

Problems of working mothers regarding breastfeeding and their knowledge and practice of expressed breast milk feeding in selected institutions of Vadodara

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Abstract

Background: In terms of health outcomes for both mother and child, breast milk is the best first diet for newborns. For working postnatal women, expressed breast milk is a healthier option than formula milk. The research objective was explore the problems of working mothers regarding breastfeeding and to assess the status of knowledge and practice regarding expressed breast milk feeding among working mothers.

Materials and Methods: In this study, an exploratory survey design was adopted. A total of 80 postnatal working women were chosen by a non-probability convenient sampling method from three universities. The observation problems checklist, structured knowledge questionnaire, and self-reported practice checklist were used to examine working mothers knowledge and practice related expressed breast milk feeding in order to collect data for the research project.

Result: According to the findings of the study, the majority of mothers 50(62.5%) had concerns with employers treating them differently because they chose to express breast milk at work. The sample's knowledge score on expressed breast milk feeding is 48(60%) have very poor knowledge and 41 (51.2%) have moderate practice for expressed breast milk feeding. The relationship between sociodemographic factors and the question on do you have 6 months of maternity leave? shows educational level of mothers obtained chi square value $\chi^2=7.275$ and $p=0.026$ and the relationship between sociodemographic factors and question on do you feel comfortable to expressing milk in work place? shows that educational level of mothers obtained chi square value $\chi^2=10.228$ and $p=0.006$ was found statistically significant association. The value of "r" was 0.049. It was statistically significant at the 0.01 level of significance. So that researcher found that there is a positive correlation between knowledge and practice score of expressed breast milk feeding.

Conclusion: Researcher concluded that, most people have a moderate understanding and there is a good association between knowledge and practice of expressed breast milk feeding. This demonstrates that as mothers' knowledge improves, their practice level regarding expressed breast milk feeding improves as well.

Keywords: Problems, postnatal Working mothers, Expressed breastmilk feeding.

INTRODUCTION

The birth of the child is a significant occasion for the family. Therefore, it is crucial for the mothers to have a healthy child. Infants should only consume breast milk because it is healthier for them than infant formula.¹ For women, giving birth to a child and nursing a baby are unique experiences. Only healthcare professionals can love and care for them in a baby-friendly manner.² In addition to being the greatest, breast milk is essential for babies. It's vital to breastfeed exclusively throughout the first few months of life because it lowers the risk factors for infant mortality and morbidity. According to the WHO, increasing breastfeeding might save the lives of 1.5 million infants each year.³

India has more than 400 million children. Among them, 2.5 million children die in India every year, accounting for one in five deaths in the world, with girls being 50 percent more likely to die. One child out of every 16 dies before turning one year old, and one out of every 11 dies before turning five. India accounts for 35 per cent of the developing world's low birth weight babies and 40 per cent of child malnutrition in developing countries, one of the highest levels in the world. Although India's neonatal mortality rate declined in the 1990s from 69 per 1000 live births in 1980 to 53 per 1000 live births in 1990, it remained static, dropping Between 1995 and 2000, there was a mere four points' difference from 48 to 44 per 1000 live births. In 2015 neonate mortality rate in India is dropping 34 per 1000 live birth and in 2018 the rate was 35 per 1000 birth.⁴

How women feed their infants and how long they breastfeed depends on a variety of factors, including their living situation (urban or rural), socioeconomic status, maternal education, employment status, attitudes and beliefs about breastfeeding, and knowledge of and access to breast milk substitutes.⁵ Finding a place, the time, and the support to breastfeed are among the problems working mothers may have at work, but these are not the only ones.⁶ A baby who is learning to suckle from an inverted nipple, a baby who has trouble coordinating suckling, a baby who leaks when a mother is not with her child, and a baby whose nipple and areola are growing dry and uncomfortable can all benefit from express breast feeding.⁷

MATERIALS AND METHODS

The study used a quantitative research strategy, an exploratory survey design, and a non-probability purposive sampling technique to examine working mothers concerns about breast feeding and to assess their knowledge and practise of expressed breast milk feeding among 80 postnatal working mothers. The study included all mothers who worked outside the home after 45 to 90 days following delivery and whose infant would be away from them for 6 to 10 hours per day. The study did not include postnatal women who had children older than two years.

