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Study To Assess The Effectiveness Of Garlic Cloves In Increasing Milk Production Among Postnatal Mothers In Selectec Urban Area Of The City

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ABSTRACT

Breast milk is the ideal source of nutrition for infants and plays a vital role in promoting growth, immunity, and overall health. However, many postnatal mothers experience insufficient breast milk production, which may affect successful breastfeeding. Traditional dietary practices such as the consumption of garlic are believed to improve lactation. The present study aimed to assess the effectiveness of garlic cloves in increasing milk production among postnatal mothers in a selected urban area of the city.

A quantitative research approach with a pre-experimental one-group pretest and posttest design was adopted for the study. The sample consisted of 100 postnatal mothers selected through non-probability convenient sampling. Data were collected using a structured demographic questionnaire and a checklist to assess the level of breast milk production. After conducting the pretest, garlic cloves were administered as an intervention to the participants for a specified period, followed by a posttest to evaluate the level of breast milk production.

The results revealed that before the administration of garlic cloves, 66% of postnatal mothers had inadequate milk production, 32% had moderate production, and only 2% had adequate milk production, with a mean score of 8.8. After the intervention, 65% of mothers had adequate milk production, 30% had moderate production, and only 5% had inadequate milk production, with a mean score of 24. The paired t-test value (t = 24.01) was higher than the table value (1.98) at the 0.05 level of significance, indicating that garlic cloves were effective in increasing breast milk production among postnatal mothers. Thus, the research hypothesis was accepted.

The study concluded that the administration of garlic cloves is an effective, simple, and economical method to improve breast milk production among postnatal mothers

KEYWORDS: N\A..

1. INTRODUCTION

Pregnancy is a wonderful, crazy, exciting and often confusing time in a women's life. The Pregnancy test, which positive can be overwhelming for a couple who have been trying to conceive or it may be a total surprise. Pregnancy.

is a natural physiological event. Pregnancy is the process which places the health of the mother at risk. In the life cycle, a female has to undergo various stages like daughter, wife, mother, mother- in - law, and grandmother. Among these one of the most beautiful and memorable events is becoming a mother. Safe motherhood is an essential factor for all women

Lactation insufficiency, whether real or perceived, affects up to 60% of mothers in developing countries, including India This challenge is particularly prevalent in urban areas, where lifestyle stressors and dietary deficiencies can negatively influence milk production. In the Indian context, traditional galactagogues—substances believed to increase milk production—like fenugreek seeds (Trigonella foenum-graecum) and garlic cloves (Allium sativum) have been used for centuries and are widely trusted remedies passed through generations.

Garlic, known for its medicinal and aromatic properties, may also influence lactation by stimulating the let-down reflex and increasing infant suckling time, which indirectly boosts milk production A clinical trial by Steiner reported that babies suckled longer when mothers consumed garlic, possibly due to the flavor transfer in milk. A more recent study by Rathod & Patil in rural Maharashtra also showed improved breastfeeding outcomes in mothers using garlic-based dietary preparations.

2. NEED OF THE STUDY

Breast milk provides the ideal nutrition for infants.. They also have fewer hospitalizations and trips to the doctor

Galactagogues are substances considered to increase the commencement, maintenance, and augmentation of milk supply in nursing women, and garlic is a common galactagogue dish in Indian cuisine and around the world. It enhances the release of prolactin, which in turn raises the production of milk. It also contains carbohydrates, nutrients, chemicals, enzymes, and trace metals. The greatest strategy to promote breast milk production is to eat a lot of kale, which has been demonstrated to improve lactation in nursing women

Worldwide, maternal perception of insufficient milk production is the most common reason reported by mothers for early cessation of breast feeding (30% to 80%)[2]. Many authors have reported that the main reason for difficulty in initiating breast feeding was the belief that just mother's milk is not sufficient. For those mothers in whom milk production has declined and is not responding to non-pharmacologic measures the use of galactogogues is often considered as best option

In the Indian context, **garlic (Allium sativum)** is a well-known dietary ingredient and traditional remedy, often recommended by elders and traditional healers to new mothers due to its perceived galactagogue properties. It is commonly believed that garlic not only helps in improving the **quantity of breast milk** but also enhances the **nutritional quality** and **infant acceptance** of breastfeeding due to its mild transfer of flavor through milk.

