

## PREVALENCE OF BREAST FEEDING IN THE WORKING WOMEN OF DISTRICT MARDAN

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### ABSTRACT

**Objectives:** Finding out how often working women breastfeed was the main goal of my research. Second, the impact of employment on breastfeeding was noted. Third, it was assessed if working women were using bottles.

**Methodology:** Cross-sectional research was done in this study from June 2015 to August 2015. The Mardan Medical Complex's outpatient clinics and wards served as the study's working environment. The research took two months to complete. The participants gave their written agreement before the researchers filled out questionnaires based on the information provided by the subjects. SPSS version 16 was used to input, analyse, and show the survey data as tabular, bar, and pie charts. A thorough debate was conducted based on this evidence, and conclusions were reached.

**Results:** 100% of our sample were exclusively breastfed for 6 months, and 75% of them were found to be nursing. The employment position of women has been identified as the primary cause of this early cessation. In the first week, only few females began bottle feeding. However, the prevalence of bottle feeding rose in the weeks that followed. The preference for bottle milk over breast milk was 23%. Again, the work was the cause, however some of them preferred bottle feeding since they were more familiar with it.

**Conclusion:** Although breastfeeding was common among working women, it was not possible to breastfeed exclusively for the recommended six months. Therefore, it is important to encourage working women to breastfeed at work or to take lactation breaks so that they can do so.

**Key words:** breastfeeding practices, bottle feeding, breastfeeding prevalence.

### INTRODUCTION

Nursing greatly impacts mother-child health. Breastfeeding helps children grow and develop, reduces mortality and morbidity, and promotes infection resistance.<sup>1</sup> Mothers bond with their babies, minimise their risk of breast and endometrial cancer, postpone births due to lactational amenorrhea, and more<sup>1</sup>. The World Health Organisation recommends solely breastfeeding for six months and adding supplementary meals till two years old.

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Summaries of analyses Nearly all Pakistani newborns and young children are breastfed, however feeding practises are poor, hurting the country's nutrition and health.

Women in our Muslim-majority nation breastfeed for two years.<sup>4</sup> Pakistan has the second-highest South Asian newborn and child mortality.<sup>4</sup> Pakistani breastfeeding rates are falling, particularly among college-educated and urban working women. Employing women has led to an early conclusion to nursing, a shorter duration, and more bottle feeding, which has reduced breastfeeding prevalence.<sup>4</sup>

More mums must work, affecting exclusive breastfeeding, the best nourishment for newborns. Worldwide, mums feed fewer babies alone. Pakistani exclusive breastfeeding rates have not changed in seven years despite expanding women's literacy and health professionals. This grew from 37.1% in 2006-

07 to 37.7% in 2012-2013. However, bottle-feeding grew from 32.1% in 2006-07 to almost 41.0% in 2012-2013.<sup>6</sup> Pakistan has the lowest South Asian exclusive and timely breastfeeding rates. Breastfed youngsters are 14 times less likely to die before their first birthday. Their diarrhoea mortality rate is elevenfold greater.

Working mums, middle- and upper-class mothers, city mothers, and mothers who seek medical care bottle-feed more than college-educated, high-class mothers, who exclusively breastfeed less.<sup>7</sup> Breastfeeding alone may lower newborn mortality by 10%, according to conservative estimates.<sup>8</sup>

The WHO defines exclusive breastfeeding as breast milk (including expressed) without vitamins, minerals, or medications. This means the infant cannot ingest water, breast milk replacements, or other liquids or solids.<sup>9</sup> Only 38% of Pakistani 6-month-olds were breastfed exclusively. This shows modest progress from PDHS 2006-07, when 37% of newborns were exclusively breastfed for six months. The PDHS 2012/2013 survey indicated an increase in Pakistani infant bottle use.<sup>10</sup>

Experts predict newborn mortality may reduce 22% if mothers nursed in the first hour. Breastfeeding protects newborns, builds mother-child bonds, decreases breast cancer risk, and controls birth.<sup>11</sup>

