

## AWARENESS AND ATTITUDES ABOUT BREAST FEEDING IN WORKING WOMEN OF DHQ HOSPITAL FAISALABAD

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### ABSTRACT

**Objective:** This research was carried out to find out the awareness and attitudes about breast feeding among mothers at DHQ Hospital FSD. My aim for this study was to determine the knowledge and practice of mothers towards breast feeding and the obstacles that deprive mother from giving breast feeding. Almost all mothers think that breast feeding has only benefits for the baby, while in fact there are also benefits for them. **Introduction:** Breast milk is the blessing of ALLAH for not only infant but also for mothers. Breast feeding gives satisfaction to mothers and feed to infant. In the new era fashion changes the priority of mothers and also mothers attract to give milk powder to infants other than the breast milk. Breast feeding is essential for infants to grow smoothly. **Setting:** At the DHQ Hospital FSD, mothers are working in different fields like doctors, nurses, midwives etc. Mostly working women feel uncomfortable to feed infant at working place. The day care center facility is also available to working women. We want to access the attitudes and awareness among them. **Method:** Questionnaire was designed for this research purpose and filled by the respondents. For result evaluation purpose SPSS software is used and result is shown in the form of graphs. **Result:** Our result showed that mostly women have knowledge about the benefits of the breast feeding and planned prior to delivery of infant. The working women at DHQ Hospital FSD have positive attitude about breast feeding.

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### INTRODUCTION

Breast feeding is associate degree augmentation of maternal security that changes the younger baby from the shelter of the in utero condition to presence within the ex utero world with its scope of conceivably risky exposures. The advancement, assurance, and facilitate of breast feeding may be a specifically within your ways system for enhancing baby survival and conveyance down the burden of youth disorder, essentially in developing nations. Bosom nutritive is advantage for baby and additionally mother furthermore. Antibodies contained that keeps from varied adverse diseases mother (bosom growth, mastitis, hip crack then on) and tyke likewise, similar to: the runs, metabolic process contamination, physiological condition

contamination then on 2 Breast drain is formed for the kid, and offers exceptional sustenance. there's increasing proof that early trade has an intensive pull have an effect on on health comes regarding. The initial thousand days following plan is that the most essential time in programming prosperity for grown-up life. Late inquiry has highlighted the regular health spatial relation of business enterprise breast feeding collectively of the additional outstanding easy parts of presence programming.<sup>1</sup>

The drain is open systematically, and it's heat, sleek and 'free!' analysis recommends that bosom inspired kids advantage from extended neurologic and subjective improvement every in early stages and later life. various factors, for

instance, the need or states of mind of moms together with breast feeding, operating mother, family support, and technique of transport and history of smoking area unit crucial in begin and maintaining breast feeding. The progression of feeding is associate degree overall customary prosperity would like and therefore the motivation to completely breast feed until cycle for a 1 year ancient has been gotten by means that of assorted nations around the globe. The ability of verification to assist the progressing of breast feeding is developing and persuading, exceptionally as breast feeding variables of intrigue every the insufficient child and therefore the mother. Beside chest consume being the most effective meals for best newborn kid augmentation and headway, there area unit additional in depth pull sensible events for the new tyke child. There's influencing confirmation regarding a decrease peril of adjusting into hefty or growing elevated cholesterin or unreasonable vital sign it slow or another shortly off. Breast feeding is in addition connected with contract proclamations of mortality and horribleness from duct ailments for the tyke 2 and reduced shot of cavity illness and respiratory disorder. there's some confirmation that breast feed children have enlivened intellectual enchancement and revived apportionment with the mother. Focal points for the mother contain of a attenuated probability of sex gland growth, speedier reclamation once birth, and a possible diminished risk of bosom sickness and type II polygenic disorder. There's furthermore demonstrate that breast feeding is connected with a reducing chance of fulminant SIDS issue. Verification thus far proposes no counter-signs for one in all a form breast feeding for cycle for a year for renewing full-term babies.<sup>2</sup>

One of each 10 North American nation mothers continues with uncommon breast feeding for the bolstered term, the preparative a half a year of life.<sup>3</sup>

Despite numerous preferences of Exclusive

breast feeding (EBF) for kids and mothers, an excellent measured reduce within the EBF charge within the USA at for a year stood out from the motivation at begin recommends that thought techniques in begin and continuation of EBF could likewise equally dissent. The principle of this subjective get some answers regarding was to seek out psychosocial factors shrouded the continued EBF direct for a half year, keeping in patterned the stop aim to secure hanging confidence developments in line with organized lead.<sup>4</sup>

