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### A STUDY OF KNOWLEDGE ABOUT BREASTFEEDING AMONG WOMEN IN THANESAR (KURUKSHETRA)

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#### ABSTRACT

A happy and healthy child is a symbol of developed society and the progress made by mankind. Infant feeding practices and child nutrition have significant effects on children survival maternal health and fertility. Breast feeding improves the nutritional status of young children and reduces morbidity and mortality. Breast milk not only provides the child with important nutrients but also protects the child against many infection. This paper examines that the knowledge about breastfeeding among women. The study uses primary as well as secondary data and randomly selected 80 reproductive women. The aim of the study was to assess the knowledge of breast feeding among first time pregnant women.

**Keywords:** Breast feeding, knowledge, awareness Infants.

#### INTRODUCTION

Breast feeding provides multiple nutritional, immunological and psychology benefits to the infant in its first years of life. Who exclusively breastfed for the first 6 months of life, with some breast feeding continuing for upto 2 years of age when provided along with appropriate and adequate complementary food, breast milk continues to be an important source of nutrition and provides immunological benefits even after 6 months of age. Breast feeding is an integral part of infant feeding and is the natural form of supplying nourishment to a infant. Breast milk is always fresh, free from contaminants and economical both for mother and nation. Mother's milk is the best readymade, nutritious feed for baby. Breast milk does provides lots of nutrition's and to fulfil the needs of infant in any climate. Many medical research has show that if mother are given assistance, it may help to increase duration of exclusive breast feeding which is over whelming for a baby's and mother health. It is highly desirable that the infant should began to be breastfed as soon as possible after birth. Preferably with in ½-1 hours of birth. The unique nutritante and antibody properties of unique nutritiant and the disadvantages to with breast feeding improve child survival by providing protection against infection diseases and malnutrition for the baby.

As recommended by the world health organization (WHO) breast feeding should be inited immediately after birth and should be continued up to a minimum of six month. WHO also suggests that the yellowness milk know as colostrums should be given to the baby because it provides protection against certain infection. But mother with held their colostrums due to their beliefs that it was of no use to their infant, womenswait format least two days to breast feed their babies, because they belief that colostrums is considered to have nonnutrients and is thought to a bad colour.

They prefer to give goat and cow milk and they also given sugar water, honey and tea. Most of the cases mother may not be aware of the evidence indicating that breast milk contributes to their babieswellbeing. They and cultural beliefs about breastfeeding.

Many factors which influence the breastfeeding are women's education, socio-economic status, demographic factors, Traditional practices, religious beliefs etc.

In many developing country like Indian culture religious beliefs about breastfeeding were the most significant barriers in preventing optimal infant feeding practices in preventing, which resulted in mother given food and water to their infants at too early of an age because traditional practice, belief that the breast milk is an incomplete food that does not increase theinfants weight and height.

A study show that the practices of breast feeding is common in Haryana. The initiation of breastfeeding with two hours of one birth of child is not always followed. Only 17% of the children breastfed with in two hours of birth and 36% were breastfed with in one day of birth 30% of children from so were breast fed with in one day of birht.

Jatrana's (2003) reported that in Mewat (Haryana) about 74% of the infant received their first on the third day after birth, which means that the infant was deliedthe benefits of colostrums.

## METHODOLOGY

The study was conducted on mother of holy city Thanesar (Kurukshetra). According to data 2011.Thanesar had a population of 579172 and among them male 307669 and female 271503 literacy rate of 226949 in male and 168421 in female. This study basically an empirical.Randamalyselected 80 reproductive women in loknayakJai ParkashCivil Hospital in Thanesar. Both primary and Secondary data was used in study. The main objectives of the study was the socio-economic status of the respondentsand to the knowledge about breastfeeding among respondents.

