

A STUDY OF BREAST FEEDING PRACTICES IN A VIDARBHA REGION OF MAHARASHTRA, INDIA

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ABSTRACT

Breastfeeding remains the simplest, healthiest and least expensive. feeding method that fulfils the infants' needs and it is also important for reducing child morbidity & mortality.

Research question: What is the situation of breast feeding practices among infant living in Akola district of Maharashtra.

Objective: 1.To find out socio-demographic factor for breast feeding.2. To study infant feeding practices in study population **Material & method:** A cross sectional study was conducted in Department of Community Medicine, Government Medical College Akola. A 246 respondent were included in the study. All mothers coming to immunization clinics for their children's immunization on Monday and Thursday were interviewed. The information about subjects demography, and practices towards breast feeding were collected from the mother on pre designed and pretested Porforma. **Study period:** January 2013 to June 2013 over a period of six months. **Results :** A 246 lactating mother were included in the study. Majority of subjects 126(51.21%) in the age group 24-29 years. About 198 (80.48%) lactating mother initiate breast feeding practices within ½ hour after the delivery. Most common cause of delay in initiation in breast were caesarian section and delivery complication (53.12% and 21.88% respectively) Only 39(15.85%). baby were given pre-lactal feed. **Conclusion :** study shows 84%infant did not received prelactal feeding, only 15.84 received prelactal feeds, 80.48% received breastfeeding within ½ hour this shows right practice of breast feeding in Akola district of Maharashtra.

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INTRODUCTION

After birth the health of the baby depends upon the nurturing practice adopted by the family. The ideal food for the young infant is human milk which has the specific characteristics that match the growing infants' nutritional requirements¹.

Breast milk is the natural first food for babies, it provides all the energy and nutrients that the infant needs for the first months of life it is also important for sensory and cognitive development and also protects the infant against infectious and chronic diseases. Exclusive breastfeeding for 6 months is the optimal way of feeding infants². All infants, breastfeeding remains the simplest, healthiest and least expensive feeding method that fulfils the infants' needs It has been observed that infants aged 0–5 months who are not breastfed have seven-fold and five-fold increased risks of death from diarrhoea and pneumonia. . The United Nations Children's Fund (UNICEF) has estimated that exclusive breastfeeding in the first six

months of life can reduce under-five mortality rates in developing countries by13%³.

Breast-feeding has declined worldwide in recent years, as a result of urbanization, marketing of infant milk formulae and maternal employment outside the home. Studies in India have also shown a decline in breast-feeding trends, especially in urban areas⁴. The breast feeding practices vary among the different regions and communities in India. Frequent monitoring of changing trends in these practices is therefore necessary in societies in highly dynamic states of development⁵. The present study was planned with the

OBJECTIVE

1. To find of the socio demographic factors for breast feeding.
2. To study infant feeding practices in Vidarbha region of Maharashtra

MATERIAL & METHOD

The present cross sectional study was carried out in immunization OPD, (Clinic) under the Community Medicine Department Government Medical College Akola during January 2013 to June 2013 over a period of 6 months. On an average 10-20 mothers visited to each immunization session. Total 246 lactating mother having children's aged less than one year of age, who attend the immunization clinic for child vaccination on Monday and Thursday were interviewed. Purposive sampling method was used to select the study population. The information about participants demography and practices towards breast feeding were collected from the mothers on pre designed and pretested Proforma. A verbal & written consent was taken from the respondent before collecting the information.

Statistical analysis: The data were entered and analyze in EPI-6 -Version. The frequency and percentages of various responses were obtained and results are given in percentage.

Results:

Table 1. Socio-demographic Profile of Study subject

Demographic factor	No n =(246)	Percentages n=(246)
Age distribution (age in years)		
18- 23	90	36.58
24-29	126	51.21
30-35	24	9.75
Above 35	06	2.43
Religion		
Hindu	81	32.92
Muslim	87	35.36
Buddhism	45	18.29
Others	33	13.41
Type of Family		
Nuclear	153	62.20
Joint	93	37.80
Literacy status		
Illiterate	21	8.53
Primary	66	26.82
Secondary	123	50
Higher secondary	27	10.97
Graduate & above	9	3.65
Place of Residence		
Urban	142	57.72
Rural	104	42.28
Place of Delivery		
Govt. Hospital	192	78.04
Pvt. Hospital	39	15.86
Home	15	6.09
Working status of Women		
Working(Women)	93	37.80
Non working (Women)	153	62.20

*(Mang,Chambhar,Dhobi,Pardhi, Ghisadkhati)

246 lactating mothers of children in the age group of 0-12 months attended immunization clinic. The age of all 246 lactating mothers ranged between 18-35 years. Majority of 126 (51.21%) were between age group 24-29 years. 87 (35.36%) were Muslim. Most of the mothers belongs to nuclear family, i e 153(62.20%). Majority 123(50%) had education up to secondary level where as only 21(8.5%) were illiterate. Out of total 192(78.04%) had delivered in government hospital.

RESULTS

198 (80.48%) infant received breast feeding within 1 hour after the birth (54.54% male and 45.45% female respectively) Most 122 (61.61%) of the lactating women initiated breast feeding within 1 hour were Muslim.

