

KNOWLEDGE, ATTITUDE AND PRACTICE OF BREAST FEEDING AMONG BOTE WOMEN

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Abstract

Breast feeding is vital to a baby's health. Milk is unique food adapted to nutritional needs of offspring in mammals. Breast milk is the healthiest food for the child. The main objective of this study is to identify the practice of breastfeeding among the Bote women. In this study, the simple random sampling method was used. Among the 140 Bote households, 52 individual Bote women were selected from the households. The study shows that low literacy, poor income and lack of access to communication lead them to traditional practices. Increasing access to education, communication media, awareness programs and healthcare facilities helps them to improve their knowledge, attitudes and practices about breastfeeding.

Keywords : *social structure, exclusive, amenorrhea, colostrum, post-partum, taboos, fetal*

Introduction

Milk is unique food adapted to nutritional needs of offspring in mammals. Breast milk is the best food for the child. It means the nutritional food up to six month of the age provided the baby gets sufficient sunlight's and has been born with adequate fetal store for minerals. The mothers from the remote areas spend more time outside their home and young child or the old people staying at home. The most of members work have no facilities of baby caring and breast feeding . Breast feeding is the normal way of providing young infant with the nutrient they feed for the healthy growth and development.

All mothers can breast feed provided they have accurate information and the support of their family, the health care system in society at large. Colostrum the yellowish sticky breast milk produce at the end of the pregnancy is recommended by the WHO, as the perfect food for the new born and feeding should be initiate with in the first hours after

birth. Exclusive breast feeding is recommended up to six month age with continued breast feeding along with appropriate position and skill can improve the babies health.

Breast milk from mother is the ideal food for human infants. It means the nutritional needs of the infant up. The changing pattern of the social and family structure is also responsible to come for this decline trend. The mothers from remote areas spend more time outside their home and young child or the old people staying at home (Adhikari, 1997). Knowledge, attitude and practice of women were not determined only by the health aspects and social process, but the social location where they live, their belief about breastfeeding self-identity of mothers may shape by their experiences and interactions with formal and informal health care institutions. Attitudes towards their bodies will be influenced by the discourses of health promotion and consumer culture as well as society (Nash, 1998).

Maternal positive attitudes towards breastfeeding are associated on negative attitude of women toward continue feeding is consider a major barrier to initiate continuation. While a number of studies have accessed knowledge, attitude and practice is different parts of world. Such studies concern among madhesi mother is different from other cultures (Poreddi, 2015).

The important determinants of children's nutritional status and many studies have shown that breast feeding has beneficial effects on the nutritional status, and mortality of young children. Breast feeding is also associated with longer periods of post-partum amenorrhea, which in turn leads to longer birth intervals and lower the fertility levels of women (WHO, 2011).

Biological importance of breastmilk is with the mother. it is linked with the mother's hormone, which contact the mother uterus and controls menstruation. Furthermore, the longer she breast feeds, the lower the risk of breast cancer to the mother (Epstein and Steinman, 1997)

A baby's weight should double in the first months, triple in the 12 months where a baby has breastmilk or cow. However, the important of breast milk is more valuable nutrient compared to cow milk. Therefore, the breast milk is supportive nutrition to increase the weight for the infant (Ebrahim,1983)

The low risk of the mortality during the first moth of life, because the first milk colostrum, which has important protective and nutritive function. Three to four days after delivery, the milk will be effective to the protect against infection because it has sufficient nutrient zinc (Huffman and Lamphere, 1984).

Breastfeeding makes the mother and child feel loving and happy through the physical contact. The mother and child relationship becomes more closely and last longer into adult life (Helsing and King 1982).

pomkin (1986), pointed that nearly 50 countries have found that breast feeding is associated with the lower morbidity and mortality among infants, In developing countries more than one million infant deaths occur because of no breastfeeding for the infants (Ebrahim, 1997) In the Philippines, breastfeeding has increased from 48 to 92 percent as a result the infant mortality decreased 13.6 per 1000 live births to 0.6 per 1000 live births (Brodribb,1997).

