

# Knowledge, Attitude and Practice of Exclusive Breastfeeding among Nursing Mother in Saki West Local Government

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## Abstract

This study was to access the knowledge, attitude and practice of exclusive breastfeeding among nursing mother in Saki west local Government. It is not an understatement that breastfeeding is the most suitable diet for a growing infant, proper breastfeeding practice are effective ways of reducing childhood morbidity and mortality. The objectives of the study is to access the knowledge of nursing mothers regarding exclusive breastfeeding, to verify their attitudes toward exclusive breastfeeding and to know if nursing mothers practice exclusive breastfeeding. The ... th of t h á concluded that health education and proper training of health worker and counseling of nursing mothers and their husband will improve the practice of exclusive breastfeeding.

**Keywords:** Knowledge; Attitude; Practice; Exclusive; Breastfeeding; Nursing Mother

## Introduction

In the past, breast feeding was generally acknowledged across the world among all human group, communities, societies and cultures as the most suitable form of infant feeding which based on scientific evidence that support the immanent role of breast feeding in the survival growth, maturation and development of a child [1]. Breast feeding actually had no comparison and human milk was regarded as natural and most suitable for children despite the advent industrialization however breast feeding practice are being gradually replaced by artificial body food but breast fed children have greater chance of survival in the early month than non-breastfed children [2].

Breast feeding play the fundamental and essential component of the development and child-survival strategy, breast milk is the first natural food for babies. It provides all the essential energy and nutrients that the infant needs for the first six months of life. It provides major child's nutritional needs during the second half of the first year and up to one third during the second year of life [3].

According to United Nation Children's Fund [4], it has been estimated that 1.3 million death could be prevented and most of childhood illness can be eliminated each year if babies were exclusively breastfed for the first six months of life. The breast milk contain numerous substances such as water, protein, fat, carbohydrates, vitamins minerals and colostrums which provide protective antibodies that boost the infant's immune system.

Exclusively breastfeeding can be defined as a practices where by the infants receive only breast milk and not even water, others liquids, tea, herbal preparations or food during the first six months of life, with the exception of vitamins, minerals supplements or medicine [5]. Breastfeeding is less stressful, it required no cleaning of plates or bottles, no heating of feeds, no modification of milk, breast milk is cheap and

easier to produce but expensive to buy and it is readily available at the right temperature.

This study intends to identify the response to exclusive breastfeeding among nursing mothers in three selected hospital in Saki West Local

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in Saki West Local Government.

## Objective of the Study

To assess the knowledge of nursing mother regarding exclusive breast feeding

To verify their attitude toward exclusive breast feeding

To know if nursing mother practice exclusive breastfeeding

## Research Question

Does the level of education influence the knowledge of nursing mother toward exclusive breast feeding?

Does religion influence the attitude of nursing mother toward exclusive breastfeeding?

Does mother occupation influence the practice of exclusive breast feeding?

## Research Hypothesis

The research specifically tested the following hypothesis

There is no significant difference between highly education and lowly educated respondents in their knowledge toward exclusive breast feeding

There is no significant relationship among religion attitude of nursing mother and attitude toward exclusive breast feeding

There is no difference between employed nursing mother and unemployment nursing mother in their practices of exclusive breast feeding.

## Scope of the Study

The scope of this study is nursing mother from three selected ward in Saki West Local Government irrespective of religion, age, culture and socio-economic background.

## Operational Definition of Term

**Attitude:** Is the way you feels, think and behave toward exclusive breastfeeding

**Knowledge:** Is the information or awareness gained through experience or education about exclusive breast feeding.

**Practice:** Is the process of repeating exclusive breast feeding at regularly interval so that you can improve your skills or help the baby to grow.

**Milk:** Is the fluid food secreted by female mammals from mammary gland.

**EBF:** Is the abbreviation for exclusive breast feeding

**Exclusive breastfeeding:** is means that the infant receives only breast milk no other liquids or solids are given, not even water with the exception of oral dehydration solution or drops/syrups of vitamins, minerals or medicines.

**Weaning:** Is to gradually stopping breast milk giving to a baby by her mother and start feeding with solid food.

**Nursing:** Is the practice of providing care for baby

**Mother**

feeding, studies have shown that fewer mother are breastfed and those who do, stop breast feeding at an earlier developmental stages of life, this result to high rate of morbidity and mortality among infant [6].