Fewer than 40% of newborns are exclusively breastfed in the first six months; most combine breast milk with other foods and fluids. Due to premature usage of baby formula and alternatives, our newborns are malnourished and undeveloped. Baby formula and cow's milk are 60% more likely to be malnourished.<sup>12</sup> Poor, uneducated women with female babies discontinue breastfeeding earlier. A recent research found that Gilgit Northern Area of Pakistan does not exclusively breastfeed for six months. Mothers without high school diplomas breastfeed more. Male babies were breastfed more than females.<sup>13</sup>

## METHODOLOGY

The study being conducted was a cross sectional study. Nonprobability Convenient sampling technique was adopted for this study. The study area was carried out in the Out Patient Departments and wards of Mardan Medical Complex. It took two months to conduct the study. All the sample were collected during June 2015 to August 2015. A written consent was taken from the participants after whom

questionnaires were filled by the researchers according to participant data. Data from the questionnaires was entered & analyzed via SPSS version 16 & then presented in tabular, bar and pie chart form. On the basis of this data detailed discussion was done & conclusions were drawn.

## INCLUSION CRITERIA

All the working women who were presently breast feeding their babies were included in the study.

## EXCLUSION CRITERIA:

All the women who were presently breast feeding their babies were not working women were excluded from the study.

## RESULTS

The results of our study revealed that out of 100 clients a large proportion of the women (73%) were graduate, 15% were matriculate, 7 % had primary education and 5% were uneducated. The overall literacy rate of Pakistan is 46% according to UNESCO report 2013<sup>39</sup>. The reason of high literacy rate in our sample is basically due to selection of the working class individual's working class individuals.

As we had conducted study among working class, so our sole sample(100%) belonged to working class and among them 38% were nurses, doctors contributed 20%, teachers were 20%, maids were 10% and 12% were from other profession Among which 6 female were OT technician, 3 were engineer, 2 were lawyer and remaining 2 were working as Government servant. 60% percent women had 1-3 children, 31% women had 4-6, and 9% women had 7 or more than 7 children.

