ABSTRACT

“The present study is a comparative study of mother’s knowledge, attitude and practice of breast feeding among urban and rural communities in selected areas of Karnataka”.

Objectives of the Study were:

1. To assess the knowledge of rural and urban mothers regarding breast feeding.

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

3. To assess the practice of rural and urban mothers towards breast feeding.

4. To study the relationship between knowledge, attitude and practice of mothers regarding breast feeding.

5. To compare knowledge, attitude and practice of breast feeding among urban and rural community.

Part – I.

Deals with age of the mothers educational status of the mother and husband, family income, type of family, family size, pattern of house, type of house, source of water supply and mass media communication status, number of antenatal visits made, type of delivery, sex of weight of the baby and condition of the baby.
Part – II. Knowledge Aspect

This describes the existing knowledge of urban and rural community lactating mothers regarding breast feeding. This covers suitable prelacteal feed initiation of breast feeding position of the mother and baby during breast feeding, signs of good attachment of the mother and baby during breast feeding, signs of good attachment of the baby during breast feeding, factors influencing increased and decreased breast milk secretion. Importance of feeding colostrum advantages of breast feeding for the mother and baby. Frequency and duration of breast feeding and burping of the baby after breast feeding. 20 students covered the knowledge of lactating mothers on breast feeding aspects with four options out of which one was the correct response. For each correct response a score of one and every wrong response, ‘zero’ score was awarded. The knowledge aspect was measured in terms of knowledge score. The total attainable knowledge score was between zero and maximum twenty.

Part –III Attitude Aspect

This highlights the attitude scale test on positive and negative opinion of the lactating mother regarding various aspects on initiatives of breast feeding, importance of breast feeding, importance of feeding colostrum, indication and contra indications of breast feeding, duration and factors influencing secretion of breast milk. Attitude on breast feeding
was administered on 5 points Likert's scale. The total statements comprised of 20 questions. The scoring pattern followed is as:

<table>
<thead>
<tr>
<th>Statement Response</th>
<th>Scoring pattern for statements</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Positive</td>
</tr>
<tr>
<td>Strongly agree</td>
<td>5</td>
</tr>
<tr>
<td>Agree</td>
<td>4</td>
</tr>
<tr>
<td>Undecided</td>
<td>3</td>
</tr>
<tr>
<td>Disagree</td>
<td>2</td>
</tr>
<tr>
<td>Strongly disagree</td>
<td>1</td>
</tr>
</tbody>
</table>

**Part – IV Practice Aspect**

The observer was instructed to tick mark the option in the given column either (a) performs, does not perform, describes breast feeding practice on covering the position of the mother and baby during breast feeding duration, interval of breast feeding, and burping of the baby after breast feeding. Ten statements were prepared to assess the practice aspect.

**Findings**

Majority (54.0%) of the rural respondents emerged from 18-20 years age as compared to 44.0 per cent found from 23-27 years old from urban respondents. Age difference was found to be of statistical significance.

Majority of both rural (90.0%) and urban (83.5%) respondents are Hindus indicating statistical significance.
• Higher per cent of urban respondents found under Nuclear family compared to joint family background among rural respondents substantiated statistical non-significance.

• Income range of <Rs.5000 noticed higher among rural families as >Rs.5000 was found among urban families establish statistical significance.

• Higher urban respondents with less number of family members compared to higher family size observed in rural respondents, however difference was found to be statistically significant.

• Higher educational status noticed among urban respondents compared to rural respondents. Educational level differed significantly between rural and urban respondents.

• Majority of respondents from rural (85.5%) and urban (81.0%) were housewives.

• Respondents’ husband found with higher educational level was more among urban compared to rural respondents.

• Business and private employment were the major occupations among rural and urban respondents.

• Majority of rural and urban respondents resides in own house and the house being pakka.

• Utilization of water supply through borewell found higher per cent among rural and urban on type of water utilization. No
significant, difference was found between rural and urban on type of house and water supply.

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

- Majority of the respondents among rural (65.0%) and urban (70.5%) found with one parity and difference statistically noticed non-significant.

- Both rural (65.0%) and urban (70.5%) respondents had one living child which majority found statistically significant.

- Higher per cent of both rural and urban respondents gave pre-lacteal feed, fed colostrum few had engorgement of breast, and the presence of less milk secretion.

