

The Knowledge, Attitude and Practice of Exclusive Breastfeeding among Students Who are Nursing Mothers in Institutions in Oyo State

Christiana Ojo*, AS Adekoya and OB Ijaya

Department of Home and Rural Economics, Federal Cooperative College, Ibadan, Nigeria

*Corresponding Author: Christiana Ojo, Department of Home and Rural Economics, Federal Cooperative College, Ibadan, Nigeria.

Received: March 03, 2023; Published: December 08, 2023

Abstract

Background and Objective: Exclusive breastfeeding for the first six months of life has been accepted as the most vital intervention for adequate nutrition for optimal growth and development of infants; thus reducing infant mortality and under 5 mortality rates. To assess the knowledge, attitude and practice of exclusive breastfeeding (EBF) among students who are nursing mothers.

Materials and Methods: Sixty student-mothers were recruited for the study, the inclusion criteria are the subjects that consented to be recruited to the study, while the exclusion criteria are those that objected to be recruited into the study, The respondents were interviewed about their knowledge, attitude, practice (KAP) of exclusive breastfeeding (EBF), using (KAP) questionnaire. The factors and relationship associated with motivations and constraints for exclusive breastfeeding were assessed, tabulated and analyzed using descriptive statistics and inferential statistics.

Results and Discussion: Of the sixty respondents, 62% are single and 38% are married. 80% and 60% had good knowledge and attitude towards exclusive breastfeeding. The factors that really influenced their attitude and practice of exclusive breastfeeding are inability to breastfeeding in public, age, single-mother, leaving babies in the hand of parents or guardian whenever they come to school.

Conclusion and Recommendation(s): There was drastic fall in the number of nursing mothers who practiced exclusive breastfeeding. Health care workers and tertiary institution should actively work with families and female students to identify constraints and challenges; and sensitize and emphasize on the attitude, practice and compliance of exclusive breastfeeding in the first six months of life of infants. Awareness campaign should be organized for nursing mothers about the importance of exclusive breastfeeding (EBF) and how to overcome the barriers.

Keywords: Knowledge; Practice; Nursing Mothers; EBF

Introduction

Breast-milk is the ideal food for infants' nourishment and development. It is the infant's first fundamental right immediately after delivery. Breast-milk is unique and contains all the necessary nutrients required by infants in the first six months of life [1]. Breastmilk is produced in the mammary gland of every female animal. It travels through a duct to the nipples from which the infant can easily suck. Exclusive breastfeeding in the first six months after delivery helps babies' immune system and lowers the chances of falling ill and protects them from diarrheal and acute respiratory infections [2].

The world health organisation recommends exclusive breastfeeding (EBF) for the first six months of life for infants, while it is advised to provide adequate and safe complementary foods with breastfeeding for up to two years and beyond [3,4]. Breastfeeding is a choice made by mothers based on diverse factors, ranging from awareness, attitude and perception of mothers towards the significance of breastfeeding [5]. Despite the level of awareness on the importance of exclusive breastfeeding by various Government based and non-governmental organisations, the practice still remains lower than the globally recommended standard in the developing countries [6].

Some studies have reputed that breastfeeding practices are often inadequate. Feeding infants with water and other liquids is a regular practice that is widespread in developing countries, as a result of different factors which include: high maternal education level, gestational age greater than 37 weeks, mothers with previous experiences of breastfeeding [6,7]. Even though some researches had focused on the knowledge, attitude and practice of breastfeeding among nursing mothers in developing countries, few researches have focussed on the knowledge, attitude and practice of exclusive breastfeeding among students who are nursing mothers.

Aim of the Study

The present study is therefore aimed at ascertaining the knowledge and attitudes of exclusive breastfeeding among mothers who are students of tertiary institutions.

