



RESEARCH ARTICLE

ASSESS THE ATTITUDE AND AWARENESS TOWARDS BREASTFEEDING AMONG ADOLESCENTS IN SUTTUR VILLAGE

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ABSTRACT

Breast feeding is a natural source of food for the baby's those who are below two years of age. It is economically friendly, ready to use safely, develop immunity and also helps to develop bonding between the mother and child and also through breast feeding can be prevented malnourishment, infection, and also reduces infant mortality rate. According to WHO guidelines the first six months for the baby must be provide exclusive breast feeding it will benefit the infant for nutritional and immunological development therefore soon after the delivery we should encouraged the mother to feed the baby but still in our country there is a stigma that should not give the first breast milk to the baby so this will affect the immunity, growth and development of the infant. The objective of the study to assess the attitude and knowledge among the young people resides around the suttur village, Mysore. The methods was used a descriptive study designs was adopted and random sampling technique was used to select the sample to find the awareness of the breastfeeding and can remove this stigma and discrimination. Among 120 samples 26.6% were male and 73.4% were female, their majority age around 20 to 24 years, 99.16% people were not agreed with Breast milk and bottled milk is the same, 85% were agreed with Breast milk provides all the nutrients to baby, 73% were disagreed breastfeeding woman cannot return to work, 99.16% were disagreed with Breast milk and bottled milk are the same. The result suggests that still stigma was present There are no significant difference in the attitude scores of with misconception and gaps. There is a need for multi educational programme improving the awareness and knowledge of breast feeding. This study helps to find the whether awareness of the breastfeed exclusively to age 6 months and intention to meet this recommendation of WHO breastfeeding practices

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INTRODUCTION

Breast milk is the natural and ideal food for infants, it also safe, clean contains more nutrients and antibodies. WHO and UNICEF recommended Initiate breastfeeding within the half of an hour; in 2022 the infant mortality rate in India is 25.5 deaths per 1000 live births. In India malnourishment is one of the causes of infant mortality rate. There is a recent study conducted In China shows that decrease in breastfeeding rates in spite of all efforts.

This study explored the awareness of the World Health Organization (WHO) guidelines for breastfeeding and intention to breastfeed among first-time mothers and identified the gap between mothers' needs and perinatal care provision regarding breastfeeding promotion. Baby-friendly Hospital Initiative (BFHI) is a vital intervention supported by World Health Organization and UNICEF to reduce infant mortality and has been included as a part of the curriculum in nursing and medical courses. To know the extent of knowledge of students about BFHI along with its understanding and to find out the gap in their knowledge about breastfeeding.

MATERIALS AND METHODS

A descriptive study designs was adopted for this study and random sampling technique was used to select the people around Suttur Village, Mysore. Structure questionnaire was used to evaluate the tool. The participants were free to express their attitude and knowledge, the data was analysed and conclusion by Descriptive statistics.

RESULTS

Data on demographic variable

Among the 120 participants the majority of the participants are male and in the age group of 60 years and also Majority of the participants are unmarried and the education is above degree.

Table 1. Frequency and percentage distribution of according to the demographic variables (n=120)

Sl. No	variables	Frequency	Number (%)
1. Sex	Male	32	26.6 %
	Female	88	73.4 %
2. Age	13 to 16	09	7.5 %
	17 to 20	63	52.5%
	21 to 24	48	40%
3. Religion	Hindu	106	88.4 %
	Others	14	11.6 %
4. Education	8 to 10	23	19.2 %
	11 to 12	46	38.3 %
	Above degree	51	42.5%

Table 2. Frequency and Percentage of distribution of Attitude among rural people in Suttur village, Mysore. n=120

Sl No	Attitude	Frequency	percentage
1. A natural method of infant feeding	Agree	96	0.8
	Disagree	24	0.2
2. Breast milk and bottled milk are the same	Agree	1	0.01
	Disagree	119	0.9916
3. Babies who are bottle-fed have more illnesses than babies who are breastfed	Agree	107	0.8916
	Disagree	13	0.108
4. Breastfeeding helps bonding between mother and baby	Agree	106	0.883
	Disagree	14	0.116
5. Breastfeeding prevents a woman from returning to her pre-pregnancy weight	Agree	56	0.466
	Disagree	64	0.533
6. If breastfeeding a woman cannot return to work	Agree	32	0.266
	Disagree	88	0.733
7. Breastfeeding is unhygienic and can spread germs	Agree	45	0.375
	Disagree	75	0.625
8. Breast milk save money and time	Agree	47	0.3916
	Disagree	73	0.608
9. Most women make enough milk to breastfeed	Agree	100	0.833
	Disagree	20	0.166
10. Breast feeding moms have less risk of breast and ovarian cancer	Agree	102	0.85
	Disagree	18	0.15
11. Women who breastfeed should avoid certain foods	Agree	101	0.84
	Disagree	19	0.158
12. Exclusive breastfeeding is recommended for the first 6 months of a baby's life	Agree	102	0.85
	Disagree	18	0.15
13. Breast milk provides all the nutrients a baby needs	Agree	102	0.85
	Disagree	18	0.15
14. If breastfeeding a woman cannot return to work	Agree	98	0.816
	Disagree	22	0.184
15. Breastfed babies have better mental development than babies fed on bottled milk	Agree	95	0.791
	Disagree	25	0.208

Among 120 participants 85% were agree with Breast milk provides all the nutrients to baby, 73% were disagreed breastfeeding woman cannot return to work, 99.16% were disagreed with Breast milk and bottled milk are the same.

CONCLUSION

This study helped the investigator to understand the attitude and awareness about of breastfeeding among the adolescences people; it also helped to correlate between demographic variables and main study. This study also helped to bring insight that every people should know the knowledge of breast-feeding. Awareness of the breastfeeding recommendation to the mothers breastfeed exclusively for 6 months is an independent positive think of breastfeeding initiation and duration.

RECOMMENDATIONS

On the basis of this present study, the following Recommendations can be made

- A similar study can be conducted in larger sample to generalize findings.

- A similar study can be conducted in different settings.
- Comparative study can be conducted among rural and urban settings.
- Study recommended to conducting health awareness programmes on breastfeeding.

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