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Knowledge, Attitude and Practice of Mothers towards Infants Immunization in Tehsile: Muridke, District: Sheikhupura-Punjab, Pakistan

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Abstract

The present study aimed to explore the knowledge, attitude and practice of the infants' mothers regarding about the infants' immunization of Tehsile: Muridke, District: Sheikhupura-Punjab, Pakistan. For this purpose, the author randomly selected two hundred infants' mothers for asking the questionnaire for a limited time period from all over the Tehsile: Muridke, District: Sheikhupura-Punjab, Pakistan. All mothers have knowledge about the infants' immunization. After this, a comprehensive questionnaire was designed to collect the required information, which was consisted of three parts (the first part consists of socio-economic demographic data, the second part contains of knowledge of the infants' mothers regarding their infants' immunization and the last part consists of attitude and practice of the infants' mothers regarding about their infants' immunization). The questionnaire was asked in a local language and after that translated it into English language. Results reveal that Immunization programmes are among the most cost beneficial health interventions. It saves many children from getting sick from dreaded diseases. So far this, it is necessary for parents to develop their knowledge and belief about in immunization programs as it helps to produce positive outcomes of infant vaccination. Finally, at the end of the paper, some suggestions are made through which we can enhance the knowledge of the infants' mothers regarding the infants' immunization of Tehsile: Muridke, District: Sheikhupura-Punjab, Pakistan.

Keywords: Infants' Immunization, Mothers' knowledge, attitude and Practice Tehsile: Muridke, District: Sheikhupura-Punjab, Pakistan.

Introduction

Various infectious diseases affect the human body especially the infants, which causing serious complications. Vaccine is a crucial and affordable method to prevent from these diseases and reduce their negative impact on health of the infants. According to Walker & Burton (2008) that **"Vaccination is one of the most important scientific discoveries ever made. Mostly diseases are control through the immunization"**. Navin (2015) also elaborated the same point of view that **"it helps to reduce the burden of dreadful infectious diseases, which are best controlled by vaccination"**.

Since the past few decades, there has been an increase in the number of infants experiencing infections. And in this regards, the World Health Organization has introduced EPI programme in 1974 which aims to control specific infection diseases all over the world. According to WHO & UNICEF (2005) report that **"The World Health Organization (WHO) started the Extended Programme of Immunization (EPI) in 1974, which aims to immunize**



and protect the children against the six dangerous diseases throughout the world; these diseases are such as tuberculosis, measles, poliomyelitis, diphtheria, pertussis and tetanus". In Pakistan, Expanded Programme on Immunization (EPI) was launched in 1978. World Health Organization's report (2020) reflect the same point of view that **"In Pakistan, Expanded Programme on Immunization (EPI) was launched in 1978 free of cost"** which aims to protect the children from tuberculosis, poliomyelitis, diphtheria, pertussis, tetanus and measles in their early childhood age. But the objective set in 1978 was not achieved due to inadequate healthcare facilities, insufficient trained staff, frequent staff changes and a lack of knowledge among parents regarding infant's immunization. According to the global immunization division CDC report that **"the global parental Attitude and Knowledge regarding immunization services was low and parents have negative beliefs about measles and vaccination programs"** (Birhanu, 2016). Parental attitudes and their beliefs about vaccines are having an important role about the infants' immunization. **Similarly many studies reported positive correlation between mother's knowledge, attitudes and practice and children's immunization** (Mugada et al., 2017). Keeping in view, this study was conducted to assess the infant mothers' knowledge, attitude and practice towards infants' immunization in Tehsile: Muridke, District: Sheikhpura-Punjab, Pakistan.

Previous Work

A lot of literature in Pakistan is available on the knowledge, attitude and practice of mothers towards infants' immunization (Ref. Khawaja, R., Al Eid et, al., (2018), Di Giuseppe, G., et, al. (2021) & Mugada, V et, al (2017) etc.). However, the present research work of this nature is the first time by this author has carried out in this study area.

Aims & Objectives

This study was designed to explore the mothers' knowledge, attitude and practice regarding infants' immunization of Tehsile: Muridke, District: Sheikhpura-Punjab, Pakistan. And also discusses those points, which create hurdle in the mind of the Infants' Mothers and at the end of this paper the author has tried to solve them through make some recommendations.

Hypotheses

The following hypothesis was formulated for the study:

- Only two hundred Infants' Mothers are interviewed from all over the Tehsile, who have complete knowledge about Infant's Immunization.
- Only those respondents' are interviewed, who have permanent residential of Tehsile: Muridke, District: Sheikhpura-Punjab, Pakistan.
- All the questionnaires have been asked from the infant's mothers in local langue.