### **Practice of exclusive breast feeding**

The practice of exclusive breast feeding among women who delivered at health facility and outside the health facility is very low.

The early introduction of complementary feeding is based on wrong assumption which affects exclusive breast feeding initiative and sustainability [11].

Among the Yoruba ethnic, a common belief toward infant feeding is that exclusive breast feeding is beneficial to both infant and mothers; personal experience and network of support have influence quality of exclusive breast feeding practice [12].

Despite the existing body of knowledge on breast feeding practice in Nigeria, studies show that agency of breast feeding mother within their socio-cultural framework are limited [13].

As revealed in this study and similar finding by owners, Tayem and Froelicher, Otoo and Perez [10], breast feeding could be exhausting, stressful or satisfying to some mothers. Breast feeding was describe as traumatic, excruciating or enjoyable based on personal and existing circumstance around breast feeding mothers. Therefore designing efficient, effective and promote intervention initiative that encourage provision of quality support for nursing mother's would require tangible effort from all stake holder, not just from health care system or hospitals setting.

The result from the table 3 above showed that 17 (8.5%) of the respondent were not practice exclusive breastfeeding while 183 (91.5%) of the respondent practice exclusive breastfeeding.

	Frequency	Percentage (%)
Practice of EBF	183	91.5%
Non-practice EBF		

### Hypothesis one

There is no significant difference between highly educated and lowly education respondents in their knowledge toward exclusive breastfeeding.

From the table 4 the result showed that value  $X^2=5.597$ ,  $df=6$  and  $P=0.470$ . Since  $>0.05$  level of significant, the null hypothesis is accepted.

Therefore there is no significant difference between highly educated and lowly educated.

### Hypothesis Two

There is no significant relationship among religion attitude of nursing mother and attitude toward exclusive breastfeeding.

From the table 5; above, the result show that 52.8%, 38.6% and 25% of Muslim, Christian and Traditional worship has good knowledge toward exclusive breastfeeding respectively. The chi-square value is 4.628, degree of freedom (df) is 2 and  $P=0.99>0.05$ , therefore the hypothesis is accepted. Therefore there is no significant difference between religion of nursing mother and attitude toward exclusive breastfeeding

### Hypothesis three

There is no difference between employed nursing mother and un-employed nursing mother in their practice of exclusive breastfeeding.

### Description

The result on table 6 revealed that 98.5%, 96.7%, 85.6% and 84.6% of

civil servant, student, self-employed and complete house wife practice exclusive breastfeeding respectively.

Therefore, chi-square value=0.141, degree of freedom (df) is 3 and  $P=0.017<0.05$ , it indicated that the calculated value is less than the table values at 0.05 levels of significant, therefore the hypothesis is accepted.

Therefore the hypothesis is rejected. The researcher concluded that there is no significant difference between occupation of nursing mother and practice of exclusive breastfeeding.

### Discussion

The purpose of the study is to know the knowledge attitude and practice of exclusive breastfeeding among nursing mother in Saki West Local Government.

For any research to be useful, the evidence for the data analysis must be carefully organized, examined and interpreted. It is for this reason that the researcher translated the result into finding and interpreted them in relation with existing literatures.

From the finding 52.0% have good knowledge, 27.5% have excellent knowledge and 20.5% have poor knowledge of exclusive breastfeeding. 46% of the respondents have good attitude toward exclusive breastfeeding while 54% have poor attitude toward exclusive breastfeeding. There is an agreement with Nigerian Demographic Health survey [18] that 13% of children below six months are exclusive breastfed while 87% of Nigerian infants below six months receive complementary liquid or foods.

91.5% of the respondents practice exclusively breastfeed while 8.5% did not. This is not in agreement with Agunbiade and Oguntoye [16] that said only 19% (136) of the breastfeeding mothers whose infants were below or up to six months of age in the study of practice of exclusive breastfeeding.

### Research Hypothesis One

It was concluded that there is no significant difference between highly educated and lowly educated respondents in their knowledge toward exclusive breastfeeding. This is against what Niger, that it has been shown that woman with higher education and higher incomes

were less likely to breastfeed. Also women with higher education and higher income were less likely to breastfeed, similarly employed mother, mother with lower number of children and does who delivered by cesarean section were less likely to fully breastfed [19].

### **Hypothesis Two**

It was concluded from the study that the religion does not affect an attitude toward exclusive breastfeeding. This was in support with [20], that mother ethnic and religious actions have no significant

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