



زانكۆی پۆلیتیه كنیکی هه ولیر

ERBIL POLYTECHNIC UNIVERSITY

**PREVLANCE OF BREAST FEEDING AND FACTORES
ASSOCITED WITH THE DURATION OF BREAST
FEEDING IN Erbil City**

A STUDY IS SUBMITTED TO THE COUNCIL OF THE DEPARTMENT OF NURSING IN
ERBIL MEDICAL TECHNICAL INSTITUTE IN PARTIAL FULFILLMENT OF THE
REQUIRMENTS FOR THE DEGREE OF TECHNICAL DIPLOMA IN NURSING FOR
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BY SUPERVISED BY

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I certify that this study was prepared under my supervision at Erbil Medical Technical Institute in partial fulfillment of the requirements for the degree of technical diploma.

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We the members of the evaluation committee certify that after reading this study and examining the students in its contents, it is adequate for the award of the degree of Technical Diploma in Nursing for the academic year 2023-2024

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This study is approved by the scientific committee of the department.

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Chapter one
Introduction and
literature Review

1.1. Introduction:

Breastfeeding has usually been the proper feeding practice for infants. The WHO recommends exclusive breastfeeding (just breast milk, excluding water, different liquids, and solid foods) for the primary 6 months of life, with supplemental breastfeeding continued for 2 years and beyond [1]. There is a sizeable evidence of short-term and long-term health advantages of breastfeeding for infants and mothers [234567]. Suboptimal breastfeeding practices ended in greater than 800 000 deaths among children younger than 5 years of age (11.6% of all deaths) [8]. Exclusive breastfeeding decreases mortality and morbidity from pneumonia and diarrhea, which are the main child killers [910]. Breastfeeding decreases the threat of noncommunicable diseases, including childhood asthma, obesity, diabetes, and heart disease later in life [11121314]. Breastfed children have shown to have better intellectual development, cognitive function, and academic performance later in life [15]. In addition to unique health advantages for infants and mothers, breastfeeding additionally benefits the society by means of reducing health care cost, parental employee absenteeism, and associated lack of family income [1617].

Saudi Arabia has experienced a fast general progress and socioeconomic changes, which are anticipated to have profound implications, especially in lifestyle and dietary conduct. Although breastfeeding rates are now not declining at the global level, with many countries experiencing significant increases in the past decade, only 39% of infants less than 6 months of age within the developing world are exclusively breastfed, and just 58% of 20–23-month olds gain advantage from continued breastfeeding (CBF) [1819]. In Saudi Arabia, breastfeeding has been customary and accepted all over the kingdom. Past research studies have mentioned breastfeeding duration exceeding 2 years [2021]. Introduction of solid foods was reported to be as late as the age of 12–18 months and complementary to breast milk [21]. However, several studies have stated a downward trend in

breastfeeding practice and duration [¹⁹²²²³], as early introduction of bottle feeding was recently mentioned to replace breastfeeding [²²²³]. Additionally, solid foods have been proven to be introduced in advance than before, at among 4 and 6 months [²³].

1.2. Objective:

1- This study aims to evaluate risk factors that lead to cessation of breastfeeding among infants and children less than 2 years old.

Chapter two

Methodology Patient and Methods

2.1. Design of the study:

A quantitative (purposive sample consists from 30 mothers) descriptive study conducted to assess prevalence and reasons of cessation of breast feeding in Erbil city

2.2. Setting of study:

This study was conducted at Muhammad bajlan MCH in Erbil city during the period of January, February 2023.

2.3. Sample of the study:

A non-probability (purposive sample) obtained through taking interview mothers who visiting Muhammad bajlan MCH centre in Erbil city selected as study sample.

2.4. Method and tool of data collection

A questionnaire constructed by investigator then reporting for data collection. It was comprised of two major parts.

part 1 : to socio demographic characteristics of mothers and children.

Part 2: to assess prevalence and reasons of cessation of breast feeding in Erbil city

2.5. Ethical consideration:

An official permission was be obtained from directorate of health through, Erbil Medical Technical Institute for data collection. Also oral consent was be taken from students of and Researchers will promise to keep the students' information, confidential, and use these data for this study only then explain the purpose of this study to each participant.