Methodology

The study was conducted in Ibadan, among the students in Levels 1, 2, 3 and 4 of the Federal Cooperative College, Ibadan. The study was cross-sectional and it used convenience sampling technique for selection of participants based on availability and willingness of the participants. A total of sixty respondents signified their willingness to participate. Their data was collected using a well-structured questionnaire which was validated and its reliability assessed.

The questionnaire obtained information to determine opinions, preferences, motivations, attitudes, knowledge perceptions and practices of exclusive breastfeeding of the sampled population; which was generalised as inference for the study. The statistical data analysis used descriptive means (frequencies and percentages) using tables, charts and texts to conclude on the attitude of the respondents [16,17]. The study design was used to study a variety of problems through data collected for either testing practices, knowledge and attitudes, or answering questions concerning the present status of the respondents under study.

Results

Individual characteristics of student nursing mothers

A total of 60 student nursing mothers were assessed in this at study. Majority of the respondents were in the age groups of 19 - 24 (36.2%). Majority were also in Level 4 26 (44.8%), Level 3 20 (34.5%), Level 2 6 (10.3%), and Level 1 6 (10.3%) The respondents went through different types of child delivery, where 46 (79.3%) had normal delivery and 12 (20.7%) delivered through Caesarean section. The sex of the child being nursed had the majority being male 30 (51.7%) and female 28 (48.3%). Majority of these children were above one year old 28 (48.3%), while 15 (25.9%) were > 6 months of age, 3 (5.2%) were < 6 months of age, 9 (15.5%) were > 3 months of age, and 3 (5.2%) were < 3 months of age.

The respondents were having more than one child. 34 (58.6%) have children 5 children, 3 (5.2%) have 3 children, and 21 (36.2%) have 2 children. The focus of the study is on exclusive breastfeeding, and it was discovered that 52 of them representing 78.6% breastfed last between 1 - 3 years, while 3 (10.7%) breastfed last between 4 - 6 years (Table 1).

Characteristics	f/%
Age (years)	
15-19	9 (15.5)
20-24	21 (36.2)
25-29	18 (31.0)
30-34	10 (17.2)
Level in institution	
Level 1	6 (10.3)
Level 2	6 (10.3)
Level 3	20 (34.5)
Level 4	26 (44.8)
Type of delivery	
Normal delivery	46 (79.3)
Caesarean section	12 (20.7)
Sex of child being nursed	
Male	30 (51.7)
Female	28 (48.3)
How old is the child?	
< 3 months	3 (5.2)
> 3 months	9 (15.5)
< 6 months	3 (5.2)
> 6 months	15 (25.9)
One year and above	28 (48.3)
How many children do you have?	
2	21 (36.2)
3	3 (5.2)
5	34 (58.6)
When last did you breastfed?	
1 - 3 years	52 (78.6)
4 - 6 years	3 (10.7)
> 6 years	3 (10.7)

Table 1: Individual characteristics of the respondents.

Knowledge of student nursing mothers towards exclusive breast feeding (EBF)

From the study respondents, based on knowledge score presented with frequency and percentage. 49 (84.5%) of the respondents knew that first breast milk is yellowish in colour and is called Colostrum, and 9 (15.5%) respondents did not know. Also, 49 (84.5%) of the respondents knew that first breast milk is important for baby, while 9 (15.5%) had no knowledge of it. Majority 55 (94.8%) of the respondents knew that breastmilk protects baby from disease, but 3 (5.2%) did not know. Fifty-eight (100%) of the respondents have the knowledge that breast milk feeding is cheaper than bottle feeding, while none showed lack of knowledge. The knowledge that bottle fed babies are more intelligent than breast fed babies had 9 (15.5%) of the respondents showing they have good knowledge of the fact, while 49 (84.5%) did not show any knowledge of it. 40 (69.0%) of the respondents knew that mothers should breastfeed babies immediately after delivery, and 18 (31.0%) did not know. The majority 52 (89.7%) knew that breastfeeding protects baby from infection and 6 (10.3%) do not know. Also, 29 (50.0%) have good knowledge that breastmilk only is not sufficient for baby in the first 6 months of life, while 29 (50.0%) have no knowledge of it. This report also revealed that 44 (75.9%) have good knowledge that breastfed babies are more healthy than bottlefed babies, and 14 (24.1%) did not display any knowledge of this fact.

