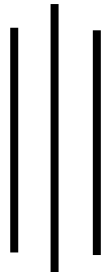
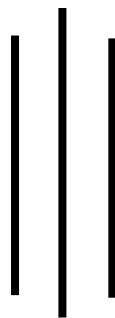


**BREAST FEEDING PRACTICES OF MOTHERS:
A STUDY OF SANSTHAGAT CLINIC,
RAMGHAT, POKHARA**



**A Dissertation Submitted to the Department of Sociology/
Anthropology The faculty of Humanities and Social Sciences of
T.U. in the Partial Fulfillment of the Requirements of the
Degree of Masters of Arts in Anthropology**



**BY
BHIM BAHADUR THAPA
ROLL NO. 18/059**

**Faculty of Humanities and Social Sciences
Department of Sociology/ Anthropology
Prithvi Narayan Campus, Pokhara
Tribhuvan University**

2009

**TRIBHUWAN UNIVERSITY
FACULTY OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF SOCIOLOGY/ANTHROPOLOGY
PRITHWI NARAYAN CAMPUS
POKHARA, NEPAL**

Letter of Recommendation

This is to certify that Bhim Bahadur Thapa has completed this dissertation entitled *Breast Feeding Practices of Mothers: A study of Sansthaat Clinic, Ramghat, Pokhara* under my supervision and guidance. This is an original research work and I recommend this dissertation for final approval and acceptance by dissertation committee.

.....

**Dr. Prakash Upadhyay
Lecturer
Tribhuvan University
Department of Sociology/Anthropology
Prithvi Narayan Campus
Pokhara, Nepal**

Date.....

**TRIBHUWAN UNIVERSITY
FACULTY OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF SOCIOLOGY/ANTHROPOLOGY
PRITHWI NARAYAN CAMPUS,
POKHARA, NEPAL**

Letter of Acceptance

This dissertation entitled *Breast Feeding Practices of Mothers: A study of Sansthaगत Clinic, Ramghat, Pokhara* submitted to the Department of Sociology/Anthropology, Tribhuvan University, Prithwi Narayan Campus, Pokhara by Bhim Bahadur Thapa has been accepted as the partial fulfillment of the requirements for the Degree of Master of Arts in Sociology by the undersigned members of the dissertation committee.

Evaluation Committee

Dissertation Supervisor

.....

Prakash Upadhyay, PhD

External Examiner

.....

Chairperson

.....

Date:

TRIBHUWAN UNIVERSITY
FACULTY OF HUMANITIES AND SOCIAL SCIENCES
DEPARTMENT OF SOCIOLOGY/ANTHROPOLOGY
PRITHWI NARAYAN CAMPUS
POKHARA, NEPAL

Recommendation of Language Editor

This is to certify that I have read through the draft of the dissertation entitled "*Breast Feeding Practices of Mothers: A study of Sansthaगत Clinic, Ramghat, Pokhara*" by Mr. Bhim Bahadur Thapa as language editor and made necessary correction and improvements. I have been impressed by his intelligible presentation of the facts through the medium of plain and correct English.

.....
Shyam Prasad Poudel
Asst. Lecturer
Department of English
Tribhuvan University
Prithvi Narayan Campus
Pokhara, Nepal

Date.....

ACKNOWLEDGEMENTS

I would like to express my sincere thanks to my supervisor Dr. Prakash Upadhyay owing to his excellent guidance and also because he helped me very seriously to bring this dissertation in this form. I would like to thank to the head of the Department of Sociology / Anthropology as well as all the faculty members for their help and kind regards. I also appreciate and thank the staff of Sansthaat Clinic, District Public Health Office Kaski, Ramghat Pokhara. The staffs are Dr. Narayan Ojha, Head of the clinic, Mrs. Man Kumari Ojha, Staff Nurse, Mr. Gopal Chandra Baral, A.H.W, Mrs. Tara Poudel, ANM, Mrs. Sita Adhikari Office Assistant. They helped me in my research work in the clinic very seriously. It was not easy to complete my thesis without their help.

