

# Knowledge, attitude and practice towards breastfeeding among lactating mothers in Urban Patna, Bihar

Vijay Lakshmi

Breast feeding practice is almost universal and one of the important aspects of living beings. Breast feeding is not only good for infant's health but also very important to mother's health. There is world wide promotional campaign regarding the breast feeding and its health impact. However, despite of its several health benefits in support of breast feeding, its prevalence has been remained low worldwide. This lack of negligence is mainly due to lack of understanding of mothers to exclusive breast feeding (EBF). It is also evident that, this lack of EBF is prevalent mainly in developing countries like India. Hence, the objective of this study was to examine the knowledge and attitude towards breast feeding and among Indian postnatal mothers. This study was conducted in urban areas of Patna district, Bihar, India. The mother nourishing children between 0-2 years of age selected. Breast feeding knowledge of mothers was examined by giving printed questionnaire containing different types of structured question regarding their current knowledge on breast feeding. The number of selected mothers (n=100) of same age group were evaluated and observed that 100 per cent were knowing that mother's milk is the best food for the children. Only 57 per cent of mothers were having knowledge that the breast feeding should be started within half an hour of child birth and 92 per cent were having knowledge of exclusive breast feeding should be given upto 6 months. Hence, this study shows that in spite of having basic knowledge regarding EBS, lack of adherence to EBS is the main cause of such lower percentage of BES practice. Although, lack of knowledge regarding EBS is also among the limiting factor for low EBS rates in Patna, India and extensive campaign for the upliftment of knowledge and practices are required. This study showed a lack of understanding of the importance of breast feeding and poor adherence to exclusive breast feeding for the first 6 months of baby's life. A lot of gap is present between literate and illiterate mothers in breast feeding practices, which need to be changed.

**Key Words :** Breastfeeding, Children, Nutrition, Childhood, Health

**How to cite this article :** Lakshmi, Vijay (2019). Knowledge, attitude and practice towards breastfeeding among lactating mothers in Urban Patna, Bihar. *Food Sci. Res. J.*, 10(2): 203-206, DOI : 10.15740/HAS/FSRJ/10.2/203-206. Copyright@ 2019: Hind Agri-Horticultural Society.

---

● AUTHOR FOR CORRESPONDENCE ●

---

Vijay Lakshmi, Department of Home Science, M.M.M. College,  
Veer Kuwar Singh University, Ara (Bihar) India

---