CHAPTER V

DISCUSSION

"The study was to compare mothers' knowledge, attitude and practice of breast feeding among urban and rural communities in selected areas of Karnataka. The study findings have been discussed in terms of objectives and theoretical base.

1. Characteristics of the Participants

With regard to distribution by age in the present study, majority (54%) of rural respondents emerged from 18-22 years age, as compared to 44.0 per cent found from 23-27 years of age from urban respondents. Age difference found statistical significance.

Ojofeitimi Eo, et. al. (2001). This study was designed to assess the knowledge and attitude towards exclusive breast feeding among 377 female students of School of Health Technology, Ilesha, and to compare their responses with 60 primigravidae attending antenatal clinic in Ile-Ife, Nigeria. Approximately 47% of the total population were grouped under low level of knowledge under exclusive breast feeding. There was no significant relationship in terms of knowledge between the two groups. There was however significant relationship between the age of subjects and increased level of knowledge. Seventy per cent of the primigravidae were graded with poor attitude as compared with 18% of the female students. About 42% of the total population would give water with
Glucose D to neonates with in 72 hours after delivery. These findings suggest that planners of the Baby Friendly Initiative need to focus more on adolescents and primigravidae in promotion of breast-feeding.

A similar observation was made by Sharma 1997, Ahmed (1999) also reveal that most of the mothers were in the younger age group (17-24 years)

2) In the Present Study

Majority of both rural (90%) and urban (83.5%) respondents were Hindu indicating higher knowledge among rural and urban respondents compared to other religion which established non-significant findings. As per Koshor S. Gyarg B.S. (2001) breast feeding in rural areas in community is influenced by social, cultural, religion and socio-economic factors.

3) In the Present Study

The socio-economic status shows that the income range of <Rs.5000 was noticed to be higher among rural families as >Rs.5000 found among urban families establish statistical significance.

According to Russin (1984) breast feeding practice has increased in USA, but this increase was not evident among lower socio-economic groups. Marital status, maternal education, number of pregnancies and income are the factors closely associated with breast feeding.
4) The present study shows higher educational status noticed among urban respondents compared to rural respondents. Educational level differed significantly between rural and urban respondents.

Observation by Sarojini (1977) who studied knowledge and practices of breast feeding on 20 mothers of hospitalized infants before and after a programme of planned instructions. The idea was to evaluate the effectiveness of the programme and develop a teaching guide for the use of nurses and health workers for instructing mothers on breast feeding. 50 per cent of the mothers were not literate, except two mothers, others showed an unsatisfactory level of knowledge on advantage of colostrums feeding.

Hence the present study is supported by Sarojini’s study as both the studies have impact on higher the education better the breast feeding practice among urban and rural respondents.

5) In the present study majority of respondent from rural (85.5%) and urban (81%) were from housewife category.

Sharma Saroja, Sukshan Chopra (1997) a study conducted on knowledge, attitude and practice related to breast feeding and weaning in Haryana. The findings revealed among that the 200 rural working and non-working women. Majority of women (71.5%) were in the age group 26.35 years and working women had better educational status.
The mothers were aware that breast feeding should be started within twenty four hours of birth (82%). Seventy two per cent of the mothers had given prelacteal feed in the form of honey within 24 hours of birth, only 28% of the mothers breast fed infants with in three hours of birth. Colostrum was considered good for infants health, by more than 50% of the mothers, nearly one third of mothers (34.5%) stated that they breast feed the infants on demand. The work status of the mothers should have a significant relationship with infants breast feeding pattern. Besides (57%) of the mothers had initiated bottle feeding with the first three months of child birth, but commercial forms of milk was used by 14% of the mothers had initiated giving semi solid or curd before the age of four months. Lack of knowledge about exclusive breast feeding was more among non working women.

Hence this study is contrary to the present study because my study states that house wives exhibit better practice (68.5%) and (70.6%) towards breast feeding among rural and urban respondents.

4) With regard to the respondents husbands found with higher educational level among urban compared to rural respondents husbands. Business and private were the majority occupational status among rural and urban respondents.

In the present study, no significant association was observed between educational and type of occupation of the respondents husband.
According to Mcintyre E Hiller Jurnball .D influencing breast feeding in a low socio-economic area in South Australia was undertaken by examining infant feeding attitudes and experiences of mothers. A random telephone survey of 3,400 adults (including a more extensive survey of 373 mothers, fathers and grand mothers in the sample in the area indicated there was little support for breast feeding compared to bottle feeding with similar barriers to breast feeding found in all target groups. These included breast feeding in public, the convenience of bottle feeding, maternal discomfort of breast feeding, the support required for breast feeding, father’s involvement with feeding, and mothers previous experience of breast feeding should address these issues and should be directed at the community in general rather than specific groups within the community. Hence present study states that no significant association found between education and occupation of the respondent husbands, but their husbands involvement makes lot of difference for improvement and support towards breastfeeding practices.