Maternal garlic intake during pregnancy and the breastfeeding period has been reported to be associated with the potential of modulating later garlic acceptance in infants. However, the metabolism of garlic constituents in humans and their elimination and potential excretion into human milk are not yet fully understood. In previous studies, we identified volatile garlic-derived metabolites in human milk as well as in human urine, namely allyl methyl sulfide, allyl methyl sulfoxide and allyl methyl sulfone. To monitor the excretion of these garlic metabolites in a larger cohort, we quantified these metabolites in a total of 18 human milk sets, whereby each set comprised of one sample collected before and three samples after garlic consumption. The analyses revealed that the concentrations of the metabolites were most abundant 1-3.5 h after garlic consumption, with distinct differences between test persons regarding metabolite concentrations as well as temporal excretion

Breastfeeding helps the newborn or infant to get optimal nutrients for growth and immunity. Human breast milk contains oligosaccharides, proteins, milk exosomes, growth factors, fatty acids, and microorganisms where the concentrations greatly vary based on maternal diet. But poor production of breast milk (hypogalactias) is the primary reason to give up lactation in most women. Galactagogues are synthetic or plant-derived substances that induce milk production in humans

3. STATEMENT

Study to assess the effectiveness of garlic cloves in increasing milk production among postnatal mothers in selected urban area of the city

4. HYPOTHESIS

H_0: There will be no significant increase in the level of breast milk production among postnatal mothers after the administration of garlic cloves in the selected urban area of the city.

$H_{1:}$: There will be significant increase in the level of breast milk production among postnatal mothers after the administration of garlic cloves in the selected urban area of the city.

5. GENERAL OBJECTIVES

To assess the effectiveness of garlic cloves in increasing milk production among postnatal mothers in selected urban area of the city

6. SPECIFIC OBJECTIVES

To assess the baselines level of breast milk production among postnatal mothers before administration of garlic cloves

To determine the association between milk production with their selected demographic variables

A review of literature provides current theoretical and scientific knowledge about a particular problem, and resulting in synthesis of what is known and not known. A current can be kept in the practice by regularly searching the literature for information on topics of personal interest. Increasingly, nurses in clinical practice are conducting small studies on their unit which however requires the literature for information about previous studies relevant to clinical problem

In the present study, the literature review has been organized in categories under following headings:

Literature Related to the Importance of Breastfeeding

Esuyawkal Mislu (2024) conducted a cross-sectional study from September to November 2022 to assess the practice of effective breastfeeding techniques among lactating women. Using a multi-stage sampling method, 610 lactating women from 18 wards (kebeles) were selected for observation and interviews, achieving a 96.2% response rate. Only one in four women demonstrated proper breastfeeding techniques. The study concluded that targeted interventions focusing on education, early initiation, and addressing breastfeeding challenges are necessary to improve breastfeeding practices.

Gatien A. G. Lokossou (2022) reported that breastfeeding supports long-term well-being by reducing the risk of infectious and non-communicable diseases such as asthma, cancer, autoimmune diseases, and obesity in childhood. Recent research highlights the complex composition of human breast milk (HBM), which contains immune and non-immune cells, bioactive molecules such as cytokines, lipids, hormones, enzymes, and other components that protect against diseases and help shape the infant's immune system. These bioactive elements contribute to immune tolerance and inflammatory responses when required. This review explores the role of HBM in disease protection and the mechanisms supporting maternal and infant health.

Aswad Khan (2022) conducted a cross-sectional study from January to December 2018 examining early initiation of breastfeeding (EIBF) among 908 mother–neonate pairs. The study found that only 33.7% of infants were breastfed within the first hour after birth. Factors negatively affecting EIBF included cesarean section delivery, lack of prenatal breastfeeding advice, prelacteal feeding, and maternal illness. The study highlights the need for antenatal counseling and adequate healthcare staff support to improve EIBF rates.

Zachary Tucker (2022) reviewed the relationship between breastfeeding and postpartum depression (PPD) by analyzing studies related to maternal mental health. The review explored how lactation affects the stress response, the role of breastfeeding duration in reducing PPD symptoms, and its impact on sleep-wake cycles and mother–infant interactions. The findings suggest that early cessation of breastfeeding is associated with increased severity of PPD. Overall, breastfeeding plays an important role in reducing the incidence and severity of postpartum depression.

Kiran Bala (2020) conducted a four-month cross-sectional study among 178 women in a pediatric outpatient department to assess breastfeeding knowledge, attitudes, and practices. Although 89.9% of mothers practiced breastfeeding, only 42.7% followed exclusive breastfeeding. About 82.5% believed that cow's milk could substitute breast milk, and 80.3% mistakenly thought breastfeeding should stop after weaning. However, most mothers understood the importance of colostrum and continued breastfeeding during illness. The study highlights the need for antenatal counseling to correct misconceptions and improve breastfeeding practices.