Out of total respondent only 6(3.03%) illiterate mother had started initiation of breast feeding within 1 hour. Most of 126(63.63%) responded among primary education primary level had started initiation within 1 hour. Majority 117(97.5%) hospital delivered women had started initiation of breast feeding within 1 hour

Table 2. Initiation Feeding Practices Among Study Subjects

Characteristic of study population	Demography	No (n=198)	Percentages (n=298)
Gender	Male	108	54.54
	Female	90	45.45
	Hindu	55	27.77
Religion	Muslim	122	61.61
	Buddhism	15	7.57
	Others	6	3.03
	Illiterate	6	3.03
Educational status	Primary	126	63.63
	Secondary	42	21.42
	Higher secondary	18	9.09
	Graduate & above	6	3.03
Place of delivery	Hospital	192	96.96
	Home	6	3.03

Table 3. Pre-lactal feed practices

Type of Pre- lactal feed	Number n(=39)	Percentages
Honey	24	61.53
Cows milk	12	30.76
Sugar water	03	7.68

Table 3.shows that, 39(15.85%) mother gave Prelactal feed. The commonest prelactal feed given was honey 24(61.53%).

Table 4. Reasons for late initiation of breast feeding

Reason	Number (n=48)	Percentages
Milk s mot produce immediately	6	12.50%
Delivery complication **	11	22.91%
Baby was in NICU	7	14.58%
Caesarian section	24	50%

** (Eclamsia Mother Exhausted, Hepatitis, PPH ect)

Most common reason for delay in initiation of breast feeding, which was mother undergone Caesarean Section24 (50%), delivery complication was the next important reasons.

DISCUSSION

The World Health Organization ⁶ recommends that breastfeeding be initiated within 1 hour of birth. Early initiation of breastfeeding (within 1hour) provides benefits for both the baby and the mother. The Baby friendly Hospital Initiative (BFHI) was designed to promote early initiation of breast feeding, preferably immediately after birth and and initiation of breast feeding within one hour of birth was one of the ten step of successful breastfeeding⁷.Despite these recommendations, only 39% of newborns in the developing world are, put to the breast within one hour of birth, and only 37% of infants under-six months of age are exclusively breastfed⁸. In the present study more than seventy five percentages (80.48%) of mother initiated breast feeding within 1 hour after the birth. Lower percentage initiations of breast feeding within 1 hour was reported by other researcher Mohd Haroon Khan⁹ et al,(63%and 57.9%), Bhatt Shwetal ¹⁰ et al (32.6%) Devang Rawal¹¹ et al.

However Higher rate of initiation of breast feeding within 1 hour (92%, 97%) were presented by K Madhu¹² et al and Maheswari Ekambaram et al¹³ this difference may be due to local culture beliefs and practices that existed in particular regions. Early contact and initiation of breast feeding is crucial for prevention of childhood malnutrition and promote healthy child development it is also important

for psychological bonding with mother and child¹⁴. The findings of Ghana Study(2006) clearly showed that initiation of breast feeding within one hour could cut 22% all neonatal mortality, assume a great importance¹⁵

The use of colostrums and avoidance of pre lactal food are the cornerstone in early infants nutrition and may be prerequisite for the establishment of future of breast feeding. Prelactal food was defined as food/liquid given to infant before initiation of breast feeding for the first time¹. We found that the prevalence pre lactal feed was much lower (15.85%) in our study other researcher reported, Mohammad Harun Khan⁹ et al (80%), H Gladus Jennifer¹⁶ et al (29.3%), MC Yadavannavar¹⁷ et al (92.25%), Devang Rawal¹¹ et al (61.9%) and Jeetender Singh et al (47%). Certain social customs prevalent among the lower socioeconomic group were also found to be responsible pre lactal feeding practices. Majority of women use still using Ghutti, Honey and sugar water¹⁸. In the present study most commonest pre lactal feed was Honey(61.53%) similar finding was also reported by Meshram¹⁹ et al but contrast finding was reported by A.S Umar²⁰ et al mother was awaited for establishment for clean and safe milk so during this period they give animal milk, boiled water, boiled leaf extract, and sometime honey.

In the present study caesarian section, delivery complication, baby was in NICU & Milk not produce immediately was the reasons for late initiation of breast feeding however other researcher reported Devang Rawal¹¹ caesarian section(23%), mother was ill (9.6%), baby was in NICU (11.5%), less Secretion of Milk (13.5%), Medical staff advice the late initiation of breast feeding(5.8%), Mamatarani²¹ et al delay in initiation of breast feeding due to occurrence of too many delivery in labour room and team of doctors and nurses give priority to shifting the mother to indoor ward and late motivation of mother, In contrast to this finding, Bhardwaj²² et al reported that the commonest reason for not giving the colostrum. Shwetal Bhatt was reported most common cause Caesarian section (29.7%) and Fatigue (21.1%) respectively.

CONCLUSION & RECOMMENDATION

The present study shows 84% infant did not received prelactal feeding, only 15.84 received prelactal feeds, 80.48% received breastfeeding within ½ hour this shows right practice of breast feeding but for 100% achievement of initiation of breast feeding practices the study recommends there is necessity to promote mothers knowledge about breast feeding..

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