I appreciate the staff of U.B.S. program of Pokhara sub-metropolitan city. They are program co-ordinator Om Raj Poudel, Kharidar Som Raj Ghimire, Staff Nurse Jaya Koirala, A.N.M Sarswoti Sharma, A.H.W. Sita Sharma. Volunteer V.H.W Sharmila Shah, Office assistant Min Bahadur Chhetri, Japanese volunteer JICA NEPAL (PHN) Fumi Takahasi, her teacher (Nepali) Mr Devendra Sayami. All the above mentioned officials, volunteers of U.B.S. Program of Pokhara sub- metropolitan city helped me heartily in my research procedure. They helped me in data information, community participation, technical assistance etc.

I express my thanks to the staffs of Western Regional Library, Prithvi Narayan Campus for providing the reference materials. I also thank to FCHV's (Female Community Health Volunteers) of Pokhara Sub-Metropolitan City especially ward no. 8, 11, 13, 14, 15 and 17. They helped me seriously in my research work. I also thank to the staffs of respective wards as well as ward secretary. I also thank to Rajendra Adhikari of Library Computer, PNC Pokhara for Computer typesetting. At last, I am very proud to give thanks to all the breast feeding mothers who gave me valuable informations which helped me to complete this research work.

Bhim Bahadur Thapa
2009

ABSTRACT

The Research was about the practice of breast feeding among mothers of Pokhara valley at EPI (Expanded program on Immunization) clinics of Sansthat clinic of D.P.H.O. (District Public Health Office) Kaski as well as ward immunization clinics of Pokhara. The objective of the research was to explore practices of breast feeding mothers, duration, time, and continuation of breast feeding after weaning. The research was based on comparative study of CB-IMCI pattern in breast feeding as well as the status of socio-economic, cultural, educational, ethnical, urban and rural dweller breast feeding mothers. The study has adopted both exploratory as well as descriptive research design. The study was exploratory because it exposed the knowledge, attitude and practices of breast feeding mothers. The study was descriptive as it described different aspects of breast feeding. The research procedure was constructed via questionnaire, schedule and overt observation where their attitude, belief, religion, occupational, educational, age, occupational situations (domestic and abroad) were reflected.

The target was set up via 155 mothers as first come first serve basis and 155 mothers were completed by asking questionnaire schedule in the field work. Informations were collected by asking questionnaire schedule but some practical procedures were written by observing mothers activities during field work. Hence, observation method was also espoused. This research has explored that many migrant workers came from various parts of the nation especially to western region, because the western regional development center is Pokhara which is undergoing through fast urbanization thus creating ventures for jobs and opportunities. Breast feeding mothers were wife of military personals, service holders etc. Most of the business holders were goldsmith (sunars) who were having relatively high economic status.

The study deduced that breast feeding mothers have highest number of knowledge about colostrums 85.16 percentage and feeding 90.96 percentage, women feeding no colostrums have 9.03 percent only. Among 155 respondents 53 have fed other food except breast feeding and 102 have used exclusive breastfeeding hence making 65.80 percentage, which is higher than national exclusive breastfeeding rate e.g. 53 percentage. However, due to the various situations, mothers have not attended proper positional, attachment of breast feeding. This research finding identified relationship between mother's breastfeeding knowledge, counseling skills, and professional careers and education of breastfeeding mothers. This research study also explored the relationship between breast feeding behavior and social, cultural and

economic and educational status of breast feeding women's family. Dominant cultures and attitudes also affected breastfeeding promotion and support. Likewise norms, rituals and traditions of a culture are to a great extent hindering the lactation of first milk colostrums by the babies as it is popular belief among different caste/ethnicities not to offer colostrums milk to the baby. Among the respondents 143 (92.25) explained clearly about need, importance and qualities of nutrients in breast milk. Few respondents 12(7.74%) replied that they are unknown about breast feeding at all and had not fed colostrums (initial nutrients breast milk) initially after child birth. The indication is cultural practices of breast feeding in their community which is hindering them from feeding colostrums to their infants. Many mothers claimed that it is their belief that colostrums is indigestible to child and they believe that the pure milk comes after squeezing the first bulky milk e.g. colostrums.