Social composes in breast feeding begin will nearly build up the breast feeding hole that's gift in sight of the customary measure components of race, cash connected standing, et cetera. There are a measure of parts that build duties concerning one's result of breast feeding. Studies have incontestable that individual's perceptions and mindsets towards breast feeding area unit connected with begin and sustenance of breast feeding. Confusions in breast feeding prices likewise exist within racial social affairs. Social heritage has been seen as a possible illustration for the kinds saw within racial get-togethers develop genuinely in mellow of a man's social condition. The examples and feelings of a life-style have a bent to have an effect on the selection to feed. Hispanics moms can plausible recall on breast feeding knowledge from their familial framework (accessory or mother) once deciding on reinforcing call, this is often con to non-Hispanic whites WHO area unit additional important inclined to consider exhortation given by technique for his or her restorative administrations associations.<sup>5</sup>

There has been a major refinement in race and social institution as per breast feeding conditions of thought and the way breast feeding info is gotten. One examination analyzed the conditions of thought of Asian and Caucasian moms with reference to breast feeding and technique managing through the utilization of summary.

The outcomes recognized conditions of thought toward length and quality merely like a difficulty poignant the target to feed in Asian and Caucasian institutions. within the indistinguishable situate out regarding completed in European country, it wont to be in like manner suggested that every one moms get maintain of ability regarding breast feeding from prosperity center giving birth experts; the Asian neighborhood although likewise got records regarding breast feeding from family and therefore the mother's near home precise mother. Another marker of feeding begin and length is pre-birth feeding objectives; if a lady expects to breast feed it's additional noteworthy than possibly that she is going to actually begin breast feeding and have a tendency to breast feed longer versus a lady WHO has not contemplate. It besides is during one amongst in every of} a form in a notice a number of solutions regarding finished through, having before breast feeding records or asylum been breast feed as a high school may additionally in like manner surpass the measure factors usually connected with breast feeding.<sup>6</sup>

## LITERATURE REVIEW

### Benefits of Breast feeding to the infants

The beneficial effects of breast feeding, both for the mother and child, are well-known.

### Health Benefits

Great sustenance is basic for healthy increment and improvement. Human milks give the wonderful suitable vitamin to babies. The creation of bosom drain is ceaselessly transforming: it alterations day – to-day and even changes from the initiating of the bolstering to the quit.<sup>7</sup> Babies who have been exclusively breast feed have been appeared to have the least occurrence of disease, notwithstanding when contrasted and diverse newborn children who are breast feed now and again, which shows that there is a 'dosing' impact in the energizing advantages of breast feeding. Research

forewarned that breast feed babies have diminished charges of otitis media.<sup>8</sup>

A meta-examination found that more drawn out term of breast feeding is connected with a decline in possibility of weight issues and overweight sometime down the road. It was once found that breast feeding is connected with a lower extent of formative postponements in net engine advancement. The physical exertion of sucking milk all through breast feeding may likewise leave youngsters with better lungs as they create up, researchers said. Specialists from the University of Southampton and the College of Veterinary Medicine in Michigan State University did a 10-year get some answers concerning of 1,456 kiddies from the Isle of Wight. They found youngsters who had been breast feed for no less than 4 months had more favorable lung work. Breast feed babies do demonstrate a considerable increase over equation encouraged youngsters in net engine improvement, obvious sharpness, scholastic satisfaction and possibly social skills.<sup>9</sup>

### Benefits of breast feeding to the mothers

#### Health Benefits

The elevating of breast feeding tend to center extraordinarily around the medical advantages to babies, however much of the time limits or neglects to say focal points to mother. Research recommends that there may furthermore be well ness points of interest provided to ladies who nurture their babies. These comprise of brought down blood misfortune after birth, diminished shot of premenopausal bosom malignancy, brought down possibility of ovarian growth, ordinary lifetime lessened menstrual blood misfortune, attainable well being from a few contaminations, limit risk of osteoporosis and feeling of progress with parenthood.<sup>10</sup>

There is moreover some proof that breast feeding may influence commitments to present on partum weight reduction in nursing mother.<sup>11</sup> This

is just helped the mother to catch higher why they need to breast feed their babies. The overview of America calls for 75% of ladies breast feeding during childbirth, half breast feeding at a half year and 25% all things considered nursing at a year, it is evaluated that if the Health People 2010 objectives had been met, there would be a money related advantage of around 3.6 million dollar for each yr construct absolutely altogether in light of the cure of the three most regular disorder in newborn children. Breast feeding spares family units cash and abatements medicinal services costs; breast feeding also encourages a more beneficial workforce, as father and mother are less potentially to forget work to deal with sick kids. An outline of the costs and influences of breast feeding bundles in Brazil, Honduras and Mexico demonstrates that breast feeding has a significantly bigger monetary profit in countries with higher charges of loose bowels and diverse issue less much of the time found in the USA.<sup>12</sup>