The study has an ongoing practices and behavior on breast feeding to their children by mother. Most of the mother has lack of advance knowledge and poor practices. Worldwide reduction of formula feeding and improve breast feeding practice could have millions of children a year. The use of bottle feeding is in rising trend. This situation may dilutes baby health and reducing the nutritional content. Bottle milk may be diluted as the unsterilized water increasing the incidence of diarrhea related and other diseases. The general objectives of the study is to examined the knowledge, attitude and practice of breast feeding mother's in research area. The specific objectives of the study is to findout the socio- economic conditions of breast feeding Bote women and to identify the practice of breast feeding among the Bote women.

Method

The design of research is more community based as it was conducted directly in the community, developing different questionnaire based on discussion of community people with the people participation. The research was more descriptive as it has describes socio-economic conditions and practice of breast feeding among the Bote women. The research design was the more descriptive as it describe the present knowledge towards breast feeding of the Bote communities mother in association with their age income, education etc.

This research conducted Tansen Municipality 13,Cherlung, palpa on knowledge attitude and practices of breast feeding bote mother. This study is based on primary as well as secondary data. This research used the qualitative and quantative data. The required primary and secondary data were collected from different sources. The research of breast feeding knowledge attitude and practice used primary data from questionnaire, interview and the focused group discussion and its conclusion by the different group of concerned stake holder of the new informants. The secondary data were collected through the various sources like journals, books, Government and Non Government agencies.

The research needs the households with the mother of Bote women in the study areas, for the collection of the data the researcher applied the probability sampling method of simple random sampling. Simple random sampling was the followed by the lottery method in which the whole 140 household of Bote, where at least one breast feeding Bote women listed one each small piece of paper and mixed them, draw blindly 52 individual Bote women form the households were selected from the 52 different age group literate

occupation. Individual interview schedule and observation from were constructed as the major tools of the present study because most of the respondent were illiterate. Collected data were analyzed mainly descriptively as well as statistically, demographic information was analyzed in simple tabulation by the process of percentage and number after completion of the data through various methods and techniques.

Results and Discussion

The research was based on the field study, the breast feeding practices realities was among the Bote women, for the fulfilled of the objective of the study, the researcher adapted the descriptive as well as the analytical methods for the study. In this study qualitative and quantitative data were used, the data were collected from different sources as the primary and secondary sources. As the primary data were collected observation, questionnaire and interview schedule techniques, secondary data were collected from the government and non government agencies, books and journal etc.

The collected data of breast feeding Bote women were analyzed and interpreted with the various ways. There are several researcher research in the field of breast feeding among them, the duration of breast feeding is generally prolonged with nearly half of the children aged, 36 month still being breast fed, however exclusive breast feeding does not last longer after birth and liquid or solid complements are often added with in the first three months. By the three months nearly, three quarter of children are receiving liquid or solid complement. The common reason for stopping breast feed feeding are pregnancy 59 percent and the birth of another child 12 percentage (Dremlew, 2017).

Breastfeeding also effect to lengthen birth interval. Regarding breastfeeding and birth interval, the Bellagio Consensus, 1988 stated that the maximum the birth spacing effect of breastfeeding is achieved when a mother fully of nearly fully breastfeeds and remains amenorrhoees. when these two conditions are fulfilled, breastfeeding provides more than 98 percent protection from pregnancy in the first six months (Gross, 1997).

Masculine and feminites, behavior and health study shows that the require a global approach of analysis because the influence of societal factors factors varies through out the world. These practices among breast feeding mothers knowledge are examine sociologically and compared based on traditional medicine, economic, religious cultural and education status that is specific to each religion. There are obvious difference in the pattern of the knowledge attitude and practices on breast feeding across the societies over times and within particular society type. The pattern of global change in health care system makes it more imperative than ever to research and comprehended the society of health and illness. continuous changes economy therapy and technology can affected the way individual communities views and respond to the facilities (Lyons, 2009).