B. Literature Related to the Use of Garlic Cloves for Increasing Milk Production in Postnatal Mothers

B. Mahalakshmi (2023) conducted a study to examine the effect of garlic consumption on breastfeeding promotion among postnatal mothers at Nootan General Hospital, India. A pre-experimental one-group pre-test and post-test design with non-probability convenience sampling was used. A 12-point breastfeeding adequacy checklist assessed breastfeeding effectiveness. The mean pre-test score was 3.33, whereas the mean post-test score increased to 8.33, with an average difference of 5.47. The results showed a significant improvement after garlic consumption, suggesting that garlic may help enhance breastfeeding effectiveness among postnatal mothers. The stress score remained relatively unchanged.

Sivakaran (2023) examined the cultural role of garlic (*Allium sativum*) in postpartum recovery in the Jaffna

district through interviews with 25 mothers and 25 elder women involved in postnatal care. The study described the belief that pregnancy is considered a "hot" state and childbirth results in excess "cold," which is corrected through warming foods and practices. Garlic is commonly included in postpartum diets, herbal spice mixes, and curries to support wound healing, improve immunity, and enhance breast milk production. Additionally, garlic is used in bathing rituals, fumigation, and oil massages for both mothers and newborns to restore balance and promote recovery. The findings highlight the continued reliance on traditional knowledge alongside modern postpartum care.

Patani (2023) evaluated the effect of garlic consumption on the promotion of breastfeeding among postnatal mothers at Nootan General Hospital, Visnagar, India. Using a pre-experimental one-group pre-test and post-test design with convenience sampling, the study assessed breastfeeding adequacy before and after garlic intake. Data were collected using a baseline proforma and a 12-point modified breastfeeding adequacy checklist. Results showed a significant improvement, with the mean score increasing from 3.33 in the pre-test to 8.33 in the post-test, indicating a positive effect of garlic on breastfeeding practices. The study concluded that garlic, traditionally used as a galactagogue in India, effectively promotes breastfeeding among postnatal mothers.

Ali Z. (2020) reported that inadequate breast milk production remains a major contributor to suboptimal breastfeeding practices, particularly in low- and middle-income countries. In Ghana, the use of traditional lactagogues—special herbs and food items believed to enhance breast milk production—is widespread. A 2018 cross-sectional study among 402 lactating mothers from two regions of Ghana reported high awareness (88.8%) and prevalence (83.8%) of lactagogue use, even though most mothers perceived their milk supply as adequate. Information about lactagogues was primarily transmitted through family networks, especially parents and grandparents, with minimal influence from media sources. Lactagogues were commonly consumed one to three times daily and were often prepared separately from household meals. They were perceived to be effective within 24 hours. Commonly used lactagogues included groundnut soup with *Hibiscus sabdariffa* leaves, *Citrullus colocynthis* preparations, hot black tea, and polyherbal formulations such as Abemudro. The study emphasizes the strong cultural integration of lactagogues into maternal diets and highlights the need for further scientific evaluation of their safety and effectiveness.

Renjitha S. A. (2021) examined the effect of garlic intake on breastfeeding promotion in a selected rural area using purposive sampling with 30 postnatal mothers. A pre-test and post-test observational checklist was used to assess breastfeeding promotion. Before garlic intake, 53.33% of mothers showed moderate breastfeeding promotion, while 46.67% had inadequate promotion. After consuming garlic for one week, 66.67% of mothers showed adequate breastfeeding promotion, and 33.33% had moderate promotion. The mean post-test score (19.86 ± 4.22) was significantly higher than the pre-test score (9.4 ± 2.87), with a t-value of 14.83 ($p < 0.05$). The study concluded that garlic consumption effectively enhances breastfeeding promotion among postnatal mothers.

7. RESEARCH METHODOLOGY

The research methodology indicates the general pattern of organizing the procedures for gathering valid and reliable data for the purpose of investigation. The steps undertaken for gathering and organizing the collected data include: research approach, research design, setting, population, sample and sampling technique, criteria for selection of samples, development and description of tools, pilot study, data collection method, and plan for data analysis.

Research Approach

In this study, a **quantitative research approach** was used.