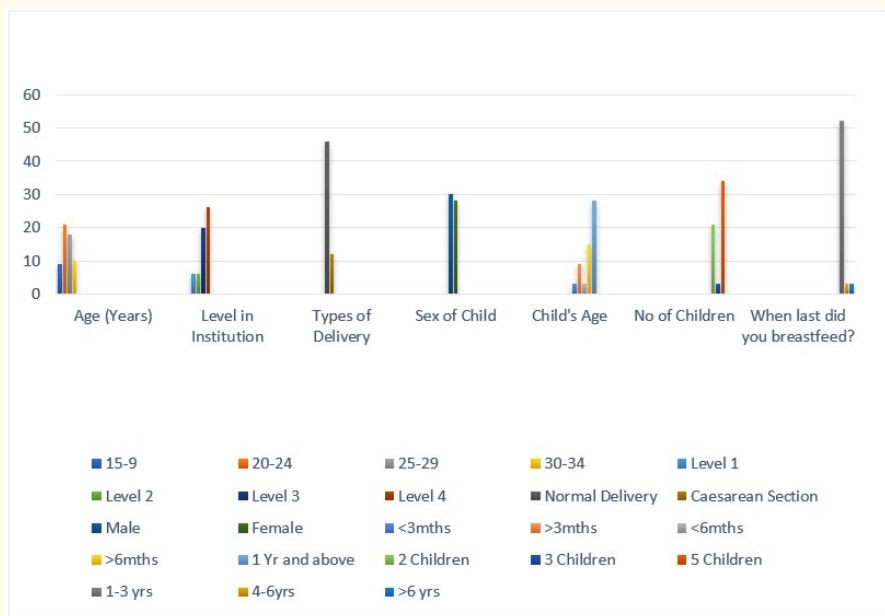


Figure 1: The demographic information of the respondents.

Fifty-eight (100%) of the respondents have good knowledge that breastmilk is cheaper than formula milk, while none had contrary idea. 55 (94.8%) of the respondents knew that breastfeeding provides closer bonding between mother and child, and 3 (5.2%) knew nothing about it. The knowledge that breastfeeding is not necessary when soft food (complimentary food) is introduced to the baby did receive good response as 46 (79.3%) claimed good knowledge and 12 (20.7%) of the respondents have poor knowledge about it (Table 2).

Knowledge	f/%		
	Yes	No	Total
First breast-milk is yellowish in colour and is colostrum	49 (84.5)	9 (15.5)	58 (100)
First breast-milk is important for the baby	49 (84.5)	9 (15.5)	58 (100)
Breast-milk protects the baby from diseases	55 (94.8)	3 (5.2)	58 (100)
Breast-milk feeding is cheaper than bottle feeding	58 (100)	0 (0)	58 (100)
Bottle-fed babies are more intelligent than breast-fed babies	9 (15.5)	49 (84.5)	58 (100)
Mothers should breastfeed babies immediately after delivery	40 (69.0)	18 (31.0)	58 (100)
Breast-feeding protects babies from infections	52 (89.7)	6 (10.3)	58 (100)
Breast-milk only is not sufficient for the baby in the first 6 months of life	29 (50.0)	29 (50.0)	58 (100)
Breast-fed babies are healthier than bottle-fed babies	44 (75.9)	14 (24.1)	58 (100)
Breast-milk is cheaper than formula milk	58 (100)	0 (0)	58 (100)
Breastfeeding provides closer bonding between mother and child	55 (94.8)	3 (5.2)	58 (100)
Breastfeeding is not necessary when soft foods (complimentary foods) are introduced to the baby	12 (20.7)	46 (79.3)	58 (100)

Table 2: Knowledge of the respondents about exclusive breastfeeding EBF.