Methodology

The present study was conducted to inquire the knowledge, attitude and practice of the mother about the immunization of the infant in Tehsile: Muridke, District:



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Sheikhupura-Punjab, Pakistan. In Tehsile: Muridke, District: Sheikhupura-Punjab, Pakistan, there are 22 union councils out of which 08 union councils are from urban areas and the remaining 14 are from rural areas as per 2023.

After selection the study area, the author selected cross-sectional research method and during this study, the author collected the required data from two hundred mothers, which were selected through random sampling technique from all over the Tehsile: Muridke, District: Sheikhupura-Punjab, Pakistan. During this research only those mothers have been interviewed, who are permanent resident in this Tehsile.

The questionnaire consisted of three parts (the first part consisted of socio-economic demographic data, the second part consisted on the knowledge and last part contained of the attitude and practice of mothers towards their infants' immunization in Tehsile: Muridke, District: Sheikhupura-Punjab, Pakistan). These questions were asked in local language from the mothers. Before launching the questionnaire in the field, the author has pretested it into the field on five mothers. After pretesting, the author made some necessary amendments in the questionnaire and then data was collected and tabulated & interpreted. Moreover, at the end of this paper, the author has given some suggestions to bring about positive change in the knowledge, attitude and practice of mothers regarding their infants' immunization.

Data Analysis

Socio- economic demographic characteristics of the mothers of Tehsile: Muridke, District: Sheikhupura-Punjab, Pakistan

Table 1: Socio-economic demographic characteristics of the mothers' regarding infant immunization of District: Sheikhupura-Punjab, Pakistan

Demographic Characteristic	Description	Frequency (n= 200)	Percent
Age of the women (in years)	Less than 20	36	18
	21 to 25	92	46
	26 to 30	32	16
	31 to 35	28	14
	More than 36	12	06
Religion	Muslim	180	90
	Christian	16	08
	Traditional	04	02
	Others	---	---
Family back ground	Urban	172	86
	Rural	28	14
Family status	Combine / Joint Family system	36	18
	Nuclear Family system	164	82
Household Ownership	Own	164	82
	Rented	20	10
	Govt. Residence	16	08
	Matric (S.S.C)	28	14
	Intermediate (H.S.S.C)	28	14



Educational status / qualification	Graduate	108	54
	Master Degree	28	14
	Professional Degree (i.e. doctor, Engineer, Advocate etc.)	08	04
Occupational status	Govt. Employee	16	08
	Private Employee	04	02
	Self Employed	---	---
	House wife	180	90
	Not anywhere	---	---
If doing job than monthly income (in rupees)	Less than 20000	---	---
	21000 to 30000	03	15
	31000 to 40000	---	---
	41000 to 50000	16	80
	More than 50000	01	05
No. of children	One	52	26
	Two	40	20
	Three or more	104	52
	Have no child	04	02
Family size	1-3	60	30
	4-6	104	52
	>7	36	18

(Table No. 1) represents socio-economic demographic status of the respondents. Among the total participants, less than the half (46%) their age was between 21-25 years. A huge Majority (90%) of the respondents were Muslims in religion, (86%) were from urban areas, (82%) each were live in nuclear family system and had their own houses, (54%) were graduate by education, (90%) were house wives and nothing doing anything instead of household choirs, Among the total mothers, who were working anywhere, a huge majority (80%) earn 41000 to 50000 rupees in a month. Near about one and half (52%) have three or more children and their family sizes of the participants were between 4-6.

Table 2: Demographic analysis of the knowledge of the mother regarding infants' immunization of Tehsile: Muridke, District: Sheikhpura-Pakistan

knowledge of the mothers regarding infant's Immunization	Description	Frequency (n= 200)	Percent
Have Information about vaccination	Yes	200	100
	No	---	---
If Yes then source of Information about vaccination	Television	12	06
	Radio	08	04
	Newspaper	24	12
	Family Members/ Friends	36	18
	Health Professions	120	60
	Others	---	---
Infants should start vaccination	Just after birth	192	96
	After one month	08	04



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Programme	Don't know	--	--
Age of infant to complete its vaccination Programme	Before one year	08	04
	Equal to one year	08	04
	More than one year	184	92
	Don't know	--	--
Vaccination covered disease (in number)	Single diseases	10	05
	More than one disease	190	95
	Don't know	--	--
Which diseases are covered by vaccine	Measles	02	01
	Poliomellitus	02	01
	ClostridiumTetani	02	01
	Tuberculosis	02	01
	Pneumonia	02	01
	All of them	190	95
	None of them	--	--
	Any others	--	--