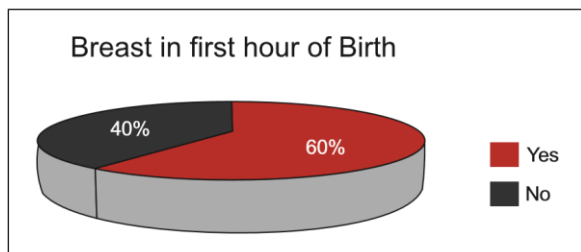
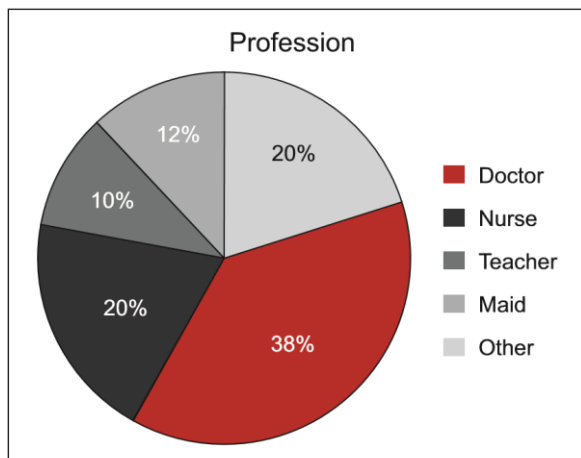
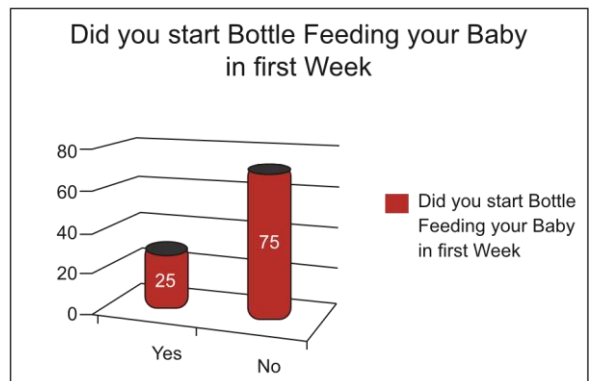
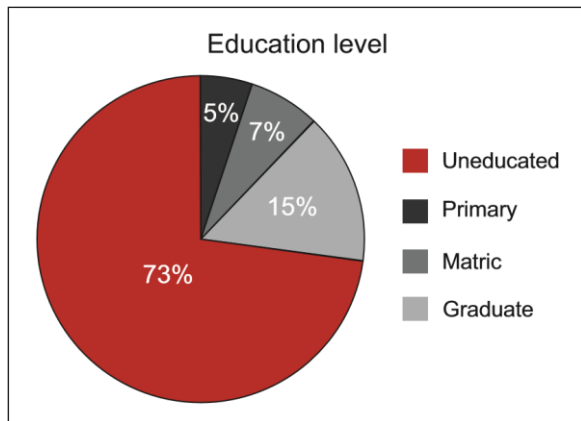
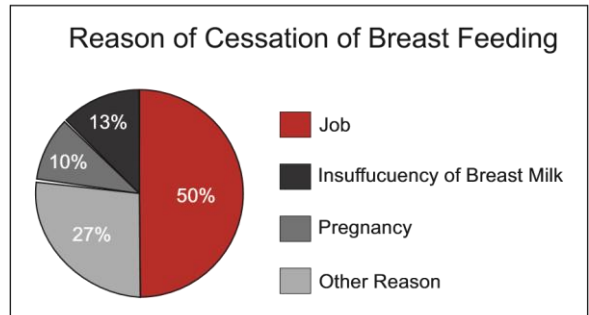
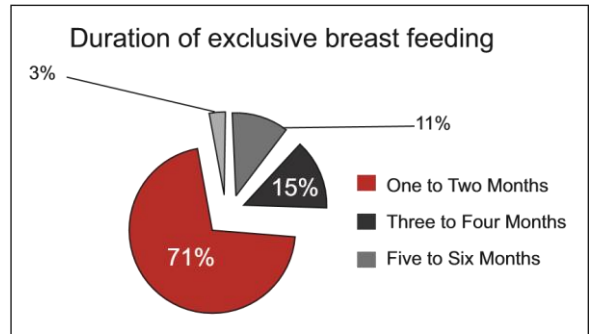
The prevalence of breastfeeding in my study was 100% and all the clients were breastfeeding their babies. 60% of the clients started the breastfeeding in 1st hour while 40% breastfed their babies later. Out of these 40%, 70% started on 1st day, 22% started during 1st 3 days and 8% started in 1st week. The reasons behind delayed breastfeeding were noted as following. 47 % maternal ill health, 32%insufficiency of breast milk, 18% infant health ill while 3 % were not comfortable and familiar with the breastfeeding.

In our sample about 98 % women have knowledge of exclusive breast feeding for 6 month while 2 % were unaware. 71% population did exclusive breast

feeding for 5-6 month.3 % for more than six month.11 % practiced it for 2-3 month and remaining 15% followed it for 3 -4 months.

Breast feeding at 1 year in 83%, continued breastfeeding at 2 year in 56% and bottle feeding in 51.3%. According to this survey percentage of breast feeding is quite high i.e. 71 %. it may be due to high level of literacy rate in our sample.

55% of population breastfed their young ones 7 times in a day, 27% used to practice it 3-5 times and 22% used to do it for 8 times or more in a day. Most of the females (78%) considered job as a factor affecting duration of breastfeeding, while 22% did not agree to idea above



Most women 50% stated that their working status was responsible for earlier cessation of breastfeeding. 27% stopped due to insufficiency of breast milk and 10% ceased because of pregnancy and 13% had other reasons.

In our study majority of women (75%) did not started bottle feeding in first week and 25% of the women started bottle feeding in first week.

Majority of people (50%) started bottle feeding during 5-8 months, 25% started in 1-4 months, 20% in 9-12 months and 5% never bottle fed their babies.