Attitudes of student nursing mothers towards exclusive breastfeeding (EBF)

The attitudinal score of the study respondents were categorized Agree (A), Strongly Agree (SA) Disagree (D) and Strongly Disagree (SD). The results showed that 30 (51.7%) of the respondents agreed (A) that exclusive breastfeeding is important for the first six months, 18 (31.1%) strongly agreed (SA), and 10 (17.2%) disagreed (D), 15 (25.9%) agreed (A) that breastfeeding should last for 2 years or more, 12 (20.7%) strongly agreed (SA), 18 (31.0%) disagreed (D) and 13 (22.4%) strongly disagreed (SD). 21 (36.2%) agreed (A) that breastmilk is the best food for babies, 34 (58.6%) strongly agreed (SA) and 3 (5.2%) disagreed (D). These results show that the respondents had a positive attitude towards exclusive breastfeeding EBF.

From the study, 18 (31.0%) agreed (A) to the opinion that breast feeding is more convenient than bottle feeding 28 (45.3%) strongly agreed (SA), 3 (5.2%) disagreed (D), and 9 (15.5%) strongly disagreed (SA). For the opinion that breastfeeding in public is embarrassing, 15 (25.9%) agreed (A), 21 (36.1%) strongly agreed (SA), 19 (32.7%) disagreed (D) and 3 (5.2%) strongly disagreed (SD). This study also revealed that the size and shape of breast determines the amount of breastmilk produced, where 6 (10.3%) agreed (A), 3 (5.2%) strongly agreed (SA), 18 (31.0%) disagreed (D), and 31 (53.4%) strongly disagreed (SD), 33 (56.9%) agreed (A) that bottle feeding is a better choice if the mother is busy, 18 (31.0%) strongly agreed (SA), 7 (12.1%) disagreed (D) with this attitude.

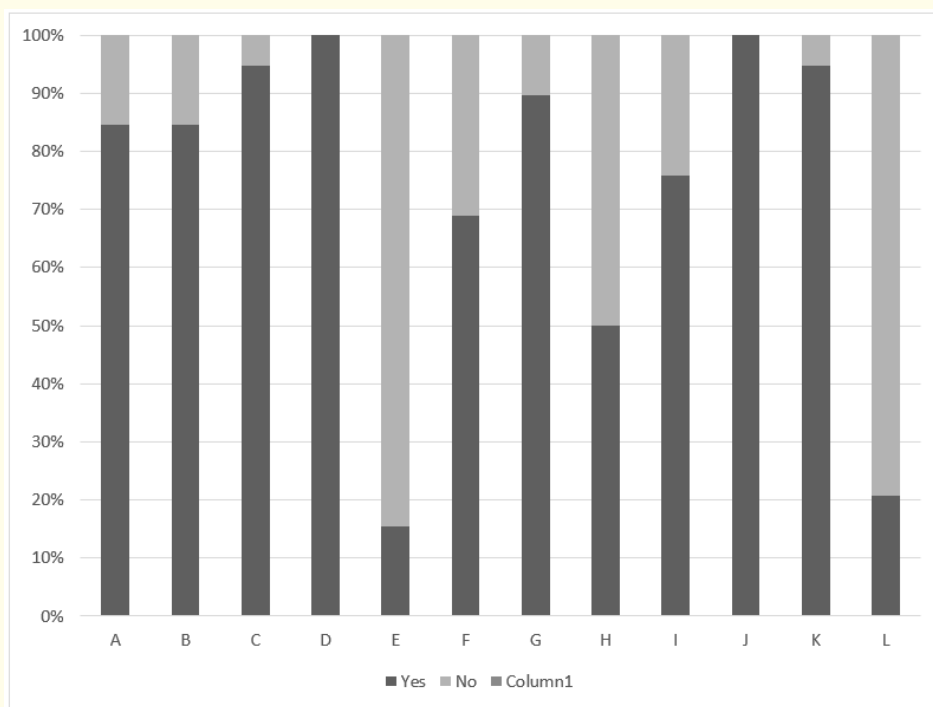


Figure 2: The percentage knowledge score of the respondents.