2.6. Statistical analysis: Data was analyzed through using SPSS version 23.

Through application of frequencies and percentage

Chapter three

Results

Results: This chapter will present the main findings of the study.

Table (1) Descriptive Statistics about Socio-demographic characteristics of mothers:

Table 1 shows the descriptive statistics of Socio-demographic characteristics of mothers. Most of the mothers are aged between 21 and 30 (60%) followed by respectively since the majority of them are worked as house wife's (96.6). having illiterate education (46.5%). Also, the result of this table shows, the majority of parity is Multipara (86%),

Items		F	%
Age	21-30	18	60%
Occupation of mothers	House wife	29	96.6%
Level of education	Illiterate	14	46.5%
Parity	Multipara	26	86%

Table 2 shows the descriptive statistics of Socio-demographic characteristics of baby's s. Most of the are girl with age of most of the babies is less than 1years (80%) also delivered with NVD (60.5%) and the type of feeding are mixed feeding (46%).

Table (2) Descriptive Statistics about Socio-demographic characteristics of baby:

Items		F	%
Age of child	Less than 1years	24	80%
Sex of child	Girl	16	53%
Types of feeding	Mixed feeing	14	46%
Types of delivery	NVD	18	60%

Table (3) Descriptive Statistics sources of information about breast

Feeding:

Table 3 shows the majorities of the mother the sources of information about breast-feeding form her mother's (100%)

Items	F	%
Mother	30	100%

Table (4) Descriptive Statistics main reasons for breast feeding cessation reported by mothers:

Table (4) shows main reasons for breast feeding cessation reported by mothers breast feeding was unpleasant with Low weight gain in infant are equal (46%) and Ina adequate breast feeding about (53%).

Reasons	F	%
Breast feeding was unpleasant	14	46%
Ina adequate breast feeding	16	53%
Low weight gain in infant	14	46%

Chapter four

Conclusions and recommendations

This chapter presents conclusions and recommendations which are derived out from the study.

1. Conclusions

Based on the results, it can be concluded that:

- Most of the mothers are aged between 21 and 30 (60%)
- The majority of them are worked as house wife's (96.6). having illiterate education (46.5%).
- the majority of parity is Multipara (86%), most of them getting information from her mothers.

□ main reasons for breast feeding cessation reported by mothers breast feeding was unpleasant with Low weight gain in infant are equal (46%) and Inadequate breast feeding about (53%).

Recommendation

- Educational materials need to for women during pregnancy.
- Home visits as a routine part of nurse surveillance can be used for helping the mothers and supporting them

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Appendices

Prevalence of Breast Feeding and Factors Associated with the duration of Breast Feeding in Erbil city.

A//Sociodemographic characteristic of mother:

1. Maternal age :-
2. Level education of mother:-
3. Job of mother:-
4. Gravida para abortion:-
5. Type of family
6. Number of children at home:-
7. Source of information about breast feeding :-

1. Mother
2. Tv
3. Dr.
4. Nurse
5. McH center
6. Radio
- 8- * Age at marriage:

B//Sociodemographic characteristic of new born baby

- | | | |
|---------------------------------|------------------|---------------|
| 1. age of child= | 2. sex of child= | |
| 3. type of feeding Exclusive BF | -Bottle- feeding | Mixed feeding |
| 4. pre mature baby- | | |
| 5. Full term baby- | | |
| 6. Type of delivery- | 1.NVD | 2.C/S |

7. wight of new born baby

C// Main reasons for BF cessation reported by mothers (mothers in the sample).

Reasons	Yes	No
Mother's choice "I did not want to breastfeed" or "the idea of breast feeding was unpleasant"		
"Bottle feeding was easier/ more convenient"		
"I consider artificial formula as healthy/ adequate as breast milk"		
"Personal reasons "dislike to change the shape of breasts		
Difficulties establishing breastfeeding "I had no milk letdown"		
"My baby would not latch on"		
infant was still hungry after BF"		
low wight gain in infant"		
Maternal health problem		
Infant health problems		
Infant was adopted		
Maternal employment		
Advice from a health professional		
New pregnancy		
Problem with breast (pain, cracked nipples, mastitis)		



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ئامادة كردنى لىلايەن قوتابى

بەسەر پەرشىتى

م هەنەا عثمەن سەدى