The majority of intended to breast feeding at birth. Many factor can disrupt this intent. Research done in US shows that the information about breast feeding is raelly provided by the women's obstetrician during their prenatal visits and however, in US found that 24 percent of maternity services were still providing supplement of commercial infant formula age of general practice in the first 48 hours of the birth (Hurley, 2008)

It is studied analytically what are the socio- conditions of breast feeding women in this field area.

Education of Bote Women

This research has taken many information and views from different respondents who are represents different education status. The preview of education and literacy level of the respondents are listed below.

Table 1: Distribution of the Respondent by Educational status

Education category	Respondent	Percentage (%)
Illiterate	32	61.5
Literate	9	17.5
Class 1-5	6	11.5
Class 6-10	4	7.7
Class 10 above	1	2.0
Total	52	100.0

Source: Field Survey, 2021

Table 1 shows that the status of education among botewomen is in [declined trend.Among the bote women 61.5 percent women are illiterate, 17.3 percent women are literate,11.5 percent bote women have read 1 to five class,7.7 percentbote women have read 6 to 10 class and finally,2.0 percent bote women passed class ten and above. Education level and the behavior of daily life are highly related in the life of mothers.

Economic Conditions of Bote women.

The population of Tansen municipality 13, cherlungBote women areepends on agricultural, livestock and remaining some are employee, fishing, porters etc. Some of their husband are going to foreign country for labor and earn some money. The annual income distributionare following.

Table 2: Distributions of Respondents Family's Annual Income

Facing Hand to Mouth Problem	Respondents	Percentage
4-6 months	22	42.3
7-9 months	20	38.5
Till 1 year	7	13.4
More than 1 year	3	5.8
Total	52	100.0

Source: Field survey, 2021

Table 2 shows that 42.3 percent of Bote women were cover 4 to 6 months for hand to mouth problem, similarly, 38.5 percent were cover the 7 to 9 month,13.4 percent were cover for one year, and 5.8 percent women were cover for more than one year sufficient their food production. So, it directly affects the baby's health,habit and hygiene of breastfeeding. The least condition was found well of the women's which have adequate land and harvest plenty of crops.

Practicing Behaviors of Bote women on Breastfeeding

The respondents were asked the questions to know their practice on breast feeding. How the respondents are practicing breastfeeding, they are as following:

Frequency of Breast feeding

Among the 52 respondents, the question was asked, how long will you breastfeed to your child? Table 3, shows that 36.5 is the highest percent of breast feed frequency more than 10 times, 9.6 percent mothers feed their child less than 3 times. Similarly, 23.1 percent breast feed 3 to 6 times and 30.8 percent breast feed 6 to 10 times.

Table 3: Frequency of Breastfeeding per Day.

Frequency within 24 hour	Respondents	Percentage
Less than 3 times	5	9.6
3-6 times	12	23.1
6-10 times	16	30.8
More than 10 times	19	36.5
	52	100.0

Source: Field survey, 2021

Duration of Breast feeding on Bote women.

The duration denotes the time how long the Bote Women feed her child, i.e. till 2 year and more etc. In this study, the respondents were breastfed their child as below.

Table 4: Duration of Breastfeeding

Duration of Breastfeeding	Respondents	Percentage (%)
0-1 year	36	69.2
1-2 year	9	17.3
2-3 year	7	13.5
	52	100.0

Source: field survey 2021,

Table 4 shows that about 69.2 percent of respondent's babies are currently breast feeding who are less than 1 years of age. Similarly, 17.3 percent are 1-2 years and 13.5 percent are 2-3 years of breast feeding duration.

Breast care practice among the Bote women.

The Bote women agree that breast should take care. Most of the mother takes care of their breasts by soap and water while they take to time but no regularly they care the breasts. Here are some facts while data were taken.