- Male baby was found more among urban respondents (54%) compared to rural respondents (44%) found significant statistically.

- Baby with higher weight observed among urban respondents compared to rural respondents was however found non-significant.

- Mean knowledge found better among urban (76.0%) when compared to rural respondents (76.0%) which was however found to be statistically significant (t=3.24**).
• Slightly favourable attitude seen among urban (71.7%) as compared to rural (70.4%) respondents and found statistically significant (t=4.04**).

• Urban respondents found with better practice (70.2%) compared to rural respondents (68.4%) further established statistical significance (t=5.36**).

• Higher the age, better is the knowledge noticed among rural and urban respondents test. Statistics indicate significant for rural (F=3.02*) and urban (F=3.54) indicating impact of age on knowledge towards breast feeding.

• Hindus found higher knowledge among rural and urban respondents compared to other religions establishing non-significant findings.

• Impact of educational level on knowledge towards breast feeding observed among rural (F=3.01*) and urban (F=3.54*) respondents.

• Occupational status found to be an influencing factor on knowledge towards breast feeding among rural (F=4.06*) and urban (F=5.81*) respondents.

• Type of family identified as significant contributing factor on knowledge towards breast feeding among rural (F=4.32*) and urban (F=4.07*) respondents.
• Higher the family size better is the knowledge towards breast feeding of rural and urban respondents. However it was found to be non-significant result.

• There exists an impact of age on attitude towards breast feeding indicating higher the age better the attitude among rural (F=3.54*) and urban (F=4.09*) respondents.

• Attitude was found better among Hindus compared to other religions among rural and urban respondents, further indicating non-significant findings.

• Higher the educational level better the attitude noticed towards breast feeding among rural (F=3.15*) and urban (F=4.09*) respondents.

• Occupational status on attitude towards breast feeding reveals non-significant findings among rural and urban respondents.

• Respondents of Joint family background showed better attitude in case of rural and urban respondents. This establishes a non-significant contribution.

• Higher the family size better the attitude towards breast feeding in both rural and urban respondents.

• Impact of age on practice towards breast feeding observed statistical significance among rural (F=3.01*) and urban (F=3.67*) respondents.
- Hindus (68.5% and 70.6%) found favourable practice compared to other religion and also establishes non-significance among rural and urban respondents.

- There exists the impact of educational level on practice towards breast feeding indicating higher the education better the practice among rural ($F=3.17^*$) and urban ($F=4.05^*$) respondents.

- Housewives exhibit better practice (68.5% and 70.6%) towards breast feeding among rural and urban respondents indicating non-significant findings.

- Joint family respondents showed better practice (69.2% and 72.1%) among rural and urban respondents further indicating statistically non-significant results.

- Impact of family size on practice towards breast feeding showed non-significant findings statistically among rural and urban respondents.

**Limitations**

The limitations of the study are as follows:

1) Tools used for data collection were not standardized tools.

2) No attempt was made to identify the areas where mothers lack knowledge, attitude and practice and the problems faced by lactating mothers need more attention.
3) The association between mothers knowledge, attitude and practice in breast feeding is limited to few variables like mothers age, religion, educational level, occupation, type of family, number of pregnancies, antenatal check up, number of abortions, number of living children.

**Recommendations**

- A similar study needs to be conducted in different hospitals in order to draw generalization.
- A comparative studies can be conducted in urban and rural slums.
- Another study may be conducted to see the effectiveness of planned health teaching versus incidental teaching during the antenatal period and occurrence of problems during the postnatal period.
- A study can be on a pamphlet containing information in their own language replicated on a larger sample soon after delivery on the importance of breast feeding, correct technique of breast feeding and harmful effects of prelacteal feeds could be handed over to the ante-natal women during antenatal visits in order to promote breast feeding practices and prevent further breast feeding complications during postnatal periods.
- An evaluative study on exclusive breast feeding practice can be done in hospitals which are certified as Baby Friendly Hospital Initiative (BFHI).
Letter Seeking formal permission to conduct the study

Director of Medical Education,
Rao Circle,
lore.

Subject: Grant of permission to Smt. Suvarna B. Talawar to conduct a study at General Hospital Channapatna, PHC Bidadi, Lions Club, Guttahalli, Vani Vilas Hospital, Bangalore.

