higher. A moderate level of expertise is demonstrated by 35%, who fall within the 50-75% range. The fact that 20% of women know less than 50% indicates that there is a lack of information when it comes to nursing.

**Table 5: Practice Regarding Breastfeeding Among Respondents**

Level of Practice	Frequency	%
Poor practice	92	41.8
Moderate practice	117	53.2
Good Practice	11	5.0
Total	220	100%



**Table 5: Practice Regarding Breastfeeding Among Respondents**

The table shows the level of breastfeeding practices among primipara mothers. The majority of respondents (53.2%) demonstrate moderate breastfeeding practices, indicating that they follow some recommended breastfeeding practices but not consistently. A considerable proportion (41.8%) show poor breastfeeding practices, suggesting gaps in the proper application of breastfeeding techniques. Only 5% of the respondents exhibit good breastfeeding practices, reflecting optimal adherence to recommended breastfeeding behaviors.

**Table 6: Correlation Between Knowledge and Practice Regarding Breastfeeding among Primipara Mothers**

Variable	Mean	Standard Deviation	r-value	p-value
Knowledge Score	18.62	4.21	0.62	0.001
Practice Score	15.47	3.76		

The Pearson correlation between primipara mothers' breastfeeding knowledge and practice is displayed in the table above. The average score for knowledge was 18.62 4.21 and for practice it was 15.47 3.76. Knowledge and breastfeeding practice are somewhat positively correlated, according to the computed correlation coefficient ( $r = 0.62$ ). The degree of significance ( $p < 0.05$ ) is exceeded by the p-value (0.001), suggesting that the link is statistically significant.

## V. CONCLUSION

Results from this study on primipara mothers' breastfeeding knowledge and practice corroborated the aforementioned findings and demonstrated the necessity of improving both. Findings from this study indicate that primipara mothers' breastfeeding knowledge is inadequate, which is reflected in their practice. A training program tailored to the needs of nursing mothers should be created. Infant mortality and morbidity can be significantly reduced if primary care providers work to improve breastfeeding patterns among mothers.

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