The research instrument included questions about socio-demographic data, knowledge of pumping and storing expressed breast milk techniques, the benefits of breastfeeding for both mother and baby, attitudes toward expressed breast feeding, expressed breast feeding experience, and reasons for not expressing breast milk. The researcher created the tool after doing a thorough literature analysis and consulting with experts. Working mothers who visited Vadodara's designated institutions were given a chance to try out the instrument. After pretesting, necessary changes were made to the questionnaire. An intensive literature review and interaction with subject specialists and colleagues were used to ensure the tool's validity.

The data was edited, coded, and entered into the SPSS software-25. For descriptive analysis, frequency and percentage were determined, while the Chi-Square test was used to assess the association between variables and the Pearson correlation test was used to test the relationship between knowledge and practise score. The questionnaire consisted of 40 questions in total, 10 of which were about working mothers' problems with breast feeding and 20 of which were about technique and storage, as well as the benefits of breast feeding to mothers and infants. The remaining 10 questions were about expressed breastmilk feeding practise.

The institutional ethics commission for human research at Parul University (PUIECHR/PIMSR/00/081734/3708) in Limda Vadodara gave ethical approval. The medical superintendents of several hospitals and the institution's registrar gave their approval, as did all of the mothers who took part in the study. The mothers were allowed complete freedom to leave the research at any time throughout the interview without fear of being judged or being asked to explain themselves.

RESULT AND DISCUSSION

Table :1 Frequency and percentage distribution of socio-demographic variables (n=80)

No.	Socio-demographic variable	Frequency	Percentage
1	Age (In Years)		
	21 To 25	12	15.0%
	26 To 30	58	72.5%
	31 To 35	10	12.5%
2	Educational level		
	secondary	05	6.3%
	higher secondary	37	46.3%
	university or higher	38	47.5%
3	Marital status		
	Married	80	100%
4	Employment status		
	Yes, full time	58	72.5%
	Yes, part time	22	27.5%

5	Type of job		
	Professional	68	85.0%
	Non-professional	12	15.0%
6	Type of employee		
	Government	42	52.5%
	Private	38	47.5%
7	Number of children		
	Only 1	71	88.8%
	2 or more	9	11.3%
8	Working days per week		
	1-5 day	54	67.5%
	6-7 day	26	32.5%
9	Working time		
	Day	11	13.8%
	Night	12	15.0%
	Shift	57	71.3%
10	Working hours per day		
	<8 hours	61	76.3%
	>8 hours	19	23.8%

Table 2: Frequency And Percentage of postnatal working mothers in exploring problems of working mothers regarding breast milk feeding. n=80

Sr. No.	Breast feeding problems	Yes		No	
		Frequency	Percentage	Frequency	Percentage
1	Have you got 6 months of maternity leave?	64	80%	16	20%
2	Do you have a private area in your work place for expressing breast milk?	32	40%	48	60%
3	Will they provide a breast feeding friendly environment for pumping milk?	36	45%	44	55%
4	Do you feel comfortable to expressing milk in work place?	40	50%	40	50%
5	Will Colleagues understand your situation and helping you?	44	55%	36	45%
6	Do you satisfied with your boss behaviour?	39	48.8%	41	51.2%
7	Is there any nursery available in work place?	39	48.8%	41	51.2%
8	Is your employer permitted to treat differently because you choose to express breast milk at work?	30	37.5%	50	62.5%
9	Is there having refrigerator for storing milk at your work place?	35	43.8%	45	56.3%
10	Is there any clean and safe water source and sink is available for washing hand and rinsing out any breast pump equipment?	36	45%	44	55%

Figure 1: knowledge scores of working mothers regarding expressed breast milk feeding