As indicated by Collaborative Group on Hormonal Factors in Breast Cancer (2002), there is a relationship amongst breast feeding and bosom disease, and the more drawn out ladies bosom encourage the more prominent they are canvassed contrary to bosom growth. The scientists found that the risk of bosom growth diminished by 4.3% for like clockwork of breast feeding, and 7% for each birth. Further, numerous examination investigated connected breast feeding and the markdown in the threat of ovarian malignancy. Particularly these investigations reasoned that the ladies who breast feed had 21% considerably less peril of ovarian most growths contrasted with mothers who not the slightest bit breast feed.<sup>13</sup>

There is an expansive relationship between breast feeding costs and socio-statistic qualities for moms comprising of maternal age, maternal training level, and family pay. It has been watched that breast feeding rates raised with expanding maternal age for all race-ethnicity gatherings.

More seasoned moms are most likely to choose breast feeding than youthful mothers.<sup>14</sup>

Breast feeding has other long haul points of interest for newborn children, for example, for example, more noteworthy intellectual result in full-term babies, less cardiovascular mortality in grown-ups and diminish individual 12 blood weights. In any case, these advantages should be done if the distinctive hazard factors have been considered.<sup>15</sup> There are numerous inconveniences that disturb mother's breast feeding chart at work. Regularly noted issues are absence of work environment breast feeding offices, absence of family bolster, mother's deficient aptitude about breast feeding and feeling of shame. Working moms frequently confront rigidity in the working hours, unfit to find office for childcare at or near the working environment, need security for breast feeding, region to keep bosom drain (fridge), confined paid maternity leave and worry over occupation instability. All moms can breast feed, as long as they have right data and guide from their family, manager, human services framework and society.<sup>16</sup>

The worldwide scope for tyke and more youthful little child sustaining pushed that each place of business ought to have inspire admission to full help keeping in mind the end goal to protect novel breast feeding up to a half year, trailed by utilizing correlative nourishment and breast feeding till 2 years. Also, the administration needs to pass an enactment advancement the woman representatives breast feeding rights and founding limit with regards to usage as per worldwide work laws. The execution of mother charming authoritative focus activities in the light of upheld arrangements will urge mother`s chart to maintain breast feeding hones at the place of business for the most gainful time frame.<sup>17</sup>

## **METHODOLOGY**

This chapter will consider the rules and

procedures upon which research is based and against which claim for knowledge will be evaluated.

### Research Design

This research will base on empirical analysis which will be accessible only in quantitative research.

### Population

Population of the study will be comprised of mothers working in DHQ Hospital of Faisalabad.

### Sample

The sample of the study will be minimum 50 respondents. The data will be collected by conducting a survey.

### Research Instruments

The primary data was collected through questionnaire and secondary data through internet.

### Data Collection

Data was collected through questionnaire of working women of DHQ hospital FSD.

### Data Analysis

Data was analyzed with SPSS v20.

## RESULT

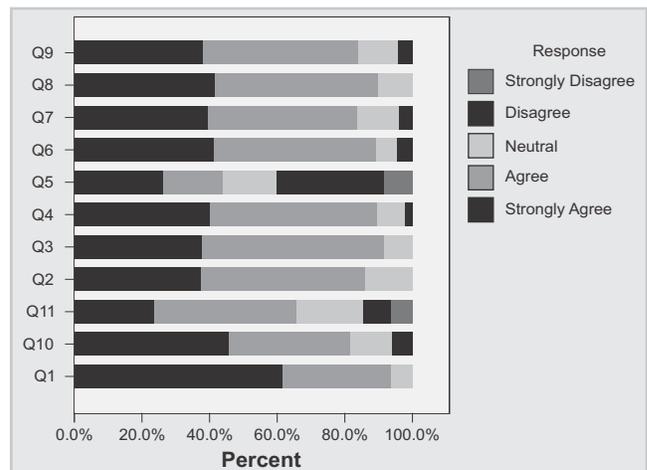
The data gathered were coded and analyzed using descriptive statistic and frequency percentage. Descriptive statistic was summarized data to know the percentages of different variables of the questionnaires using SPSS version 20. The frequency percentage statistics was used to show the differences of each question.

