



Poster ID:

# Maternal Knowledge, Attitude and Practices Regarding Breastfeeding At Temerloh, Pahang, Malaysia



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## Background

Although, breast feeding is the best way to feed infant by providing the psychological and health benefit to mother and child, prevalence of practicing exclusive breastfeeding (EBF) for 6 months and continuing it up to 2-years varies between countries and within countries from 75% in DPR Korea, Sri Lanka, Cambodia and the Solomon Islands, around half in India and less than 20% were in Thailand and Viet Nam<sup>1</sup>. In Malaysia, national EBF rate in 2011 was 23.7%<sup>2</sup>.

## Objectives

Aim of this study was to assess maternal knowledge, attitude and practices on exclusive breastfeeding and continuing it up to 2 years including its influencing factors and reasons for discontinuation of breast feeding before 2-years.

## Methods

A cross sectional descriptive and analytical study was carried among 500 mothers of children aged from neonate to 3 years who attended at Maternal and Child Care Clinic, Temerloh, Pahang between July and December 2012. A face-to-face interview was done by using a semi-structured, pre-tested questionnaire including opened type questions to collect data. A cross analysis was done to infer statistical significance of influencing factors which affect pattern of breast feeding in terms of age, occupation, educational level of mother and socio-economic status of family.

## Results

Table-1: Maternal Knowledge on Breast Feeding

Knowledge on Breastfeeding	Yes(%)
Knowledge regarding colostrums (n= 500)	366(73.2)
Knowledge regarding breastfeeding?(n=500)	481(96.2)
<u>Knowledge Benefits of breast feeding (n=481)</u>	
Mother-Infant bonding	383(76.6)
Natural food for infant especially preterm	306(61.3)
Always available with proper temperature and not required time	294(58.8)
Fresh and free of bacteria, consist of antibodies and nutrition for the baby	455(91)
Prevent diarrhea and other infection	345(68.3)
As contraception	320(64.1)
Prevention of cancer	287(56.8)
<u>Source of breast feeding knowledge (n=481)</u>	
Health personal	376(45.1)
Media	167(20)
Friends	117(14)
Family	136(16.3)
Others	38(4.6)

Table-2: Maternal Attitude on Breastfeeding

Maternal Attitude on Breastfeeding (n=500)	Positive Agreed(%)
Exclusive breast feeding is practicing in any part of the world	470(94)
Comfortable with breast feeding	480(96)
Breast feeding is ideal food for baby	500(100)
I am going breastfeeding for next child	493(98.6)
Breastfeeding is affecting on other family members	233(46.6)
Breastfeeding is affecting marital status	185(37)
Bottle feeding can cause Diarrhea diseases in babies	398(79.6)
I am feeling embarrassed with breastfeeding	152(30.5)
My parents are encouraging breastfeeding	479(95.8)
Husband are encouraging breast feeding	439(87.8)
Children are encouraging breast feeding	320(64)
I am taking leave for breastfeeding	63(12.6)
My employer allow me breastfeeding at home during office hour	135(27)

Table-3: Maternal Practices on Breastfeeding

Practices on Breastfeeding	Yes(%)
Exclusive Breastfeeding (n= 500)	186(37.2)
Mixed feeding(Breast & Bottle) (n=500)	252(54.4)
Bottle feeding only (n=500)	110(22)
Continuing breastfeeding up to 2 years old of child (n=142)	49(34.5)



Figure -1: Reasons for discontinuing breastfeeding before 2 years (n=93) and replacing bottle feeding (n=110)

Table-4 & 5: Association between exclusive breastfeeding (n=368) & continuing it up to 2 years (n=142) Vs maternal socio-demographic variables

Maternal variables	Exclusive breastfeeding			Breastfeeding up to 2 years			Maternal variables	Exclusive breastfeeding			Breastfeeding up to 2 years		
	Yes	No	"p"	Yes	No	"p"		Yes	No	"p"	Yes	No	"p"
<u>Maternal age group</u>							<u>Maternal employment</u>						
<29 years	94	91	0.96	20	43		Yes	60	93	0.00	16	44	0.09
30-39 years	78	76		27	40	0.23	No	126	89		33	49	
>40 years	14	15		2	10		<u>Monthly family income</u>						
<u>Maternal education</u>							<1000 RM	39	28		15	12	
No formal education	8	6		3	3		1000-2000 RM	94	84	0.09	19	43	0.04
Primary School	15	15		4	7		>2000 RM	53	70		15	38	
Secondary school	105	87	0.422	33	50	0.14	<u>Per capital income</u>						
STPM	17	21		4	6		<1000 RM	164	150	0.10	40	71	0.71
Diploma /degree	41	53		5	27		1000-2000 RM	19	31		9	19	
							>2000 RM	0	1		0	1	

## Discussion & Conclusion

Exclusive breastfeeding rate of Temerloh, Pahang was higher than that of National figure. Nevertheless, need to find out the ways to supports mothers to get higher achievement. Favorable working conditions for maternity leave with full pay or longer post natal leave and preparing a proper place or rooms for breast feeding during working hours should be considered.

Though they are knowledgeable about breast feeding, and good attitude towards breast feeding, the other reasons which influenced on discontinuing breast feeding should be clarified in further study to get more understanding on mothers who are unable to comply exclusive breastfeeding and continuing it up to 2 years of their children.

## References

## Acknowledgement

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