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A study to assess the breastfeeding self-efficacy among mothers

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Abstract

Background: The ideal nourishment for first 12 months of a child is the breastfeeding and maternal self efficacy is one factor that affects breast feeding duration. Breastfeeding also acts as babies' first vaccine, protecting them against many common childhood illnesses. In spite of the strong evidence supporting immediate and long term health benefits of timely initiation of breastfeeding in India, only two-fifths (44%) of children receive breastfeeding within 1 hour of life.

Objectives: 1) To identify the breast-feeding self-efficacy among mothers of infants. 2) To find the association between the breast-feeding self-efficacy and selected demographic variables.

Methods: 45 mothers of infants were selected using descriptive design with purposive sampling technique.

Results: The level of breast-feeding self-efficacy among mothers of infants, majority of subjects i.e. 51% were comes under moderately adequate efficacy, 49% subjects were had highly adequate efficacy and none of them had inadequate efficacy about breastfeeding.

Keywords: Breast feeding, mothers, infants breast feeding self-efficacy, BFSE-SF

Introduction

"Breastfeeding is a mother's gift to herself, her baby, and the earth."

- Pamela K. Wiggins

Breastfeeding is one of the most effective ways to ensure child health and survival. However, nearly 2 out of 3 infants are not exclusively breastfed for the recommended 6 months—a rate that has not improved in 2 decades. Breast milk is the ideal food for infants which help to provide all the energy and nutrients, protection against many common childhood illnesses. Women who breastfeed also have a reduced risk of breast and ovarian cancers ^[1].

Breastfeeding is one of the most cherishing experiences related to birth of child and the most effective way to provide a baby with a caring environment and complete food which meets the nutritional as well as emotional and psychological need of the infant ^[2].

One of the psychological benefits of breastfeeding for mothers and infants is to get the satisfaction of breastfeeding. A cross-sectional design conducted to identify the maternal breastfeeding satisfaction and its influential factors. 204 breastfeeding mothers after four until 8 months postpartum were recruited using cluster sampling methods. Respondents completed the questionnaire of Maternal Breastfeeding Evaluation Scale (MBES) to identify maternal breastfeeding satisfaction. Factors affecting maternal breastfeeding satisfaction were identified using the following instruments: Breastfeeding Knowledge Questionnaire was used to identify knowledge on lactation, Infant Feeding Attitude Scale (IIFAS) to identify attitude toward lactation, and the Breastfeeding Self-Efficacy Scale-Short Form (BSES-SF) to identify breastfeeding self-efficacy. The study results identified that 53.4% of the breastfeeding mothers had a high level of satisfaction. The results indicate that the household income, type of delivery, and breastfeeding self-efficacy was associated with breastfeeding satisfaction ($p < 0.05$). Breastfeeding self-efficacy is the most influential factors in maternal breastfeeding satisfaction ^[3].

Need for the study

An experimental study was conducted with the aim to assess the effectiveness of breastfeeding self-efficacy programme on breastfeeding self-efficacy and breastfeeding practice among primigravida mothers.

The study was conducted with pre-test post-test control group design among a consecutive sample of 60 primigravida mothers on completion of 37 weeks of gestation (first 30 in control group and next 30 in experimental group) attending Kamla Nehru Hospital, Shimla, (H.P). After collecting background information, pre-test breastfeeding self-efficacy was measured using Breastfeeding self-efficacy scale and then breastfeeding self-efficacy programme was delivered to the mothers in the experimental group. The post-test breastfeeding self-efficacy and breastfeeding practice was measured three days postpartum. Briston Breastfeeding Assessment tool was used to measure breastfeeding practice. The study results concluded that the breastfeeding self-efficacy measured before the intervention shows that 7% of mothers had low self-efficacy and 93% had medium self-efficacy (n=60). There was no significant difference in breastfeeding self-efficacy between experimental and control group in the pre-test. In the post-test, the breastfeeding self-efficacy of the experimental group. The results of the study suggested that breastfeeding self-efficacy can be improved through proper education and support during antenatal period. Improving breastfeeding self-efficacy helps to improve breast feeding practice and thereby breastfeeding outcomes ^[4].

A Descriptive study was conducted to assess the breastfeeding self-efficacy among Primi mothers in NMCH, Nellore. A total of 30 Primi mothers selected using purposive sampling technique were included in the study and data was collected using Observation checklists which consists of 24 items to assess the breastfeeding techniques and positions. The study results revealed that the level of Breastfeeding self-efficacy among primi mothers, 22(73%) had good self efficacy, 8 (27%) had average self-efficacy and none of them had poor self-efficacy about breast feeding ^[5].

Statement of the problem

A Descriptive study to assess the Breast Feeding Self – efficacy among Mothers of Infants at CHC Katra, Jammu, J&K.

Objectives

- To identify the breast feeding self-efficacy among mothers of infants.
- To find the association between the breast feeding self efficacy and selected demographic variables.

