



Telephonic Survey on Knowledge, Attitude, Practice Towards Exclusive Breast Feeding and Complementary Feeding among Mothers Who Visited NRC

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DOI: 10.31080/ASNH.2024.08.1405

Received: June 24, 2024

Published: July 03, 2024

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Abstract

The study conducted in Gadag district mothers who visited the Nutrition Rehabilitation Centre from Jan to May 2021, Study conducted on Mothers about Knowledge, Attitude, and Practiced among exclusive and complementary feedings. The results shows that most mothers (82.9%) identify as Hindu and the bulk of them (87.8%) reside in rural areas. When it comes to mothers' knowledge of exclusive breastfeeding, 63.4% of them begin using colostrum within 30 minutes of giving birth. Although 43.9% of mothers understand that healthcare improves growth, only 41.5% fully comprehend the advantages of this practice. Fewer people are knowledgeable about its importance in infection prevention (4.9%) and natural immunity (9.8%). 75.6% of moms are unaware of the significance of supplemental feeding. Of those who know, only 24.4% have the necessary information, whereas 46.3% recognize its importance. While 39% of mothers only feed their baby cereals and pulses, the majority of women (97.6%) give their baby a range of foods, including bread and biscuits. More than half of the mothers (56.1%) practice exclusive breastfeeding, while 43.9% do not. Most mothers (85.4%) wash their hands before cooking, and almost all (95.1%) cover food after cooking. However, less than half (43.9%) use potable water for cooking.

Keywords: Knowledge; Attitude; Practice; Exclusive Breast Feeding; Colostrum; Complementary Feeding

Introduction

Infants have to be taken exclusively for the first six months of life, which means they should only consume breast milk. They will develop, grow, and maintain their health as a result of this. "Exclusive breastfeeding" means only supplying breast milk with no other food or liquids (not even water). However, it allows the infant to be given oral rehydration salts (ORS), drops, and syrups. (Vitamins, minerals, and medicines). Breastfeeding is an important part of the reproductive process that has significant health benefits for women. Babies need breast milk for their proper development and growth. (*Infant and Young Child Feeding*, n.d.) [1].

WHO recommendations state that in addition to breast milk, complementary foods should be provided to infants at the age of six months (180 days). The amount of energy, protein, and micro-nutrients that foods should supply a growing child with should be adequate. Food should be handled carefully during its preparation and consumption to lower the risk of infection. To encourage feeding, young infants require active care and attention. (*Infant and Young Child Feeding*, n.d.).

Materials and Methods

The study conducted in Gadag district mothers who visited nutrition rehabilitation center from Jan to May 2021, due to the covid 19 second wave lockdown telephonic survey is conducted to collect the data on knowledge, attitude, practice among mother about exclusive breast feeding and complementary feeding, constant was taken after explaining briefly about the study from the respondents. A total number of 59 participants includes in study, 41 participants response in the survey.

Results and Discussion

According to the above table, of the 41 mothers, the majority (87.8%) live in rural areas, while the minority (12.2%) lives in urban areas. Regarding religion, the majority of moms (82.9%) identify as Hindu, while just 17.1% identify as Muslim.

Mothers' educational backgrounds differ: Only 2.4% of respondents have finished the Pre-University Course (PUC).9.8% of

Place of the mother	Frequency	Percent
Rural	36	87.8
Urban	5	12.2
Religion	Frequency	Percent
Hindu	34	82.9
Muslim	7	17.1
Education of mothers:	Frequency	Percent
PUC	1	2.4
Graduation	4	9.8
High school	15	36.6
Illiterate	7	17.1
Post-Graduation and above	1	2.4
Primary school	3	7.3
Secondary school	10	24.4
Employment:	Frequency	Percent
Health worker	1	2.4
Farmer	9	22.0
Others	29	70.7
Teacher	2	4.9
Age of the mother	Frequency	Percent
18 to 21	4	9.8
>21 to 23	7	17.1
>23 to 25	7	17.1
>30	23	56.1
Age of children	Frequency	Percent
> 2 year	9	22.0
>1year	23	56.1
>3year	5	12.2
>4year	2	4.9
>5year	1	2.4
Number of children in family:	Frequency	Percent
One	8	19.5
Two	19	46.3
Three	13	31.7
More than three	1	2.4

Table 1: Socio demographic characteristics among mother and children.

people hold college degrees. The largest proportion (36.6%) are those who have finished high school. 17 percent lack literacy. Only 2.4% of respondents have completed post-graduation education or more. 7.3% of people have finished elementary school. 24.4% of people have finished secondary education.

