

A Study on Factor Influencing Maternal Health Care Practice among Lactating Mothers

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ABSTRACT

Maternal health during the lactation period is crucial for both mother and child, particularly in low socioeconomic groups. The present study aimed to assess the health status, postnatal checkups, and dietary patterns of lactating mothers attending Barphani Dhaam Aanganwadi, Indore. A descriptive survey was conducted among 40 mothers using a structured questionnaire. Results indicated that 62.5% of mothers experienced weakness, 10% back pain, 5% anemia, 5% breast pain, and 17.5% other health issues. Only 10% of participants had undergone postnatal checkups. Educational levels varied: 10% illiterate, 10% primary, 40% secondary, 25% higher secondary, 12.5% graduate, 2.5% postgraduate.

Family income distribution showed 52.5% earning ₹20,000–30,000, 32.5% ₹10,000–20,000, 7.5% less than ₹10,000, and 7.5% above ₹30,000. The study highlights the need for increased awareness of postnatal care and nutritional support among lactating mothers in low-income communities. Practical interventions include health education programs, regular postnatal monitoring, and dietary counseling.

Keywords: Maternal health, lactating mothers, postnatal care, low socioeconomic group, nutrition

INTRODUCTION

Maternal health is a cornerstone of public health, as the well-being of mothers directly affects the survival, growth, and development of children. Lactating mothers require adequate nutrition, regular health checkups, and support to prevent health complications such as anemia, weakness, and musculoskeletal pain. In low socioeconomic groups, limited access to health services, lack of awareness, and poor dietary practices contribute to poor maternal health outcomes. This study focuses on the maternal health care of lactating mothers attending Barphani Dhaam Aanganwadi in Indore, aiming to identify key health problems, postnatal care utilization, and dietary patterns.

Scope of the Study: The findings of this study are intended to guide health interventions, nutritional counseling programs, and policy decisions aimed at improving maternal health in low-income communities. By highlighting gaps in postnatal care and nutritional practices, the study provides practical recommendations for health workers, policymakers, and caregivers.

Objectives

1. To assess the health status of lactating mothers in Barphani Dhaam Aanganwadi, Indore.
2. To evaluate the frequency of postnatal checkups among these mothers.
3. To analyze dietary patterns and nutritional status.
4. To provide practical suggestions for improving maternal health care.

Methodology

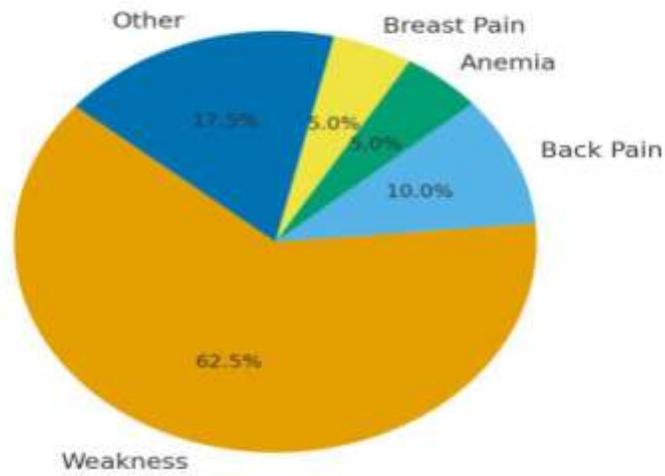
This descriptive survey was conducted among 40 lactating mothers attending Barphani Dhaam Aanganwadi, Indore. Data were collected using a structured questionnaire covering demographic details, health problems, postnatal care, and diet. Face-to-face interviews were conducted at the aanganwadi, ensuring accurate data collection. The collected data were analyzed using percentages, and results were represented using tables and pie charts to visualize health problems, educational levels, family income, and postnatal care utilization.