### Socio-Economic Status of Respondents

#### 1.1 Age of respondents

S.No.	Age (Years)	Number	Percentage
1	below 18	3	04%
2	18-20	12	15%
3	21-25	25	31%
4	26-30	19	24%
5	30-35	18	22%
6	Above 35	3	04
	Total	80	100%

**1.2 Level of Education**

S.No	Age (Years)	Number	Percentage
1	Illiterate	11	14%
2	Primary	16	21%
3	Secondary	23	29%
4	Higher Secondary	19	24%
5	Graduate	9	11%
6	Post Graduate	2	1%
	Total	80	100%

**1.3 Area Belongs to respondents**

S.No	Age (Years)	Number	Percentage
1	Rural	51	64%
2	Urban	29	36%
	Total	80	100%

**1.4 Working Status of the Respondents**

S.No	Working Status	Number	Percentage
1	Working	18	23%
2	Non-Working	62	77%
	Total	80	100%

**1.5 Religion of the Respondents**

S.No	Religion	Number	Percentage
1	Hindu	44	55%
2	Muslim	20	25%
3.	Sikh	16	20%
4.	Christen	0	0%
	Total	80	100%

**1.6 Caste of the Respondents**

S.No	Caste	Number	Percentage
1	General	23	29%
2	OBC	17	21%
3.	SC	40	50%
	Total	80	100%

**KNOWLEDGE ABOUT BREASTFEEDING****2.1 Breastfeeding Start with in 1 hr. afterbirth**

S.No		Number	Percentage
1	Yes	58	73%
2	No	22	27%
	Total	80	100%

**2.2 Colosturn given to infant**

S.No		Number	Percentage
1	Yes	56	76%
2	No	16	20%
3	Don't know	08	10%
	Total	80	100%

**2.3 Breastfeeding duration (Month)**

S.No	Working Status	Number	Percentage
1	1-3 months	0	0%
2	3-6 months	18	22%
3	6-9 months	24	30%
4	Above 9 months	38	48%
	Total	80	100%

**2.4 Breast feeding schedule**

S.No.		Number	Percentage
1	On Demand	68	85%
2	Clock Feed	12	15%
	Total	80	100%

**2.5 Position during Breastfeeding**

S.No		Number	Percentage
1	Lateral	48	60%
2	Sitting	32	40%
	Total	80	100%

**2.6 Burp Infant after breastfeeding**

S.No		Number	Percentage
1	Yes	72	90%
2	No	8	10%
	Total	80	100%

**2.7 Taken additional diet during location period**

S.No		Number	Percentage
1	Yes	38	48%
2	No	42	52%
	Total	80	100%

**2.8 Reasons for Breast feeding**

S.No		Number	Percentage
1	Healthist for infant	40	50%
2	Traditional/commen practices	28	35%
3.	to save money	0	0%
4.	Breast milk available so showed use it	12	15%
5.	Unable to give reasons	0	0%
	Total	80	100%

## RESULTS

### Socio-economic status

In this study the majority of the mothers were between the age 21 to 25 year old 25 (31%) and 26 to 30 (24%). About 14% of one mothers were illiterate and majority of the respondents educated up to secondary that is (29%). Majority of the mothers were belongs to (65%) rural areas. 55% were belongs to hindus religion and 50% mothers were belongs to Sc category. Majority of the mothers were 77% house wives and mothers who were employed that is (27%).

Respondents have a very positive attitude towards of breastfeeding. In this study majority of the mothers (73%) were startedbreastfeeding with in 1 hr. after child birth. 70% mothers were give colostrums to their infant. Most of the mothers were continued to breastfeeding before 9 months. 85% respondents given breast milk on child demand. Most of the mothers were (60%) given breast milk in sitting position, majority of the respondents were (90%) burp their infant after breast feeding. Most of the mothers were (52%) can's taken additional diet during lactation period. 50% mothers beliefs breast feeding is healthist for infant.

### CONCLUSION

Breastfeeding the most important determinants of child survival and prevention of childhood infection. In India breastfeeding depends on traditional practices, social culture, economic factors and also influenced by mother knowledge and awareness. This study was aimed to describe the knowledge about breastfeeding among women. The study indicates that most of the mothers know that the babies should receive the first milk. They know that colostrums and breast milk was the best food for babies. Majority of the women know that breast milk provided the best nutrition for babies. Higher number of the respondent received breastfeeding information from sources such as their mothers, grand mothers, mother in law, friends, relatives, physician and media. It would be important that the nation strategy on the promotion, protection and support of breastfeeding contain a component of information education and communication activities aimed at these influential family members to improve their knowledge of the need for breastfeeding in infants. Educating women on breast feeding during pregnancy helps to prepare them mentally to do so and has been shown to increase rate of breast feeding and may reduce infant morbidity and mortality rates.

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