76% of women in our research preferred bottle feeding because of uncomfortable with idea of breastfeeding, 13% did so because of job and 11 % considered it easier than breast feeding. Most of them (69%) used formula milk followed by dairy milk (25%) and packed milk (6%). More than 70% population were unsatisfied with bottle feeding

## DISCUSSION

The results presented in our study have revealed that out of 100 clients A large proportion of sample(73%) were graduate, 15% were matriculate, 7 % had primary education and 5% were uneducated. The overall literacy rate of Pakistan is 46% according to UNESCO report 2013<sup>14</sup>. The reason of high literacy rate in our sample is basically due to selection of the working class individual's working class individuals.

The prevalence of breastfeeding in my study was 100% and all the clients were breastfeeding their babies. According to National Demographic Health Survey 2012-13,<sup>15</sup> the prevalence rate of breastfeeding is 98%, which is slightly lower than our values. A study in Pakistan shows that 95.4% women Breastfeed their child<sup>17</sup>.

In our sample about 98 % women have knowledge of exclusive breast feeding for 6 month while 2% were unaware.71% population did for 5-6 month. 3% for more than six month. 11 % practiced it for 2-3 month and remaining 15% followed it for 3 -4 months.

The Demographic and Health Survey (DHS)

2012-13 <sup>15</sup> revealed that in Pakistan the rate of early initiation of breastfeeding was 54.7%, which is consistent with the results of my study where 60% of the clients started the breastfeeding in 1st hour.

In another study carried out in Pakistan that overall optimal time (1st hour) of onset of breastfeeding rate was 69% <sup>16</sup> which is consistent with my study where 60% of our clients started breastfeeding in 1st hour while 40% breastfed later. Out of these 40%, 70% started on 1st day, 22% started during 1st 3 days and 8% started in 1st week <sup>16</sup>. The result of our study is almost in consistence with the study carried above. Only 36% of mothers began breastfeeding the day they gave birth. 30.7%start it on 2nd day, 34% started on 3rd day. <sup>17</sup> There were significant differences in breastfeeding among provinces, rural and urban residence educated or uneducated. 62% of mothers start supplemented feeding to their children before the age

of 5 months. The early initiation of supplementary food were common in rich and educated families. Late initiated in poor and less educated families. <sup>18</sup>

Half of working women blame their employment situation for their decision to stop nursing. Inadequate milk production was the most common reason for not exclusive breast feeding, as stated by 71% of mothers, followed by maternal employment as the reason for the early cessation of breast feeding, according to a study by Ibrahim et al <sup>19</sup>; the remaining 7% of mothers gave other reasons for stopping breast feeding.

Early weaning, delayed initiation of breast feeding, and antenatal counselling were all found to be significantly associated with early breastfeeding cessation in a study conducted at Zia Uddin Medical University in Karachi.This is in contrast to the findings of my research, which found that breastfeeding was discontinued an average of 20 days sooner among women who had jobs.

My findings corroborate those of J.Prev, who found that "the higher the mother's education, the shorter is breastfeeding duration"<sup>21</sup>.

The World Health Organisation (WHO) advises that, up to month <sup>6,23</sup>, infants should be fed nothing except breast milk. Breastfeeding might be challenging for the working class. While there's no denying the benefits of nursing, there are times when a bottle is necessary. Seventy-five percent of the mothers in our research did not begin using a bottle within the first week. Our research found that only 25% of newborns were bottle-fed in their first week of life, but a study published in the Journal of the Pakistan Medical Association found that 46% <sup>20</sup> did. Thus, our findings run counter to those of the aforementioned research.

## CONCLUSION

The working status of females was the most important reason for the cessation of exclusive breastfeeding so a favourable attitude should be created for working women to breast feed in place of work or they should be given lactation breaks so that they can exclusively breast feed their babies. A room should be made available at all the working places where the infants should be kept and breastfeed by the Mothers. They should be assured that they can produce enough breast milk to exclusively breast feed. Adequate prenatal counselling can help the women to prepare themselves for exclusive breastfeeding.

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### Authors Contribution

**Concept & Design of Study:** Shahana Nisar1

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**Data Analysis:** Abdul Jamil1,

**Critical Review:** Muhammad Khalid3

**Final Approval of version:** Shahana Nisar1



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