Table 5: Breast care practice of Bote women

Duration of Breast care	Respondents	Percentage
Daily / alternately care	2	3.8
At least weekly care	11	21.2
Not conscious, clean while bathing	39	75.0
Total	52	100.0

Source: Field Survey, 2021

Table 5 shows that the 3.8 percent of them are aware of daily care, 21.2 percent respondent are weekly care of breast, and 75.0 percent of Bote women are not conscious of their breast care.

Existing attitude, perception, & taboos of Bote women on breast feeding.

The attitude of respondent or Bote women towards breast feeding was assessed by asking some of the questions indirectly. How they feed to their child and how? what are they thinking about the breastfeeding? mother's milk is not sufficient?

Attitude of Bote women on breast feeding

Table 6: Attitude of Bote women on breast feeding

Attitudes on breast feeding	Yes	No	Total
Feed breast as being advised by others or, as crying of the baby	32 (61.5)	20 (38.5)	52 (100.0)
Breastfeeding is good for health of babies	49 (94.2)	3 (5.8)	52 (100.0)
Bottle milk is not fed as it is expensive	45 (86.5)	7 (13.5)	52 (100.0)
Fed breast because it is not expensive	51 (98.1)	1 (1.9)	52 (100.0)
Additional food, water etc. during 0-6 months of breastfeeding period	16 (30.8)	36 (69.2)	52 (100.0)
Mother's milk is not sufficient for growing baby	17 (32.7)	35 (67.3)	52 (100.0)
Cow milk is pure as GOD's bless. It is good than breast milk	5 (9.6)	47 (90)	52 (100.0)

Source: Field survey, 2021

Table 6 shows that 61.5 percent mother response Yes for breast feed as the advice or the crying of baby, 38.5 percent response as No, 94.2 percent response yes for breast feeding is good for health and 5.8 percent response as No, 94.2 percent response Yes for bottle milk is not feed as it is expensive, 13.5 percent response as No, 98.1 percent response Yes for breast feed is not expensive, 1.9 percent response as No. Similarly, 30.8 percent response Yes for additional food, water is necessary for 0- 6 months during the breast feeding period, 69.2 percent response as No. 32.7 percent of response Yes for mother milk's is not sufficient for growing baby, 67.3 percent response as No, 9.6 percent response Yes for Cow milk is pure as God bless, it is good than the breast feed and 90.4 percent response as No.

Conclusion

It is conclude that whenever the knowledge, attitude and practice of breast feeding of Bote women does not upgrade with the education and new technology. The status of Bote women and child will not be improved it is directly attached with the social structure and the situation of the society and also the future. So, it is most necessary to improve the mother's knowledge attitude and practice on the breast feeding.

Most of the mothers of community were illiterate and backward on education and knowledge about their health and child care. So they ignore almost the hygienic behavior of daily life. The knowledge of mother on the process, benefits and techniques of breastfeeding to their child was poor. Poor access on education and early termination of the formal school education is the major cause of the backwardness of women in this community.

Most of them, the mothers don't know about the unique benefits feeding to their child. They just think that breast feeding is a minor work. They are not so conscious on personal hygiene, breast care and consumption of nutritional foods during their pregnancy and child bearing period. Many of them are just kept inside the boundary of home, they can't access the community and awareness program.

Almost mother breastfeed their child as they want as they have time, research shows the good fact that they feed their child as much as they have time. Husband and family member were not help and support the mother on breastfeeding. Family member were not provided well nutritional education. They are not well conscious to take the facility provided by the government health post and services. They have quite poor access towards the health facilities.

Low literacy, poor income, lack of access of communication leads them to the traditional practices. But, gradually the society and the mothers of Bote community become changing with the contemporary political awareness. Increasing access on education, communication media, awareness program, health facilities and urbanization helps them to improve their knowledge, attitude and practice on breast feeding as well as whole their lifestyle.

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