Findings of the present study with regard to the type of house of the respondents. Majority of rural and urban respondents reside in their own houses and type of houses were pakka.

The present study indicates no significant association was observed between the type of house of the respondents and knowledge, attitudes and practice towards breast feeding.
Utilization of water supply through borewell found higher per cent among rural respondents compared to urban respondents. Significant difference was found between rural and urban respondents on water supply.

Higher per cent of both rural and urban respondents get information on health science and other aspects through television, newspaper and radio on priority.

Higher per cent of both rural and urban respondents had no antenatal problems (68% and 72%) and had normal delivery (73% and 83%). Significant difference between rural and urban respondents was found with respect to type of delivery and number of antenatal visits. In this aspect no related literature is available for comparison of the present study findings.

Discussion Based on Objectives of the Study

Objective No. 1

To assess the knowledge of rural and urban mothers regarding breast feeding. The present study states that the mean knowledge score regarding breast feeding found to be better among urban (76%) compared to rural respondents. However it is found to be statistically significant (t=3.24**).

Mallikarjun (2002) conducted a study to document breast feeding problems encountered in a rural community and to understand the reasons for starting top feeds in infants less than 6 months of life. Using the stratified sampling method, 420 mothers infant pairs were enrolled
from 224 villages of Karnataka. Out of these 80.5% practiced exclusive breast feeding 19.5% started on top feeds and 1.7% mothers had completely stopped breast feeding. Bottle feeding was practiced by 39% of mothers.

It is clear from the above studies that rural community mothers were not aware of the importance of practicing exclusive breast feeding for their infants.

**Objective 2:**

To determine the attitude of rural and urban mothers towards breast feeding.

The present study shows slightly favourable attitude among urban mothers (71.7%) as compared to rural (70.4%) respondents and found statistically significant (t=4.04).

Koshor S. Gyorg B.S. (2001) reveals in his study that breast feeding in rural areas in community is influenced by social, cultural and economic factors.

**Objective 3**

To assess the practice of rural and urban mothers towards breast feeding. In the present study the impact of age on practice towards breast feeding was observed to be of statistical significance among rural (F=3.01*) and urban (F=3.67*) respondents.
Swarna Lata (1999) conducted a study on fifty nine married female health functionaries which included forty eight ANMS and eleven LHVS in the district of Kanpa of Himachal Pradesh to know the breast feeding practice. They were interviewed on breast feeding practice. They were interviewed through the self administrated questionnaire. The findings reveal that breast feeding practice is universal, average duration of initiation of breast feeding after delivery was six hours. It was continued for 23 months on an average, pratice of prelacteal feed and double feeding is prevalent. In 17% of respondents difficulty was experienced in initiating breast feeding. Average age of respondents was 32, range being 26-52 years and 52 (88%) had at least one child. All of them breast fed their youngest children. Hence the present study reveals that higher the age and parity, better the breast feeding practice.

Objective 4

To compare the knowledge, attitude and practice of breast feeding among urban and rural community mothers. The present study states that education level and occupational status was found to be an influencing factor on knowledge towards breast feeding among rural (F=4.06) and urban (F=5.81*).

Type of family was identified as a significant contributing factor on knowledge towards breast feeding among rural and urban respondents.
Higher the family size, better the knowledge towards breast feeding in urban and rural respondents.

Higher the age better the attitude among rural ($F=3.54^*$) and urban ($F=4.09^*$) respondents.

Attitude was better among Hindus compared to other religions among rural and urban respondents.

Higher the educational level, better the attitude towards breast feeding practice among rural and urban respondents ($F=3.15^*$) and ($F=0.09^*$)

Joint family background indicates better attitude in case of rural and urban respondents. It was established as a non-significant contribution.

The Present Study Reveals:

The impact of age, the practice of breast feeding was observed to be of statistical significance among rural ($F=3.01^*$) and urban ($F=3.67^*$) respondents.

Hindus (68.5% and 70.6%) found favourable practice towards breast feeding compared to other religion.

The impact of educational level on practice towards breast feeding indicating higher the education better the practice among rural house wives exhibit better practice towards breast feeding (68.5% and 70.6%). The present findings of the study
were supported by the study of Monga 1989, and Sharma 1997. They reveal that the education of mothers’ occupation and socio-economic background showed a significant relationship with breast feeding practices.

Contrary to the present findings the study by Fagbule (1992) shows mothers who belong to a higher level of education and family income had breast fed for shorter period and tended to wean earlier than the illiterate.

As many 228 mothers (44.2%) had commenced weaning by 3 months while 433 (83.9%) had fed up to six months. Hunger indicated by crying after feeds were the commonest reasons for weaning (36.2%).

Hence improving child health during weaning period is suggested in the study.