Research Design

The research design selected for this study is a **pre-experimental one-group pre-test and post-test design**. This design is appropriate to evaluate the effectiveness of garlic cloves on milk production among postnatal mothers.

In this study, a **pre-test** will be conducted to assess the baseline level of breast milk production among postnatal mothers before the administration of garlic cloves. After the pre-test, garlic cloves will be given as a dietary intervention to the postnatal mothers for a specified period. Following the intervention, a **post-test** will be conducted to measure the level of breast milk production again.

The comparison of pre-test and post-test results will help determine whether garlic cloves have an effect on increasing breast milk production.

Variables

According to Polit and Hungler, a **variable** is an attribute of a person or an object that varies and takes different values. Two types of variables are identified in this study: dependent variables and independent

variables.

Dependent Variable

Breast milk production among postnatal mothers.

The dependent variable is the outcome that is measured to determine whether it changes as a result of the independent variable.

Independent Variable

Administration or consumption of garlic cloves by postnatal mothers.

The independent variable is the factor that the researcher introduces or manipulates to observe its effect on another variable.

Population

The population in this study includes **all postnatal mothers**.

Target Population

In this study, the target population includes **all postnatal mothers residing in the urban area**.

Accessible Population

In the present study, the accessible population includes **postnatal mothers residing in the selected urban area of the city**.

Sampling

Sampling Technique

In this study, a **non-probability convenience sampling technique** was used, in which the sample is selected by the investigator based on the characteristics required for the study.

Sample

In this study, the sample consists of **100 postnatal mothers from a selected urban area of the city**.

Sample Size

The sample size consists of **100 postnatal mothers from the selected urban area of the city**.

Sample Selection Criteria

The samples were selected based on the following criteria:

Inclusion Criteria

• Mothers in the early postnatal period (within 1–7 days or up to 2 weeks after delivery)\

• Mothers who are breastfeeding their infants

• Mothers residing in the selected urban area of the city

• Mothers willing to participate in the study and provide informed consent

• Mothers available during the period of data collection and intervention

Exclusion Criteria

• Mothers suffering from serious medical complications that may affect breastfeeding (e.g., severe illness)

• Mothers having breast conditions such as mastitis, breast abscess, or other problems affecting lactation

• Mothers who are not breastfeeding their babies

• Mothers who are allergic to garlic or unable to consume garlic

• Mothers taking other medications or herbal supplements specifically used to increase milk production

Tool Preparation

The preparation of the tool was done using the following methods:

Development of Tool

8. LITERATURE REVIEW:

Previous research studies from books, journals, and internet sources were reviewed.

Expert Opinion:

The data collection tool was prepared by the researcher after an extensive review of literature and consultation with experts in nursing, obstetrics, and community health, considering the objectives of the study.

The tool was designed to collect information related to demographic variables and the level of breast milk

production among postnatal mothers.

Description of Tools

Various techniques of data gathering involve appropriate recording forms known as **tools or instruments of data collection**.

The tool consists of the following sections:

Section A: Demographic Variables

This section includes questions related to the background characteristics of postnatal mothers, such as:

• Age of the mother
• Educational status
• Occupation
• Family income
• Type of family
• Parity
• Type of delivery (normal or cesarean)
• Postnatal day
• Nutritional status
• Previous breastfeeding experience

Section B: Assessment of Breast Milk Production

This section includes a **structured assessment checklist or rating scale** to evaluate the level of breast milk production among postnatal mothers. The checklist may include indicators such as:

• Frequency of breastfeeding
• Breast fullness before feeding
• Infant satisfaction after feeding
• Duration of breastfeeding
• Infant weight gain or urine output
• Mother's perception of milk adequacy

Section C: Intervention Record

This section records the administration of garlic cloves, including:

• Quantity of garlic cloves given
• Duration of administration
• Compliance of the mother in consuming garlic cloves

Feasibility of the Study

Feasibility refers to a small-scale test conducted to determine the practicality of the larger study. The investigator did not face much difficulty in obtaining subjects because the accessible population was adequate and the sample size was 100 according to the inclusion criteria.

Pilot Study

A pilot study refers to a small-scale preliminary trial of the methods to be used in the actual large study. It helps the researcher identify potential problems and make necessary corrections before conducting the main research study. It also provides an opportunity to test the procedures, methods, and tools used for data collection.

Reliability

Reliability refers to the degree of consistency and accuracy with which an instrument measures the attribute it is designed to measure.

