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Breastfeeding attitudes of women in postpartum period and factors which effect the breastfeeding attitude in Turkey

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Aim of the research is, determine attitudes of women in postpartum period about breast-feeding and analyzing the factors that affect these attitudes. This research having cross sectional and descriptive qualities has been held in Maternity and Gynecology Training and Research Hospital of Ege in İzmir between the dates of November 2014-June 2015. The sample of this study was consisted 218 volunteer women in postpartum period. The data has been gathered by using Individual Description Form and Breastfeeding Attitude Scale. It has been designated that the age average of the women is 27.45 ± 5.98 , 39.9% of them are primary school graduate, 89.9% of them are housewife, 59.2% of them have equal income and expence, 76.6% of them have nuclear family, 52.3% of them is living in the city centre. 38.9% of women' number of pregnancy and 28.5% of their number of living children are three and more, 55.5% of them got epidural anesthesia at the birth and 59.6% of them is cesarean section. 85.8% of the women wanted to be pregnant and 69.3% of them planed, 53.7% of their baby is boy, 93.2% of their baby is between 2500-4000 grams. At the time that we analyze women' knowledge about breastfeeding they expressed that, 33.9% of them got information about breastfeeding and breast milk and 37.8% of these information retrieved at the first pregnancy and 66.2% of them retrieved the information from medical personnel, the retrieved information is about breastfeeding technique (50%) and 65.5% of their breastfeeding duration is 12 months and more; 32.6% of them feed their baby one hour later after the birth at first, 83.7% of them think about breastfeed their baby along 12 month and more, 26.6% of them breastfeed their baby when crying, 68.8% of them hold their baby fifteen minutes on the breast, 64.7% of them are using teat or feedingbottle, 50.5% of them are giving another food and they are using 69.1% recipe baby food, 21.8% water, 9.1% sugared water and 26.4% of their reason for giving extra food is lack of breast milk. Breastfeeding attitude of the women in postpartum period evaluation tool's mean is $X=100.38 \pm 18.88$. According the to family type, getting knowlage about breast feeding and breast milk before, using teat or feeding bottle situation and the time that planed for breastfeeding; the difference between breastfeeding attitude points gained meaning. The women which had three and more pregnancy and living child, got boy baby, experienced breastfeeding before, breastfeed their baby within the thirty minutes after the birth, breastfeeds her baby once at half an hour, university graduated, are working, have more income than expence and are living in the country side has high average at the breast-feeding attitude point averages. In this study; it is determined that one-third of the women retrieved information at their first pregnancy and the information that they retrieved is just about breast-feeding techniques, in the postpartum period one-third of women could breastfeed their baby after one hour and frequency and duration of their breastfeeding is effecting their breastfeeding attitude point. Moreover it is determined that women are consulting some ways (teat, feding bottle, additional food ect.) to remove the breast milk from their baby. And it concluded that although most of the mothers are thinking about breastfeed their baby 12 month and more, they have not enough knowlage about breastfeeding, have a boy baby, their level of income, aducational level and their living place is effecting their breastfeeding attitude point.

Biography

Ekin Dila Top is currently a PhD Student, Department of Obstetric and Gynecology Nursing at the Ege University Health Sciences Institute, Turkey. She is also a Lecturer at the Kâtip Çelebi University in Obstetric and Gynecology Nursing Department since 2014.

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