Smt Suvarna B. Talwar, Lecturer, Govt. College of Nursing, is at present going PhD., in Nursing under Bangalore University, Bangalore. She has selected following topic for her research project in partial fulfillment of University elements for the award of Ph.D., in Nursing Degree.

"A Comparative study of mothers knowledge, attitude and practice of breast feeding among urban and rural community in selected areas of Karnataka State"

Smt. Suvarna B. Talwar may kindly be permitted to collect data for this study one District Hospital, one Lions Club, One P.H.C. and one General Hospital at lore District, Bangalore.

The concerned Institutions may be informed to extend the necessary facilities, co-operation to her to work on the proposed study, any other information required will be supplied by the student personally.

Your faithfully
Research Guide
Dr. Pushpa Sriniv

Former Professor
of Obstetrics & Gynaecology
Bangalore Medical College, Bangalore

Copy to
Asst. Director of Nursing, Anand Rao Circle, Bangalore
The supdt., Vanivilas Hospital, Bangalore
Surgeon, General Hospital, Channapatana, Bangalore District.
Medical Officer P.H.C., Bidadi.
Medical Officer, Lions Club, Bangalore.
Copy to Suvarna B. Talawar Ph.D.
FROM:

SUVARNA B. TALAWAR

Lecturer

Govt. College of Nursing

Fort, Bangalore-560 002.

TO,

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FORWARDED THROUGH Dr. (Mrs.) Pushpa Srinivas

Former Prof. and Head of the Dept. of Obstetrics & Gynaecology

Bangalore Medical College, BANGALORE - 2

Sub: Requesting opinion and suggestions for establishing validity of the research tool.

Respected Madam,

I Suvarna B. Talawar Ph.D., Nursing student Bangalore University, Bangalore-1, my specialisation is Obstetrics and Gynaecological Nursing. My dissertation mentioned below is to be submitted to Bangalore University Bangalore for partial fulfilment of university requirement of Ph.D. Nursing Degree.

Comparative study of mothers Knowledge, attitude and practice of feeding among urban and rural communities in selected areas of Ika state.
OBJECTIVES OF THE STUDY:

- assess the knowledge of mother regarding breast feeding.
- determine the attitude of mothers toward breast feeding.
- assess the practice of mothers toward breast feeding.
- study the relationship between knowledge, attitude and practice of mother regarding breast feeding.
- compare the knowledge attitude and practice of breast feeding among mothers in urban and rural communities.

EVALUATION CRITERIA CHECK LIST FOR VALIDATION OF TOOL:

INSTRUCTIONS:

You are requested to go through the following evaluation criteria for validating the tool for a comparative study of mothers knowledge, attitude and practice of breast feeding among urban and rural communities in selected areas of Karnataka state. The tools used in this study include:

- Part - I  Demographic profile
- Part - II  Structured interview schedule for assessing the knowledge
- Part - III  Attitude scale - 5 point scale on breastfeeding
- Part - IV  Observation check list for breastfeeding technique

There are two columns given for responses and a column for remarks. Place a check (-) mark in the appropriate columns and facilitate your marks wherever necessary in the remark columns given below.
<table>
<thead>
<tr>
<th>No.</th>
<th>Criteria</th>
<th>Yes</th>
<th>No</th>
<th>Remarks</th>
</tr>
</thead>
</table>

Part I Demographic Profile

The items of base line data cover all necessary for the study.

Clarity of the terms used.

Part II Interview Schedule

Has questions which are arranged in sequence. Has questions which are organised in a logical order.

Has language which is simple and easy to follow.

Has questions motivate the post natal mother to respond.

Part III Attitude Scale

Has statements of attitude scale on breast feeding which are arranged in sequence.

Has statements of attitude scale which are organised in a logical manner.

Has language which is simple and easy to follow for postnatal mother.

Part IV Observation Check List

Relevant to the topic of study.

Content adequacy to achieve the objectives.

Content Organisations

Scoring is appropriate.
CERTIFICATE OF VALIDATION

This is to certify that the tool INTERVIEW SCHEDULE, ATTITUDE SCALE, OBSERVATION CHECK LIST, Constructed by Suvarna B. Talawar, Ph.D., Student of Bangalore University, Bangalore to be used in her study titled “A Comparative Study of Mothers Knowledge, Attitude and Practice of Breast Feeding Among Urban and Rural Communities in Selected Areas of Karnataka” has been found to be valid by me.