Mothers' employment levels vary, with the lowest percentage (2.4%) working in healthcare. The majority's (70.7%) occupations

fall into the category of others. Farmers make up 22.0% of the population. A negligible portion (4.9%)

What do you understand by Exclusive Brest feeding?	Options	Frequency	Percent
What do you understand by Exclusive Brest feeding?	Giving Honey starts/ Janam Ghutti till mother's milk	1	2.4
	Giving mothers milk only when enough is secreted	12	29.3
	Giving sips of water to supplement thick milk initially	2	4.9
	Start breastfeeding within in half an hour of birth with Colostrum,	26	63.4
What are the Benefits of breastfeeding?	Options	Frequency	Percent
	Gives natural immunity	4	9.8
	Prevents infections	2	4.9
	Helps growth	18	43.9
Do you know the importance of Complementary feeding?	All	17	41.5
	Options	Frequency	Percent
	Yes	10	24.4
	No	31	75.6
What do you Understanding by Complementary feeding?	Options	Frequency	Percent
	Introducing other milk	4	9.8
	Introducing solid food	18	43.9
How many times you breastfeed the baby along with Complementary feeding?	Supplementing mothers milk with any other milk/ food	19	46.3
	Options	Frequency	Percent
	3 to 4 times a day	28	68.3
	1 to 2 times a day	12	29.3
What was the consistency of food that you gave at the age of 6 to 8 month?	5 to 6 times a day	1	2.4
	Options	Frequency	Percent
	Porridge	40	97.6
What was the consistency of food at the age of 9 to 11 month?	Solid	1	2.4
	Options	Frequency	Percent
	Finally chopped or mashed foods	1	2.4
What should be the consistency of food at the age of 12 to 23 month?	Semi solid food	38	92.7
	Solid family foods	2	4.9
	Options	Frequency	Percent
How many times you feed to the baby and how much at the age of 6 to 8 month?	Semi solid food	7	17.0
	Solid family foods	13	31.7
	All the above	21	51.2
Options	Frequency	Percent	
	1 time	1	2.4
2 to 3 times	40	97.6	

How many times you feed to the baby and how much at the age of 9 to 11 month?	Options	Frequency	Percent
	2 to 3 times	22	53.7
	4 to 5times	19	46.3
	2 to 3 times	22	53.7
How many times you feed to the baby and how much at the age of 12 to 23 month?	Options	Frequency	Percent
	2 to 3 times	14	34.1
	4 to 5 times	21	51.2
	>5times	6	14.6

Table 2: Knowledge based questionnaires among mothers in exclusive breast feeding and complementary feeding.

The above table shows the knowledge of mothers about exclusive breastfeeding. Out of 41 mothers, the majority of the mothers 26 (63.4%) started breastfeeding within half an hour of birth with colostrum, 12 (29.3%) gave mothers milk only when enough was secreted, and the few others gave sips of water to supplement thick milk initially.

Out of 41 mothers, Nearly half of the mothers 18 (43.9%) know only breastfeeding will help with growth but 17 (41.5%) mothers had proper knowledge of the benefits of Breastfeeding, Only a few of them thoughts 4(9.8%) breast milk help for natural immunity,2(4.9%) of mothers knew it helps to prevent infection.

Out of 41 mothers, 31 (75.6%) mothers did not know about the importance of complementary feeding, and few of the mothers 10 (24.4%) mothers knew the importance of complementary feeding.

Nearly half of the mothers 19 (46.3%) knew the importance of complementary feeding, and few 18 (43.9%) mothers thought only given the solid foods, few of them thought 4 (9.8%) only introducing the others milk.

The majority of the mothers 28 (68.3%) breastfed the baby along with supplementary foods 3 to 4 times a day, 12 mothers (29.3%) were breastfeeding the baby along with breast milk 1 to 2 times a day, but few of them 1 (2.4%) mothers breastfed the baby along with breast milk 1 time a day.

The above table shows out of 41,The majority of mothers 40(97.6%) said complementary food consistency be like porridge at the age of 6 to 8 months, The majority of mothers 38(92.7%) said Semi solid food given at the age of 9 to 11 months, 21(51.2%) mothers were given semi-solid and family food at the age of 12 to

23 months, Few of the mothers 13(31.7%) given only solid family foods at the age of 12 to 23 months, 7(17%) mothers given only semi-solid foods at the age of 12 to 23 months.

At what age did you start Complementary feeding?	Options	Frequency	Percent
	Before 6 months	5	12.2
	After 6 months-9 months	35	85.4
If you started the Complementary feeding food before 6 month what is the reason?	Options	Frequency	Percent
	My milk was not enough	5	12.2
Homemade food included in the diet?	Options	Frequency	Percent
	Cereals and pulses	16	39.0
	Millets	1	2.4
	All of the above	24	58.5
What type of outside food given to the baby?	Options	Frequency	Percent
	Bread, biscuits.	40	97.6
	Chocolate.	1	2.4

Table 3: Attitude based questionnaires' among mothers in exclusive breast feeding and complementary feeding.

The majority of the mothers 97.6% feed the baby 2 to 3 times a day at the age of 6 to 8 months of baby, and more than half of the mothers 53.7% feed the baby 2 to 3 times at the age of 9 to 11 month, 46.3%feed the baby 4 to 5 times a day. The majority of the mothers 51.2% feed the baby 4 to 5 times a day at the age of 12 to 23 months.

The above table shows the out of 41, The majority of mothers 35(85.4%) started complementary food after 6 months-9 months of age, few of the mothers 5(12.2%) started complementary food before 6 month of age the reason to start breast milk before 6 month mothers milk was not enough to the baby, The majority of the ml,others (58.5%) uses all the types of foods,39% mothers only uses cereals and pulses in diet, 40(97.6%) of mothers were given the bread and biscuits to the baby.