This study helped in understanding that the heart of much exploration in applied human nutrition and nutritional anthropology is the matter of food intake. Food is, after all, the carrier for most nutrients consumed by humans, and the specification of nutrient intake requires quantitative data on food consumption. Even when public interests are on patterns of food consumption, rather than on nutrients, some type of behavioral record of consumption, beyond breast feeding mothers summary of "typical food intake" is a practical necessity which will help in regulating the breast milk for a baby and it is the breast milk which acts as life breath of the infant. At last, this study identifies key problems for a model medical home as Sansthaat clinic in fostering continuous, comprehensive, coordinated, culturally effective, and evidence-based breastfeeding promotion and support by incorporating the breast feeding mothers of all backgrounds.

TABLE OF CONTENTS

Contents	Pages
Letter of Recommendation	
Letter of Acceptance	
Acknowledgements	
Table of Contents	
List of Tables	
List of Figures	
Acronyms	
<i>ABSTRACT</i>	
CHAPTER: I: INTRODUCTION	1-12
1.1 Background of the Study	1
1.2 Statement of the Problem	5
1.3 Objectives of the study	8
1.4 Rationale and significance of the study	8
1.5 Operational Definitions of Key Terms used in the study	10
CHAPTER : II : REVIEW OF LITERATURE	13-51
2.1 Nutrition and Health	22
2.2 KENYA: Breast is best, even for mother with HIV	26
2.3 Benefits of breastfeeding for Baby	28
2.4 Venezuela- Excessive Motherhood	30
2.5 Breastfeeding a Phenomenon	32
2.6 Sociological and Anthropological factors embedded with breastfeeding	37
2.7 Conceptual Review	38
2.8 Review of Earlier works	41
2.8.1 Child Nutrition and feeding practices in "SAARC" countries	41

2.8.2	Child Nutrition and feeding practices in Nepal	44
2.9	Empirical Review	46
2.10	Theoretical Framework adopted in the study	48
2.11	Conceptual Framework of the study	50
CHAPTER: III : RESEARCH METHODOLOGY		52-55
3.1	Research Design	52
3.2	Location of the study area	52
3.3	Sampling Procedure	52
3.4	Units of analysis	53
3.5	Nature and sources of data	53
3.6	Primary data collection techniques	53
	3.6.1 Interview schedule	53
	3.6.2 Observation	54
3.7	Data analysis and presentation	54
3.8	Problems faced during fieldwork	55
CHAPTER : IV : ANALYSIS AND INTERPRETATION OF SOCIO-ECONOMIC PROFILE		56-75
4.1	The setting	57
4.2	Religion	57
4.3	Caste/Ethnic background of breast feeding mothers	59
4.4	Age distribution	60
4.5	Permanent Address and housing ownership pattern	61
4.6	Occupation	65
4.7	Husband's occupation	68
4.8	Education	69
4.9	Child birth and sex discrimination	72
4.10	Death records	74

**CHAPTER :V : PRENATAL AND POSTNATAL BEHAVIOURS
OF MOTHERS 76-87**

5.1	Birth place	76
5.2	Meaning of colostrums	77
5.3	Cultural Behaviours on colostrums use and breast feeding	77
5.4	Feeding other foods, types of feeding Aids	80
5.5	Weaning (Complementary feeding)	84
5.6	Assist and conduct during child birth	85
5.7	Care after delivery at home	86
5.8	Nutrition immediately after delivery	87