Operational definitions

- **Breast feeding self-efficacy:** Breastfeeding self-efficacy is the confidence a mother has in her ability to breastfeed her baby. In this study, it refers to mother's willingness to feed the baby, face the challenges of breast feeding establishments, cope or adopt to the problems faced by practical or physiological difficulties of lactation and feeding. It is assessed through a Breast Feeding Self- Efficacy Scale Short Form (BFSE-SF) which also comprises of skills and techniques of mothers adopting towards breast feeding.
- **Mothers of Infants:** In this study it refers to mothers of under 6 months old infants attending the Immunization room at OPD of CHC (community Health centres), Katra.

Assumptions

1. Babies are dependents of their mother for the initial

nourishment.

2. Maternal confidence is a modifiable variable, which has a positive correlation with breast feeding duration and exclusivity.
3. Multiparous mothers have more confidence in breast feeding compared to prim parous mothers.
4. Health education regarding importance and positions of breast feeding will vary breast feeding self-efficacy among mothers.

Delimitations

1. The study will be limited to only mothers of infants attending Immunization room at Out-Patient Department (OPD) of CHC, Katra.
2. The Breast feeding self – efficacy of mothers will be assessed only in the hospital visit.

Materials and Methods

Research Approach and Design

A Quantitative non-experimental descriptive design adopted to conduct the study.

Sample and sampling technique

With a sample size of 45 were selected by using Convenient sampling, subjects were selected, because of their convenient, accessibility and proximity to the researcher.

Criteria for Selection of Sampling

Inclusion criteria

Sampling characteristics are the eligibility or inclusion criteria specification constraints population should be driven to the extent possible. People are able to participate in study design with ethical consideration.

The study included postnatal mothers who are

- Visiting the Immunization room at OPD in CHC, Katra.
- Mothers who are exclusively breast feed their baby.
- Mothers of under 6 months old infants.
- Mothers able to understand Hindi.
- Willing to participate in the study.
- Available at the time of data collection.

Setting of the study

The setting of the study included Community Health Centre (CHC), Katra.

The tool for the study was chosen by the investigator based on the thorough review of literature and consultation with experts in the field of obstetrics and paediatrics. Tool includes two sub sections

Section-A: Socio-Demographic data

Based on objectives-demographic data included Mother Details-age, education, total income, employment status, any illness, Baby Gender, parity, type of family, type of delivery

Section-B: BSES-SF (Breast Feeding Self-Efficacy Scale Short Form)

The section consists of BFSE-SF (breast feeding self-efficacy scale short form). This scale is a self –administered instrument 14 items and scored on a 5-point Likert scale ranging from 1 (not at all confident) to 5 (always confident). As such total scores range from 14 to 70, with higher scores reflecting greater levels of breast feeding self-efficacy.

Score interpretation

- 14-35 (<50%) Inadequate self-efficacy
- 36-52 (51-75%) Moderately adequate self-efficacy
- 53-70 (>75%) Adequate self-efficacy

Collection of Data

Data collection is the gathering of information needed to address a research problem. The data collected from September to November 2021, Immunization room of OPD in CHC Katra, J&K. The formal permission was obtained from the Block Medical Officer of CHC, Katra, J&K. The convenient sampling used for selecting the sample,

informed consent was taken from participants. Tool was distributed to the participants to fill the questionnaire on Socio-demographic variables, breastfeeding self-efficacy scale (BFSE-SF) tool by the researcher during breast feeding. Tool was checked at the Centre for completeness and missing data was filled by the respondent.

Ethical Clearance

Ethical clearance was obtained from the Institutional ethics Committee (PEC) of College of Nursing. Participation was based on willingness and written informed consent was obtained from all participants.

Results & Discussion**Section-I****Sample Characteristics****Table 1:** Frequency and percentage distribution of sample characteristics N=45

Demographic Variable	Population Particulars	Frequency (N=45)	Frequency Percentage (%)
Age of mother	21-25	22	49
	26-30	20	44
	31 & above	3	7
Age of Baby (in months)	Newborn (1-28 days)	0	0
	1-2months	24	53
	3-4 months	11	24
	5-6months	10	22
Education	Primary education	18	40
	Higher education	22	49
	Graduation and above	5	11
Total income	≥5000	9	20
	5000-10000	20	44
	10000-20000	11	24
	≤20000	5	11
Type of employment	House wife	36	80
	Government	3	7
	Private	4	9
	Own business	2	4
Gender of Infant	Boy	32	71
	Girl	13	29
Parity	Primigravida	16	36
	Multigravida	29	64
Type of Family	Nuclear family	15	33
	Joint Family	30	67
Type of delivery	Normal Vaginal Delivery	25	56
	Operative Delivery	20	44

The above table depicts, the subjects i.e.49% were in the age group of 21-25years, 44% were in the age group of 26-30 years and 7% were in the age group of 31years and above while only 21.15% were in the age group of 21 years. In age of baby 53 % were 1-2 months, 24% were 3-4 months and 22% were 5-6 months old. In education 40% were having primary education, 49% were having higher education, 11% were having graduation and above. In total income 20% were having ≥5000, 44% with family income between 5000-10000, 24% were having 10000-20000 and in last 11% were having ≤20000. In type of employment majority 80% are house wives, 7% are doing government jobs, 9% are doing private jobs and 4% are doing own business. In gender of baby 71% infants are boys and 29% infants are girls. In parity 36% are primiparous and 64% are multiparous. In type of family 33% are in nuclear family and 67% in joint family. In type of delivery 56% undergone

normal vaginal delivery and 44% undergone operative delivery.