- (A)- First breast-milk is yellowish in colour and is colostrum. (B) First breast-milk is important for the baby. (C) Breast-milk protects the baby from diseases. (D) Breast-milk feeding is cheaper than bottle feeding. (E) - Bottle-fed babies are more intelligent than breast-fed babies. (F) Mothers should breastfeed babies immediately after delivery. (G) Breast-feeding protects babies from infections. (H) Breast-milk only is not sufficient for the baby in the first 6 months of life. (I) Breast-fed babies are healthier than bottle-fed babies. (J) Breast-milk is cheaper than formula milk. (K) Breastfeeding provides closer bonding between mother and child. (L) Breastfeeding is not necessary when soft foods (complimentary foods) are introduced to the baby.

This study also shows that frequent breastfeeding affects the shape of breast 24 (41.4%) agreed (A), 15 (25.9%) strongly agreed (SA), 10 (17.2%) disagreed (D), while 9 (15.5%) strongly disagreed (SD). 28 (48.3%) of the participants agreed (A) that breastfeeding can be very tasking, 20 (34.5%) strongly agreed (SA) with this opinion, 7 (12.1%) disagreed (D) and 3 (5.2%) strongly disagreed (SD). The opinion that exclusive breastfeeding should be optional was assessed among the respondents. 24 (41.4%) agreed (A), 18 (31.0%) strongly agreed (SA) 9 (15.5%) disagreed (D), and 7 (12.1%) strongly disagreed (SD) with this opinion (Table 3).

Attitude	f/%				
	Agree	Strongly Agree	Disagree	Strongly Disagree	Total
Exclusive Breastfeeding is important for the first 6 months	30 (51.7)	18 (31.0)	10 (17.2)	0 (0)	58 (100)
Breastfeeding should last for 2 years or more	15 (25.9)	12 (20.7)	18 (31.0)	13 (22.4)	58 (100)
Breast-milk is the best food for babies	21 (36.2)	57.6 (58.6)	3 (5.2)	0 (0)	58 (100)
Breastfeeding is more convenient than bottle-feeding	18 (31.0)	28 (48.3)	3 (5.2)	9 (15.5)	58 (100)
Breastfeeding in public is embarrassing	15 (25.9)	21 (36.2)	19 (32.7)	3 (5.2)	58 (100)
The size and shape of breast determines the amount of breast-milk produced	6 (10.3)	3 (5.2)	18 (31.0)	31 (53.4)	58 (100)
Bottle-feeding is a better choice if the mother is busy	33 (56.9)	18 (31.0)	7 (12.1)	0 (0)	58 (100)
Frequent breastfeeding affects the shape of breast	24 (41.4)	15 (25.9)	10 (17.2)	9 (15.5)	58 (100)
Breastfeeding can be very tasking	28 (48.3)	20 (34.5)	7 (12.1)	3 (5.2)	58 (100)
Exclusive breastfeeding should be optional	24 (41.4)	18 (31.0)	9 (15.5)	7 (12.1)	58 (100)

Table 3: Attitudes of the respondents towards exclusive breastfeeding EBF.

Practices of exclusive breastfeeding (EBF) among the student nursing mothers

The practices score of this study which were presented as frequency and percentages showed that 44 of the respondents representing 75.9% claimed to be a nursing mother for the first time, while 14 (24.1%) said it was not their first time. 35 (60.3%) said they are currently breastfeeding, and 23 (39.7%) said they are not. Whether the baby readily take the breastmilk at first introduction to them, 49 (84.5%) said they did, while 9 (15.5%) said they did not. 43(74.1%) gave the baby colostrum, while 15(25.9%) did not give the baby colostrum. In response to exclusive breastfeeding, 25 (43.1%) claimed they breastfed exclusively, while 33 (56.9%) said they did not. As to comfortability of the nursing mother when practicing exclusive breastfeeding, 29 (50.0%) claimed to be comfortable with it, while 29 (50.0%) claimed to be uncomfortable with it.