The above table shows out of 41 mothers, More than half of mothers 23(56.1%) practiced the exclusive breastfeeding for the baby, 18(43.9%) of the mothers not practiced the exclusive breast feeding, Majority of mothers 35(85.4%) practiced wash their hands before cooking, Less than half of mothers 18(43.9%) used potable water of cooking, 39(95.1%) of the mothers were practiced cover the food after cooking.

Did you practice exclusive breastfeeding	Options	Frequency	Percent
	No	18	43.9
Yes	23	56.1	
Do you wash your hands before cooking?	Options	Frequency	Percent
	Yes	35	85.4
No	6	14.6	
Do you use the drinking water for cooking?	Options	Frequency	Percent
	Yes	18	43.9
No	23	56.1	
Do you cover your food after cooking?	Options	Frequency	Percent
	Yes	39	95.1
	No	2	4.9

Table 4: Practice based questionnaires among mothers in exclusive breast feeding and complementary feeding.

Discussion

Our study shows 26(63.4%) mothers were knowledgeable about exclusive breastfeeding, and complementary feeding 19 (46.3%) mothers were properly knowledgeable. 23(56.1%) of the mothers have practiced exclusive breastfeeding, compared to this study conducted in Kathmandu Nepal Mothers with children ages 6 to 24 have different knowledge, attitudes, and practices. Interviews with 250 mothers took place. 151 (60.4%) mothers were aware that breastfeeding should begin immediately after birth, and 179 (71.6%) were aware that it should be done exclusively for six months. 139 women (55.6%) out of the 161 mothers who recognized the right age to start complementary feeding did it [2].

Our study shows that 35(85.4%) of mothers started complementary food after 6 months-9 months of age, and few of the mothers 5(12.2%) mothers started complementary food before 6 months of age, another study Infant and young child complementary feeding practices in Abu Dhabi, United Arab Emirates conducted by Zainab Taha., *et al*, a study conducted at the year of 2020 The majority of the children who got supplemental feeding (72.2%) began receiving it between the ages of 6 and 8 months, while the remainder 27.8% began receiving it before 6 months [3].

According to WHO recommendations, infants should begin receiving complementary foods at 6 months of age in addition to breast milk, initially 2-3 times per day between 6 and 8 months, increasing to 3-4 times per day between 9 and 11 months, and 12-24 months with additional nutritious snacks offered 1-2 times per day, as desired. Our study shows 40(97.6%) mothers were fed complementary foods for babies 2 to 3 times a day at the age of 6 to 8 months, 22(53.7%) mothers were fed complementary foods

for babies 2 to 3 times a day at the age of 9 to 11 months, 21(51.2%) mothers were fed complementary foods for babies 4 to 5 times a day at the age of 12 to 23 months.

According to the Indian Academy of Pediatrics (IAP) 6-8 months Begin with mashed foods or thick porridges, 9-11 months Mashed foods, finely chopped, and foods that can be picked up by baby, 1-2 years Staple family foods, mashed or chopped (if required), In our study shows out of 41,40(97.6%) mothers have the knowledge to give the porridge for baby at the age of 6 to 8 months, 38(92.7%) of mothers know to give the semi-solid food for the baby at the age of 9 to 11 month, 13(31.7%) mothers have the knowledge to give the family food for the baby at the age of 12 to 23 months, few mothers 7(17.0%) know to give the semi-solid food for the baby, 21(51.2%) mothers have the knowledge to give the semi-solid and family food for the baby at the age of 12 to 23 months [4].

According to the Indian Academy of Pediatrics (IAP) 6-8 months Daily 2-3 meals along with frequent breastfeeding, 9-11 months Daily 3 meals with continued breastfeeding plus offer 1-2 additional snacks, 1-2 years Daily 3-4 meals with continued breastfeeding plus 1-2 additional snacks, In our study shows out of 41,40(97.6%) mothers were knowledgeable of given complementary foods 2 to 3 times at the age of 6 to 8 months, 22(53.7%) mothers were knowledgeable to give the complementary feeding 2 to 3 times at the age of 9 to 11 months, 19(46.3) mothers were knowledgeable to give the complementary feeding 4 to 5 times (at the age of 9 to 11 months, 21(51.2%) mothers were knowledgeable to give the complementary feeding 4 to 5 time, 14(34.1%) mothers were knowledgeable to give the complementary feeding 2 to 3 times and few of the mothers have 6(14.6%) mothers were knowledgeable to give the complementary feeding more than 5 times a day [4].

Conclusion

The study reveals that 63.4% of mothers possess knowledge about exclusive breastfeeding, while the majority, 75.6%, lacks understanding of complementary feeding. Interestingly, 46.3% of mothers have adequate knowledge about exclusive breastfeeding. Additionally, 85.4% of mothers are inclined to start complementary feeding after 6 to 9 months, and 56.1% practice exclusive breastfeeding. However, only 43.9% use drinking water for cooking, indicating a potential area for improvement in hygiene practices.

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