Data Collection Method

Data collection will be carried out after obtaining **ethical clearance from the concerned authority** and permission from the selected urban health center or hospital. The researcher will explain the purpose of the study to the postnatal mothers, and **informed consent** will be obtained from those who are willing to participate.

The samples will be selected according to the inclusion and exclusion criteria using the appropriate sampling

technique. Initially, a **pre-test** will be conducted using a structured questionnaire and assessment checklist to collect demographic data and assess the baseline level of breast milk production among postnatal mothers.

After the pre-test assessment, the researcher will administer **garlic cloves as an intervention** to the postnatal mothers for a specified period according to the study protocol. Mothers will be instructed regarding the method and duration of consuming garlic cloves.

Following the intervention period, a **post-test** will be conducted using the same assessment checklist to evaluate the level of breast milk production.

Plan for Data Analysis

Data analysis will include **descriptive and inferential statistics**. The plan of analysis was developed with the opinion of experts and will be carried out based on the objectives and hypotheses of the study.

The investigator plans to analyze the data in the following manner:

A) Demographic data will be analyzed using **frequency, percentage, unpaired t-test, and one-way analysis of variance (ANOVA)** and will be presented in the form of tables and graphs.

B) Data collected before and after the intervention will be analyzed using **frequency, percentage, and paired t-test**, and will be presented in the form of tables and graphs.

9. RESULTS

SECTION I :PERCENTAGE WISE DISTRIBUTION OF POSTNATAL MOTHERS WITH REGARDS TO SELECTED DEMOGRAPHIC VARIABLES.

This section deals with distribution of postnatal mothers in selected urban area of the city with regards to their demographic variables. A convenient sample of 100 subjects was drawn from the study population. The data obtained to describe the sample characteristics including Age of the mother, Educational status, Occupation, Family income, Type of family, Parity, Type of delivery (normal or cesarean), Postnatal day, Nutritional status, Previous breastfeeding experience

Table IV.1: Percentage wise distribution of college students according to their selected demographic variables n=100

Demographic variable	Frequency	Percentage
Age		
a.19-23yrs	20	20%
b.24-28yrs	48	48%
c.29- 33yrs	12	12%
d. 34 and above	20	20%
Education status		
Primary education	25	25%
Secondary education	40	40%
Graduate	30	30%
Post graduate and above	5	5%
Occupation		
House wife	45	45%
Laborer	25	25%
Farmer	15	15%

Private job	13	13%
Government job	2	2%
Family income		
5000-10000	35	35%
10001-15000	36	36%
15001-20000	25	25%
20001 - above	4	4%
Type of family		
Nuclear	78	78%
Joint	22	22%
Parity		
1baby	25	25%
2 babies	50	50%
3 babies and above	25	25%
Type of delivery		
Normal	25	25%
cesarean	75	75%
Postnatal day		
1-5 days	55	55%
6-10days	20	20%
11-15days	25	25%
16-20days	0	0
25-aboves	0	0
Type of dietary pattern		
a. vegetarian	43	43%
b. non vegetarian	50	50%
C. others	7	7%
Previous breast feeding experience		
a. no	90	90%
b. yes	10	10%
If yes source of information		

a. friend and family	3	30%
b. health care	0	0
c. social media	7	70%
d. newspaper	0	0

Distribution of postnatal mothers according to their age in years shows that maximum that is 48 (48%) of them were in the range 24-28 years.

Distribution of postnatal mothers according to their education reveals that 40 (40%) of them were secondary education

Distribution of postnatal mothers according to their occupation shows that 45(45%) of them were housewife

Distribution of postnatal mothers according to their family incomes shows that 36(36%) were in the range of 10001-15000

Distribution of postnatal mothers according to their type of family shows that 78(78%) are from nuclear family and 22(22%) from joint family

Distribution of postnatal mothers according to the parity reveals that 50(50%) mothers having 2 babies, 25% are having 1 baby and 3 babies and above

Distribution of postnatal mothers according to the type of delivery 75(75%) shows cesarean and 25(25%) shows the normal delivery

Distribution of postnatal mothers according to the postnatal days shows 1-5 days are 55(55%)

Distribution of postnatal mothers according to their type of dietary pattern shows that most of them that is 43 (43%) were vegetarian and50 (50%) was non vegetarian.

Distribution of postnatal mothers shows that maximum 90(90%) were no and 10 (10%) were yes in previous breast feeding experience.

Distribution of postnatal mothers according to their sources shows that 3(30%) friend and family and 7(70%) were social media.