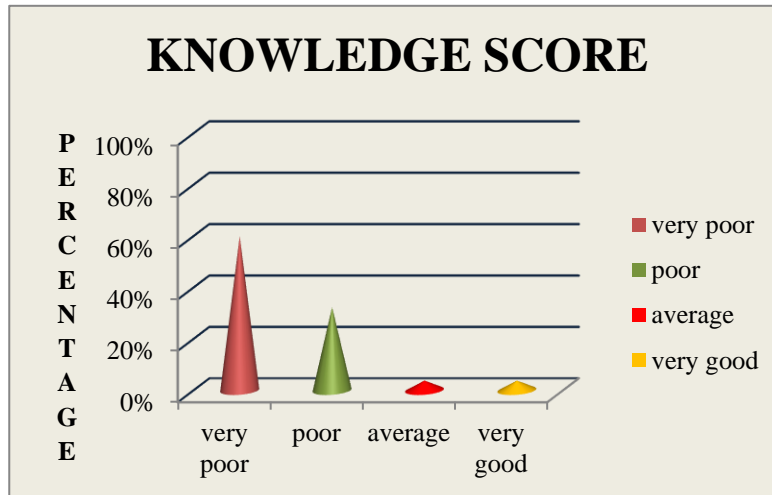
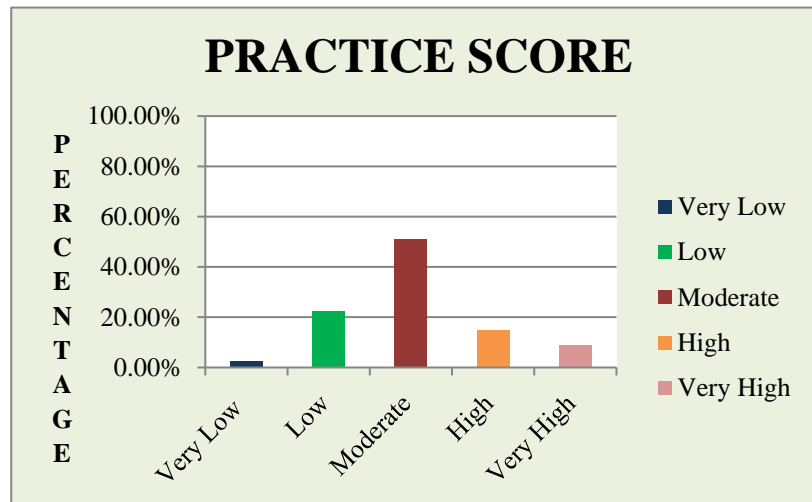


Figure 2: practice scores of working mothers regarding expressed breast milk feeding



The associations between sociodemographic variables and question on have you got 6 months of maternity leave? Shows that educational level of mothers obtained chi square value $\chi^2=7.275$ and $p=0.026$ was found statistically significant association at the level of significance $p<0.05$.

The association between sociodemographic variables and question on feel comfortable to expressing milk in work place shows that educational level of mothers obtained chi square value $\chi^2=10.228$ and $p=0.006$ was found statistically significant association at the level of significance $p<0.05$.

The value of “r” calculated by Karl Pearson correlation coefficient formula to find out correlation between knowledge and practice at 0.01 level of significance. The value of “r” was 0.049, which was in between 0-1. So, it was statistically significant at the 0.01 level of significance. Thus the above table depicts that there is a positive correlation between knowledge and practice score of expressed breast milk feeding. This shows that as per knowledge increases practice level of mothers regarding expressed breast milk feeding also improves.

DISCUSSION

According to the survey, out of 80 mothers, 64 (80%) of them had trouble obtaining leave for their pregnancies. After evaluating the postpartum working moms' knowledge of expressed breast milk feeding, it was found that 3 (3.8%) had average knowledge, 48 (60%) had very poor information, 26 (92.5%) had terrible knowledge, and 3 (3.8%) had very good knowledge. In terms of expressed breast milk feeding, the assessment of postnatal working practices revealed that 2 (2.5%) have very low practice, 18 (22%) have low practice, 41 (51%) have moderate practice, 12 (15%) have high practice, and 7 (8.8%) have very high practice levels. The knowledge and practice score of giving expressed breast milk were shown to be positively correlated by the

researcher.

The findings were supported by the study conducted by Shrijana Pandey(2020) in their research proved that studies Out of 180 mothers, half of the mothers had adequate knowledge regarding expressed breastfeeding while slightly more than half of them (52.2%) had negative attitude about it. Only 11.7% of the mothers shared that they had expressed breast milk ever. The most important reason for not expressing breast milk was stated to be inadequate breast milk production (30.7%) and lack of time (26.4%).⁸

The findings were supported by the study conducted by Monika Lama(2019) in their research proved that Out of 178 working mothers, 121 (67.9%) had awareness about EBM and 22 had practiced it. Age of the mother, different family structure types, and the number of kids were not statistically significant with level awareness. There was positive correlation between awareness and practice of EBM.⁹

CONCLUSION

Working and breastfeeding at the same time was a challenge. It will take a concerted effort from all parties, including working mothers, health care providers, employers, and policymakers, to operate as a team. Based on the findings, it was concluded that almost all working mothers had difficulty obtaining maternity leave and feeling comfortable at work when expressing breast milk. It was also discovered that these two problems of working mothers were linked to demographic variables such as educational level. There was very inadequate understanding of expressed breast milk feeding, and the majority had intermediate practice, with a favorable association between knowledge and practice of expressed breast milk feeding.

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CONFLICT OF INTEREST

There is no conflict of interest, according to the authors.

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