(Table No. 2) shows the knowledge of the mother regarding infants' immunization of Tehsile: Muridke, District: Sheikhpura-Pakistan. All mothers said that they have knowledge about infants' immunization among those near about one and half (60%) of the mothers said that their source of information/knowledge about the infant's immunization is health professionals. While a huge of the mothers (96%) said that infants' vaccination should start just after birth. A huge majority (92%) said that vaccination programme is completed more than one year and (95%) said that vaccination covered six diseases such as (Measles, Poliommellitus, ClostridiumTetani, Tuberculosis, Pneumonia etc.).

Table 3: Attitude and practice of mothers towards their infants' immunization in Tehsile: Muridke, District: Sheikhpura-Pakistan

Attitude of the respondents regarding Immunization	Description	Frequency (n= 200)	Percent
Routine Immunization prevent from diseases	Yes	200	100
	No	---	---
Routine Immunizations are provided free of Charge	Yes	200	100
	No	---	---
All mothers should make sure to get their children for Immunization	Yes	200	100
	No	---	---

(Table No. 3) describes the attitude and practice of the mothers towards their infants' immunization of Tehsile: Muridke, District: Sheikhpura-Pakistan. All mothers responded that Routine Immunization prevents from diseases and these immunizations are provided free of Charge to the infants and all mothers should make sure to get their children for immunization.

Results and Discussion:

Many diseases are preventable through the usage of vaccines, so we should vaccinate our infants in their early age so that we can protect them from chronic diseases in their early age. In this study, firstly we have discussed the socio-economic demographic characteristics of infants' mothers of Tehsile: Muridke, District: Sheikhpura-Pakistan. In which it is observed that near about one and



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half (46%) mothers are between the aged of 21 to 25 years. A huge majority (90%) of the mothers is Muslims; (86%) lived in urban area. (82%) each lived in nuclear family system in its own houses, (54%) were graduate by education, (90%) were house wife and nothing doing anything instead of household chores, among the total mothers, who were working anywhere, a huge majority (80%) earn 41000 to 50000 rupees in a month. Near about one and half (52%) have three or more children and their family sizes of the participants were between 4-6. **Secondly**, we have discussed the knowledge about immunization of the infants' mothers of Tehsile: Muridke, District: Sheikhpura. In which, it has been observed that all mothers have knowledge about infants' immunization. Near about one and half (60%) of the mothers said that their source of information/knowledge about the infant's immunization is health professionals. While a huge of the mothers (96%) said that infants' vaccination should start just after birth. A huge majority (92%) said that vaccination programme is completed more than one year and (95%) said that vaccination programme coved six diseases such as (Measles, Poliomellitus, ClostridiumTetani, Tuberculosis, Pneumonia etc.). **Thirdly** we have discussed that attitude and practice of the infants' mothers of Tehsile: Muridke, District: Sheikhpura. All mothers responded that Routine Immunization prevents from diseases and these immunizations are provided free of Charge to the infants, so all mothers should make sure to get their children for immunization.

Conclusion

Immunization is one of the most important public health interventions and a cost-effective strategy to preventable from diseases. In this study, the result finding that a huge majority of the respondents said that vaccination covered more than one disease (i.e. Measles, Poliomellitus, ClostridiumTetani, Tuberculosis and Pneumonia etc.) However overall respondents said that infant's mothers knowledge is sufficient about vaccination and they said that infants should vaccinated in childhood age so that they life are save from the chronic diseases. Secondly, all vaccinations are provided free of cost from the Government.

Recommendation

In the light of the findings, some recommendations are mentioned below through which we can enhance the knowledge, attitude and practice about the role of mother of children in relation to infant immunization. Because infants are the future of any nation, so if you want to make your nation strong then you should pay full attention to their infant's health.

1. Appropriate information and counselling must also be provided to the parents regarding their infants' immunization.
2. Walks, Seminars and Health Education Sessions should be organized at community level with the help of health professional to create awareness about the importance of the Immunization of the infants among the society.
3. Media and other stakeholders should play their role in educating infant's mothers about the importance of immunization of infants and our government should give them some financial support to encourage their knowledge of the mothers. One must play one's part to give privileges.



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4. Government should provide training to their professional experts (i.e. Doctors & paramedical staff) and others stakeholders to create aware about the importance of Immunization in daily life, so that they can prevent their infants from diseases.

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