Results

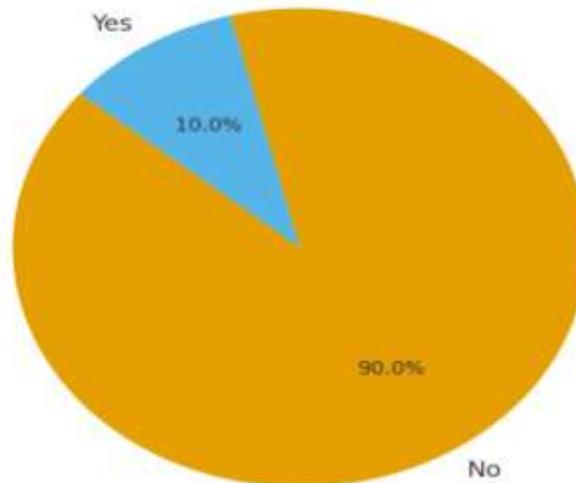
Health Problems of Mothers

Table 1: Distribution of Health Problems among Lactating Mothers

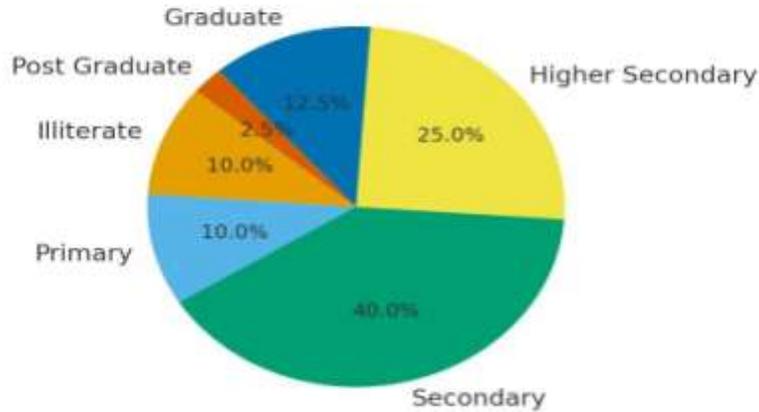
Health Problem	Frequency	Percentage
Weakness	25	62.5%
Back Pain	4	10%
Anemia	2	5%
Breast Pain	2	5%
Other	7	17.5%



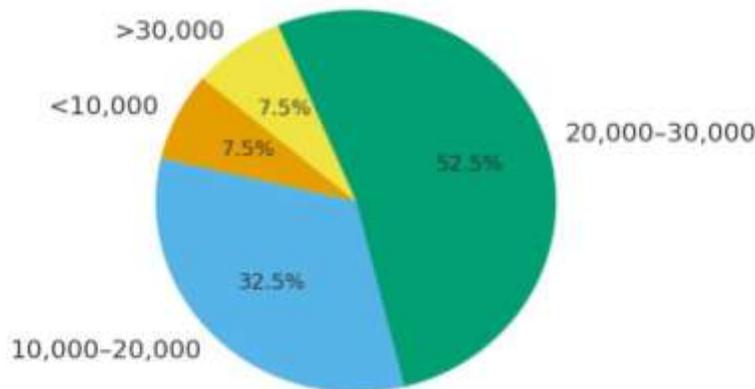
Postnatal Checkup



Educational Status



Family Income Distribution



DISCUSSION

The study revealed that the majority of lactating mothers (62.5%) suffered from weakness, followed by back pain (10%), anemia (5%), breast pain (5%), and other health problems (17.5%). Only 10% of mothers underwent postnatal checkups, indicating low utilization of maternal health services. Educational status and family income appeared to influence health outcomes and care-seeking behaviors. These findings align with previous studies emphasizing the importance of education, awareness, and accessible healthcare in improving maternal health among low-income populations.



CONCLUSION AND PRACTICAL SUGGESTIONS

The study highlights significant gaps in postnatal care and maternal health among lactating mothers in low socioeconomic groups. Practical suggestions include conducting health education sessions, providing nutritional counseling, ensuring regular postnatal monitoring, and implementing awareness campaigns targeting low-income communities to improve maternal and child health outcomes.

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