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Knowledge, Attitude and Practice towards
Breastfeeding among Mothers At A
Government Antenatal Clinic

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ABSTRACT

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The presence of relationship between knowledge, attitude and breastfeeding practice was controversial. To further verify the correlation between them, a cross-sectional study utilizing self-administered questionnaire was undertaken to access the breastfeeding practice, knowledge, attitude and the correlation between them among 120 pregnant mothers with child more than 2 years old at Pregnant Mothers and Child Care Clinic, DBKL, Cheras. The study showed a high breastfeeding initiation rate (90%) yet low exclusive breastfeeding (6 %) and optimum breastfeeding duration rate (6 %). Most of the mothers (75 %) introduced additional food to their children below two months and 65 % of mothers terminated breastfeeding before child aged 4 months. The mothers' knowledge on colostrum, breastfeeding practices, and breastfeeding advantages against diseases were unsatisfactory and majority of mothers (68%) showed negative attitude towards breastfeeding in public. Pearson Chi-Square Test analysis with all tests set at significant level of $p < 0.005$ indicated ethnicity ($p = 0.021$), age ($p = 0.000$), and religion ($p = 0.006$) were significantly associated with breastfeeding rate. Malays, older mothers and Muslims were more likely to initiate breastfeeding. Level of knowledge showed a significant relationship with ever breastfeeding ($p = 0.024$), exclusive breastfeeding ($p = 0.000$) and optimum breastfeeding duration rate ($p = 0.000$). All mothers with good knowledge level initiated breastfeeding and they were 6.3 times more likely to exclusively breastfeed and continued breastfeeding for at least 2 years than mothers with poor knowledge level. Level of attitude was significantly related to ever breastfeeding rate ($p = 0.044$) where 94% of those with good attitude initiated breastfeeding. Overall, the in-depth breastfeeding knowledge and practices of mothers were unsatisfactory though they had high intention towards breastfeeding.

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