I recommend that the modifications she would have to make is None/Few/Some/Many in her Instruments.

Signature :

Name

Designation :

Date
LETTER REQUESTING FOR PARTICIPATION OF MOTHERS IN THE STUDY OF BREAST FEEDING IN SELECTED AREAS OF KARNATAKA STATE

Dear Participants,

I am a Ph.D. student in Nursing Bangalore University, Bangalore. I am undertaking a study to assess and compare the knowledge, attitude and practice of breast feeding among urban and rural community mothers of Karnataka State. Therefore I need your kind co-operation to make my study a success. You are requested to participate in the study by responding to the interview schedule, attitude scale and observation checklist which will take 25 to 30 minutes.

Your responses are valuable and will be kept in confidence and will be used for my study purpose.

Thanking you,

Yours sincerely,

(SUVARNA B. TALAWAR)
ಅವು ವಿವರಿಸಿಕೊಂಡರು,

ಇವು ಒಂದು ಅಧ್ಯಾತ್ಮಿಕ ಸಂಪ್ರದಾಯ ಸಾಧನವಾಗಿದ್ದು, ಪ್ರತಿವಿಧಿಯು ತನ್ನ ಮಾಹಿತಿಯನ್ನು, ಪ್ರತಿಯೇಸ ವ್ಯಾಕರಣಾವಿಕ, ಪ್ರತಿವಿಧಿಯು ಮುಖ್ಯವಾಗಿರುವ, ವೈತಕ್ನಷ್ಟಿಯ ಸೌತ್ತ ಸೌತ್ತನಿರೀಕ್ಷಣ ಮತ್ತು ವೈತಕ್ರಮಗಳನ್ನು ಪರಿಶೀಲಿಸಿಕೊಳ್ಳುತ್ತದೆ. ಇದರ ಮೇಲೆ ಅವಳ ಮುಖ್ಯ ಸಾಮರ್ಥ್ಯವು ಅದು ಅತಿ ಗೌಣ ಅವಿಧಿಯು ಜಾಹೇ ಅವಳ ಮೂಲಕ ಅದು ಅತಿ ಅಸ್ಮಾರಂಭಿಸಿದ್ದಾಗಿದ್ದು, ಅದನ್ನು ಅನುವಾದ್ಯತ್ವ ಪ್ರತಿದಿನ ಪ್ರಾರೂಪದಾರಿಯಿಂದ ಅದನ್ನು ಅವಳ ಅವಿಧಿಯು ನಿರೀಕ್ಷಣೆಯಾಗಿದ್ದು.

ಅವು ಒಂದು ಅಧ್ಯಾತ್ಮಿಕ ಸಂಪ್ರದಾಯ ಸಾಧನವಾಗಿದ್ದು, ಪ್ರತಿವಿಧಿಯು ತನ್ನ ಮಾಹಿತಿಯನ್ನು, ಪ್ರತಿಯೇಸ ವ್ಯಾಕರಣಾವಿಕ, ಪ್ರತಿವಿಧಿಯು ಮುಖ್ಯವಾಗಿರುವ, ವೈತಕ್ನಷ್ಟಿಯ ಸೌತ್ತ ಸೌತ್ತನಿರೀಕ್ಷಣ ಮತ್ತು ವೈತಕ್ರಮಗಳನ್ನು ಪರಿಶೀಲಿಸಿಕೊಳ್ಳುತ್ತದೆ. ಇದರ ಮೇಲೆ ಅವಳ ಮುಖ್ಯ ಸಾಮರ್ಥ್ಯವು ಅದು ಅತಿ ಗೌಣ ಅವಿಧಿಯು ಜಾಹೇ ಅವಳ ಮೂಲಕ ಅದು ಅತಿ ಅಸ್ಮಾರಂಭಿಸಿದ್ದಾಗಿದ್ದು, ಅದನ್ನು ಅನುವಾದ್ಯತ್ವ ಪ್ರತಿದಿನ ಪ್ರಾರೂಪದಾರಿಯಿಂದ ಅದನ್ನು ಅವಳ ಅವಿಧಿಯು ನಿರೀಕ್ಷಣೆಯಾಗಿದ್ದು.

ಇವು ವಿವರಿಸಿಕೊಂಡರು,