SECTION II

PART A: LEVEL OF BREAST MILK PRODUCTION AMONG POSTNATAL MOTHERS BEFORE THE ADMINSTRATION OF GARLIC CLOVES

This part deals with the assessment of level of breast milk production among postnatal mothers before administration of garlic cloves in selected urban area of the city. The level of breast milk production is divided under following heading of inadequate milk production, moderately milk production and adequate milk production.

Table IV. 2: level of breast milk production before administration of garlic cloves among postnatal mothers n=100

LEVEL	**Pre test score**	
	FREQUENCY	**PERCENTAGE**
Inadequate milk production	66	66%
Moderately milk production	34	34%
Adequate milk production	0	0%
	Mean score is 8.8	S.D is 2.1

The above table shows that in pre test 66(66%) of the postnatal mothers were having inadequate milk production, 32(32%) had moderately milk production and only 0(0%) of them had adequate milk production . The mean score for the pretest was 9with SD of 2.71 min score =3 and max score=12

PART B

: LEVEL OF BREAST MILK PRODUCTION AMONG POSTNATAL MOTHERS AFTER THE ADMINSTRATION OF GARLIC CLOVES

This part deals with the assessment of post test knowledge level of breast milk production among postnatal mothers after administration of garlic cloves in selected urban area of the city. The level of breast milk production is divided under following heading of inadequate milk production, moderately milk production and adequate milk production.

Table IV. 3: : level of breast milk production before administration of garlic cloves among postnatal mothers n=100

LEVEL	**Post test score**	
	FREQUENCY	**PERCENTAGE**
Inadequate milk production	5	5%
Moderately milk production	30	30%
Adequate milk production	65	65%
	Mean score is 24	S.D is 2.9

The above table shows that in post test 65(65%) of the postnatal mother were good adequate milk production, 30 (30%) had moderate milk production and only 5(5%)of them had inadequate level of milk production . The mean score for the post test mean score was 24 with SD of 2.9 . min score =19 and max score=25

SECTION III

Evaluation of effectiveness of garlic cloves in increasing milk production among postnatal mothers in selected urban area of the city

This section deals with the effectiveness of garlic cloves in increasing milk production among postnatal mothers in selected urban area of the city .The hypothesis is tested statistically with distribution of pretest and posttest mean and standard deviation and mean difference. The levels of knowledge during the pretest and post test are compared to prove the effectiveness of garlic cloves in increasing milk production . Significance of difference at 5% level of significance is tested with paired„t‟ test and tabulated „t‟ value is compared with calculated „t‟ value. Also the calculated „p‟ values are compared with acceptable „p‟ value i.e. 0.05.

Table IV.4: Effectiveness of garlic cloves in increasing milk production among postnatal mothers in selected urban area of the city n=100

Test	mean	SD	T values	Table value	Df	P value	Significance
Pretest	8.8	2.1	24.01	1.98	99	0.0000	Significant
Post test	24	2.9					

This table shows that there is a significant difference between pretest and post test knowledge scores interpreting effectiveness of garlic cloves in increasing milk production among postnatal mothers in selected urban area of the city . Mean and standard deviation values are compared and paired „t‟ is applied at 5% level of significance. The tabulated t-value for n=99 i.e99 degrees of freedom was 1.98. The calculated „t‟ value are 24.01 much higher than the tabulated value at 5% level of significance for all the areas of knowledge score which is statistically acceptable level of significance. Hence it is statistically interpreted that garlic cloves in increasing milk production among postnatal mothers was effective. Thus the H1 is

accepted.

Section IV: Association of knowledge score in relation to selected demographic variable

Variable	Chi Square	d.f.	Table value	Significance
Age of mother	**0.102**	**1**	**0.70**	**Not significant**
Educational status	**8.88**	**4**	**0.085**	**Significance**
Occupation	**2.08**	**3**	**0.68**	**Not significant**
Family income	**2.088**	**3**	**0.65**	**Not significant**
Type of family	**3.75**	**4**	**0.18**	**Not significant**
Parity	**2.75**	**2**	**0.01**	**Significance**
Type of delivery	**0.755**	**1**	**0.68**	**Not significant**
Postnatal days	**0.68**	**1**	**0.05**	**Not significant**
Nutritional status	**0.45**	**2**	**0.18**	**Not significant**
Previous breastfeeding experience	**6.79**	**1**	**0.0012**	**Significant**
Source of information	**2.3**	**4**	**0.87**	**Not significant**

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