Section II**Objective Wise Analysis**

Objective-1: To identify the breast feeding self-efficacy among mothers of infants.

Table 2: Frequency & Percentage distribution of subjects according to their Proportion of breast feeding self-efficacy N=45

Categories	Score	n (frequency)	% (age)
Inadequate efficacy	14-35 (<50%)	0	0
Moderately adequate efficacy	36-52 (51-75%)	23	51
Highly Adequate efficacy	53-70 (>75%)	22	49

Minimum Score-14
Maximum Score-70

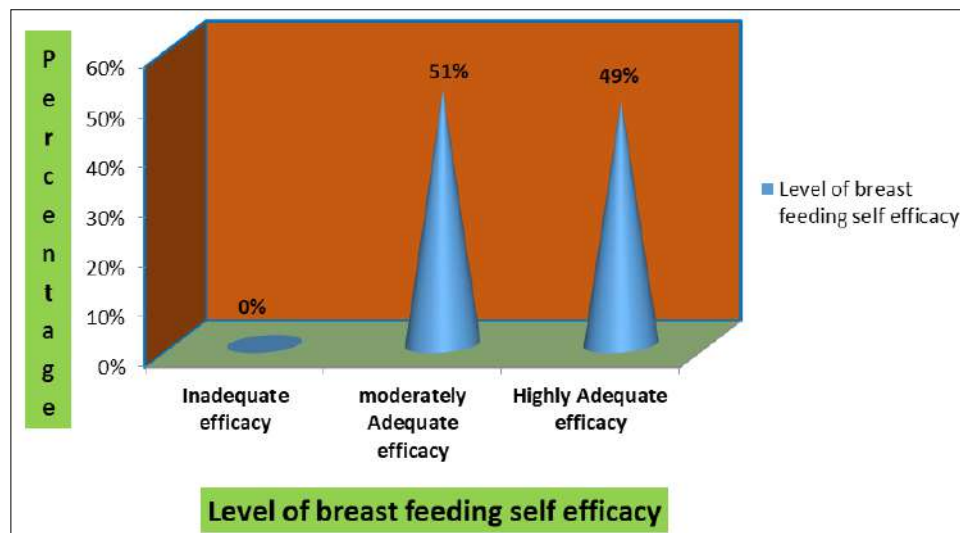


Fig 1: Frequency & Percentage distribution of subjects according to their Proportion of breast feeding self-efficacy

The above table depicts that majority of subjects i.e. 51% were comes under moderately adequate efficacy while 49% subjects were had adequate efficacy.

Objective-2: To determine the association of breastfeeding self efficacy among mothers of infants with selected demographic variables.

Table 3: Association of proportion of breastfeeding self-efficacy among mothers of infants with selected demographic variables N=45

Demographic Variable	Population Particulars	Frequency (N=45)	Frequency Percentage (%)	Chi-square	df	Level of significance
Age of mother	21-25	22	49%	0.3348	2	0.845852 NS
	26-30	20	44%			
	31 & above	3	7%			
Age of Baby (in months)	Newborn (1-28 days)	0	0	2.3365	2	0.31.909NS
	1-2months	24	53			
	3-4 months	11	24			
	5-6months	10	22			
Education	Primary education	18	40	0.5821	2	0.747476NS
	Higher education	22	49			
	Graduation and above	5	11			
Total income	≥5000	9	20	2.7084	3	0.4388 NS
	5000-10000	20	44			
	10000-20000	11	24			
	≤20000	5	11			
Type of employment	House wife	36	80	1.5761	3	0.45472NS
	Government	3	7			
	Private	4	9			
	Own business	2	4			
Gender of Infant	Boy	32	71	4.8744	1	0.27258S
	Girl	13	29			
Parity	Primigravida	16	36	0.5384	1	0.363101S
	Multigravida	29	64			
Type of Family	Nuclear family	15	33	0.0445	1	0.832988NS
	Joint Family	30	67			
Type of delivery	Normal Vaginal Delivery	25	56	0.538	1	0.463245
	Operative Delivery	20	44			

Major findings of the study

- The level of breast feeding self-efficacy among mothers of infants, majority of subjects i.e. 51% were comes under moderately adequate efficacy, 49% subjects were had highly adequate efficacy and none of them had inadequate efficacy about breastfeeding.
- Regarding association of breast feeding self efficacy with selected socio demographic variables, among all the demographic variables Gender of infant and parity had significant association with level of self efficacy at $P < 0.05$ level.

Conclusion

Although adequate efficacy is exhibited by the mothers in breastfeeding. There is paucity of evidences on the mode, format and intensity of interventions improving maternal breastfeeding self-efficacy. High marketing of formula milk influences mother's decision on infant feeding dominates the efficacy of breast feeding. Researches to support skilled breast feeding universally with adequate efficacy of mothers should be pursued. Education and promotion of breast milk and breastfeeding provided by professional healthcare providers encouraged the successful of breastfeeding programs.

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