Some busy student nursing mothers do express their breast milk when not around, 40 (69.0%) were doing so, and 18 (31.0%) were not doing so. 49 (84.5%) gave water to their babies in the first 6 months, while gave 9 (15.5%) did not give to their babies. The duration of breast feeding, showed that 27 (46.6%) of the respondents breastfed for 0 - 3 months, 18 (31.0%) breastfed for 4 - 6 months, while 13 (22.4%) breastfed for > 6 months. 39 (67.2%) breastfed the baby with breast milk few minutes after delivery, 15 (25.9%) introduced breastmilk to the baby an hour after delivery, while 4 (6.9%) introduced the breast milk to the baby days after delivery. The first food usually given to the babies in Nigeria are either breastmilk, herbs, Infants’ formula or water. The results showed that 27 (46.6%) of the respondents gave breastmilk to the baby as the first food, 15 (25.9%) gave herbs to the baby, 12 (20.7%) gave Infants’ formula, and 4 (6.9%) gave water to the baby (Table 4a).

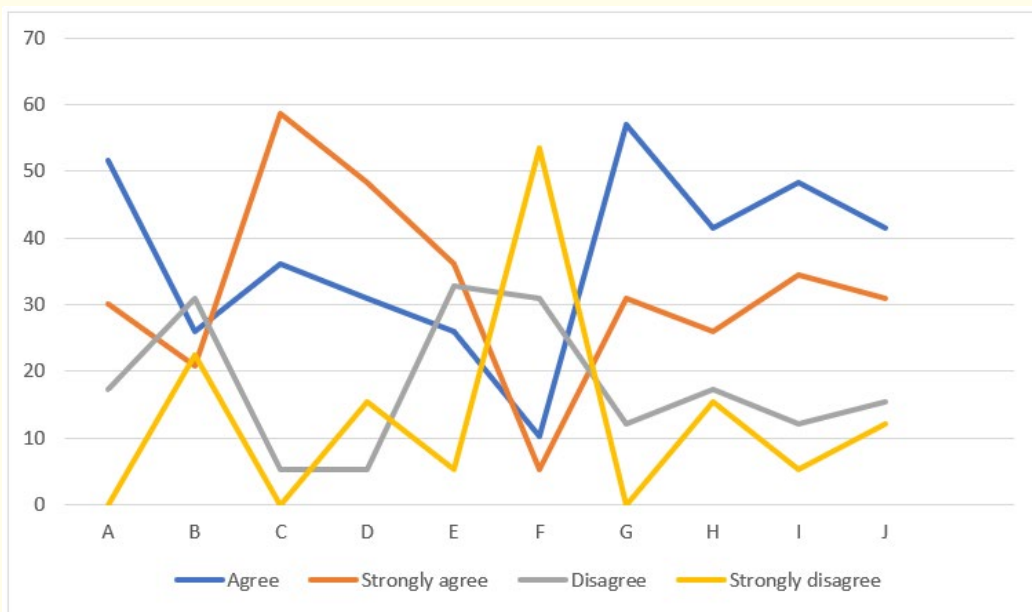


Figure 3: The attitudinal scores of the respondents.

(A) Exclusive Breastfeeding is important for the first 6 months. (B) Breastfeeding should last for 2 years or more. (C) Breast-milk is the best food for babies. (D) Breastfeeding is more convenient than bottle-feeding. (E) Breastfeeding in public is embarrassing. (F) The size and shape of breast determines the amount of breast-milk produced. (G) Bottle-feeding is a better choice if the mother is busy. (H) Frequent breastfeeding affects the shape of breast. (I) Breastfeeding can be very tasking. (J) Exclusive breastfeeding should be optional.