## DISCUSSION

Our questionnaire was comprised on 22 close

Response				
	Frequency	Percent	Valid Percent	Cumulative Percent
Strongly Disagree	77	1.3	1.3	1.3
Disagree	330	5.5	5.5	6.7
Valid Neutral	682	11.3	11.3	18.0
Agree	2563	42.4	42.4	60.4
Strongly Agree	2398	39.6	39.6	100.0
Total	6050	100.0	100.0	

Descriptive Statistics			
	N	Mean	Std. Deviation
Breast feeding have positive impact on infant and mother health	50	4.56	.611
Breast feeding increase the weight of infant	50	4.24	.687
Breast feeding gives inner satisfaction to mother	50	4.30	.614
Breast feeding can save from many complications to mother	50	4.28	.701
Breast feeding is cause of inherent diseases	50	3.22	1.360
Breast feeding can save to mother from breast cancer	50	4.28	.757
Breast feeding gives you skin to skin contact with infant	50	4.20	.808
Breast feeding have natural immunity for infant	50	4.32	.653
Breast milk contains enzymes, vitamins and minerals	50	4.18	.800
Breast milk is the ideal form of nutrition for infants	50	4.22	.887
Do you think that breast feeding change the shape of body?	50	3.70	1.111
Valid N (listwise)	50		



Response Items				
	Frequency	Percent	Valid Percent	Cumulative Percent
Yes	4059	67.1	67.1	67.1
Valid No	1991	32.9	32.9	100.0
Total	6050	100.0	100.0	

Descriptive Statistics			
	N	Mean	Std. Deviation
Did you plan to breast feed prior to delivery/birth of your baby?	50	1.02	.141
Did you attend any antenatal care when you were pregnant with your previous child?	50	1.10	.303

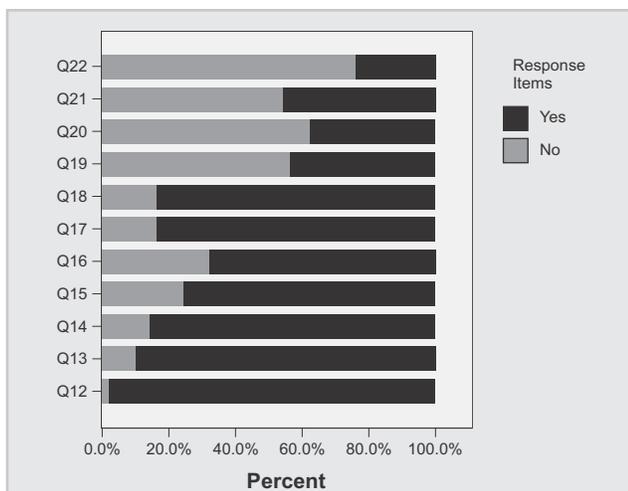
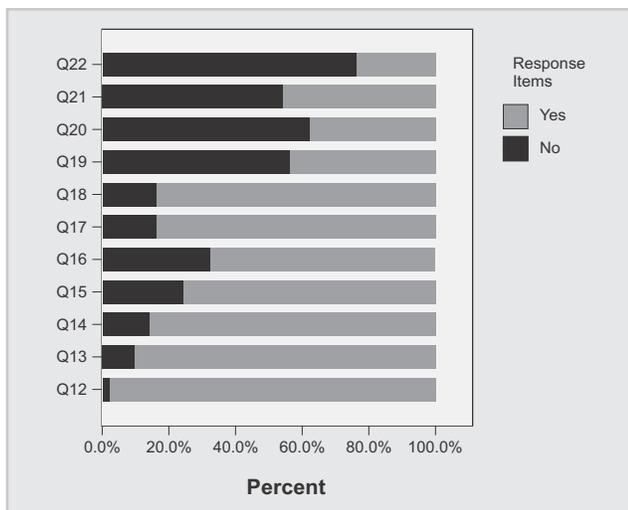


Does your employer provide facilities at work for you to express milk or breast feed your baby if you want to?	50	1.14	.351
Have you ever been stopped or made to feel uncomfortable about breast feeding in a public place?	50	1.24	.431
Have you ever had problems finding somewhere to breast feed your baby in a public place?	50	1.32	.471
Did you have prior information about the benefits of breast feeding?	50	1.16	.370
Is the facility of Day Care centre available at DHQ FSD for working women?	50	1.16	.370
Have you avail the facility of Day Care centre?	50	1.56	.501
Did you feed to infant at working place?	50	1.62	.490
Since your baby was born, have you ever feed him/her in a public place?	50	1.54	.503
Have you any experience of any side effect of breast feeding?	50	1.76	.431
Valid N (listwise)	50		

ended questions. Above figures shows the overall result of questionnaire. The mostly working women at DHQ Hospital FSD have awareness about the breastfeeding and have positive attitude towards breastfeeding More than 60% working women think that breastfeeding have positive impact on the health of infant and mother.. The 76% working women have not any side effect of breastfeeding. 98% working women have prior plan to breastfeed their child and this ratio shows that they have good knowledge and positive attitude towards breastfeeding. Over all the result of our research shows that working women have awareness about the breastfeeding.

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**AUTHORSHIP AND CONTRIBUTION DECLARATION**

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