**CHAPTER : VI : ATTITUDES AND BREAST FEEDING
BEHAVIOURS OF MOTHERS 88-100**

6.1	Knowledge of breastfeeding	88
6.2	Early breastfeeding after child birth	89
6.3	Exclusive breastfeeding	90
6.4	Times of breast feeding in a day	90
6.5	Causes of feeding other food	91
6.6	Continuing breast feeding after complementary feeding	92
6.7	Antenatal care examination	93
6.8	Postnatal care examination	94
6.9	Immunization/ complete immunization	95
6.10	Breast feeding time at once	96
6.11	Knowledge of breast feeding position	96
6.12	Knowledge of breast feeding attachment	97

**CHAPTER : VII : SUMMARY, CONCLUSION AND
RECOMMENDATIONS**

101-109

7.1 Summary of findings

101

7.2 Conclusion

105

7.3 Recommendations

108

BIBLIOGRAPHY

ANNEX

Annex I Breast feeding practise of mothers (questionnaire schedules)

Annex II Key Respondents

Annex III List of the Respondents

Annex IV Photo Gallery

LIST OF TABLES

TABLES	Pages
4.1 Religion of breast feeding mothers	59
4.2 Caste/Ethnicity of breast feeding mothers	60
4.3 Age distribution	61
4.4 Permanent address of the breast feeding mothers	62
4.5 Rental Categories of the breast feeding mothers	65
4.6 Occupations of breast feeding mothers	67
4.7 Husband's occupation in Nepal	68
4.8 Husband's employment in foreign countries	69
4.9 Educational status of mothers	72
4.10 Child birth number	73
4.11 Abortion, Infant death and IMR	75
5.1 Birth place	77
5.2 Knowledge of colostrums	77
5.3 Cultural behaviors on breast feeding	79
5.4 Complementary feeding	85
5.5 Assist and conduct during child birth	85
5.6 Care after delivery	86
5.7 Nutrition immediately after delivery and types food intake	87
6.1 Knowledge of breast feeding	89
6.2 Early breast feeding after child birth	89
6.3 Exclusive breast feeding	90
6.4 Times of breast feeding in a day	91
6.5 Causes of feeding other food	92
6.6 Continuation of breast feeding after complementary feeding	93
6.7 Antenatal examination	94
6.8 PNC (Post Natal Care) examination	95
6.9 Immunized by BCG, DPT, Polio, Hep B	95
6.10 Breast feeding time	96
6.11 Knowledge of breastfeeding position among sampled mothers	97
6.12 Knowledge of breast feeding attachment	99

LIST OF FIGURES

FIGURE	PAGES
4.1 Own house in Pokhara	63
4.2 Living in Urban/ Slum	64
4.3 Child born and sex discrimination	73
4.4 Sex wise death records	74
5.1 Feeding colostrums	79
5.2 Feeding other foods, yes/no	81
5.3 Types of other food	83
5.4 Feeding Aids (pot)	83

ACRONYMS

A.H.W. - Auxiliary Health Worker
A.N.M. - Auxiliary Nurse Midwife
A.N.C. - Ante Natal Checkup
AA -Arachidonic Acids
CBS - Central Bureau of Statistics
CB-IMCI - Community Based – Integrated Management of Childhood Illness
D.P.H.O. - District Public Health Office
DDC -District Development Committee
DACAW -Decentralized Action for Child and Women
EPI -Expanded program on Immunization
GNP- Gross National Product
HIV - Human Immune Deficiency Virus
IMR - Infant Mortality Rate
IYCF - Infant and Young Child Feeding
JICA - Japan International Co-operation Association
MCH - Maternal and Child Health
MOH&P - Ministry of Health and Population
NGO - Non-Governmental Organization
NICHD -Nutritional Ingredients in Child's Health Development
OPD - Out patient Department
PHN - Public Health Nurse
PNC - Post Natal Check-up
PMTCT - Prevention of mother to child transmission
SES - Socio Economic Status
UBS - Urban Basic Services
UNICEF - United National International Children Emergency Fund
U.S. FDA - United States Food Daily Amount
USAID - United States Assistance for International Development
V.H.W. - Village Health Worker
WRH -Western Regional Hospital