Practices	Yes (f/%)	No (f/%)	Total (f/%)
Is this your first time of being a nursing mother?	44 (75.9)	14 (24.1)	58 (100)
Are you currently breastfeeding?	35 (60.3)	23 (39.7)	58 (100)
Did the baby readily accept breastmilk at first?	49 (84.5)	9 (15.5)	58 (100)
Did you give the baby colostrum?	43 (74.1)	5 (25.9)	58 (100)
Did you breastfeed exclusively?	25 (43.1)	3 (56.9)	58 (100)
Are you comfortable when breastfeeding?	29 (50.0)	9 (50.0)	58 (100)
Did you express the breastmilk when you were not around?	40 (69.0)	8 (31.0)	58 (100)
Did your baby take water during the first six months?	49 (84.5)	9 (15.5)	58 (100)

Table 4a: Practices of exclusive breastfeeding EBF among the respondents.

In terms of feeding duration per session of breastfeeding the findings showed that 42 (72.4%) of the respondent m fed the baby for between 1 - 10 minutes, 13 (22.4%) fed the baby for between 11-20 mins, and 3 (5.2%) fed the baby for 21 - 30 minutes. The breast milk secretion time after the child-birth of the respondents, showed that 18 (31.0%) of the respondents secreted milk within 7-12 hours, 3 (5.2%) of the respondents secreted milk within 13 - 24 hours, and 37 (63.8%) of the respondents secreted milk 2 - 3 days. The feeding style adopted by the student nursing mother was also assessed, where 39 (67.2%) of the student nursing mother responded to feeding the baby whenever the baby demanded, and 19 (38.8%) responded to feeding the baby whatever time the student nursing mother scheduled based on her available time.

The breastfeeding position adopted by the student nursing mother for the feeding of the baby was also looked into, where 44 (75.9%) of the respondents adopted sideways position, and 14 (24.1%) of the respondents adopted other types of position such as standing or sitting positions. The number of times a nursing mother breastfeed in a day is also a practice that is important for the overall health of the baby. 45 (77.6%) of the respondents breastfed 1-2 times per day, and 13 (22.4%) of the respondents breastfed 3 - 4 times per day (Table 4b).

Practices	f/%
How long did you breastfeed?	
0 - 3 months	27 (46.6)
4 - 6 months	18 (31.0)
> 6 months	13 (22.4)
How soon was breastmilk introduced to the baby?	
Few minutes after delivery	39 (67.2)
An hour after delivery	15 (25.9)
Days after delivery	4 (6.9)
What was the first food given to the baby?	
Breastmilk	27 (46.6)
Herbs	15 (25.9)
Infants' formula	12 (20.7)
Water	4 (6.9)
What is the feeding duration per session?	
1 - 10 minutes	42 (72.4)
11 - 20 minutes	13 (22.4)
21 - 30 minutes	3 (5.2)
How soon did the breast secrete milk after birth?	
Immediately	15 (25.9)
7 - 12 hours	18 (31.0)
13 - 24 hours	3 (5.2)
2 - 3 days	22 (37.9)
How do you feed your baby?	
On Demand	39 (67.2)
On Schedule	19 (32.8)
What breastfeeding position did you adopt?	
Sideways	44 (75.9)
Other methods	14 (24.1)
How many times do you breastfeed in a day?	
1 - 2	45 (77.6)
3 - 4	13(22.4)

Table 4b: Practices of exclusive breastfeeding EBF among the respondents.

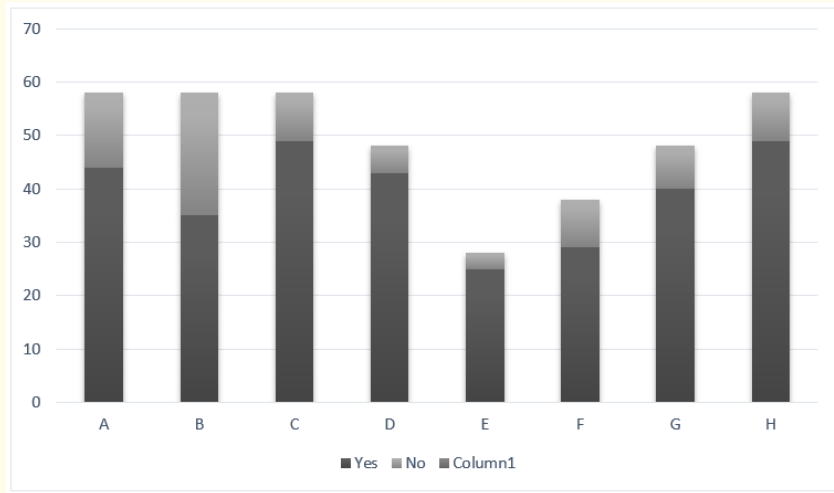


Figure 4a: The frequency of practices of exclusive breastfeeding among the respondents.

(A) Is this your first time of being a nursing mother? (B) Are you currently breastfeeding? (C) Did the baby readily accept breastmilk at first? (D) Did you give the baby colostrum? (E) Did you breastfeed exclusively? (F) Are you comfortable when breastfeeding? (G) Did you express the breastmilk when you were not around? (H) Did your baby take water during the first six months?

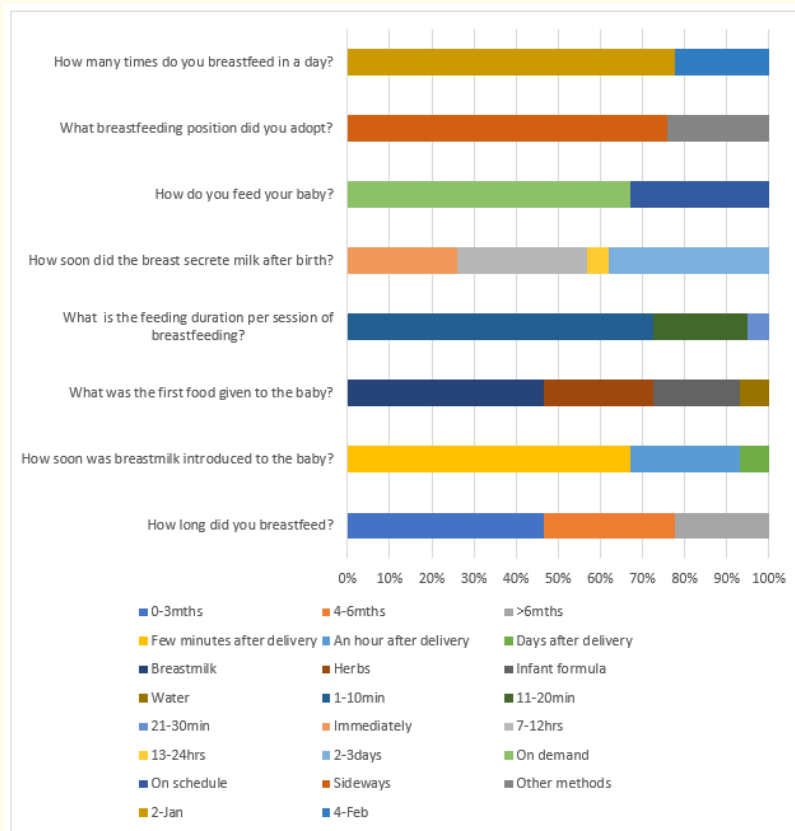


Figure 4b: The percentage practices of exclusive breastfeeding among the respondents.

Discussion and Conclusion

The age group of the majority of respondents fall within the adolescents or the young adults, showing that they are young mothers. They are also about to complete the course of study (Figure 1). This study shows that majority of the mothers have good knowledge of EBF 58 (100%), and knew that breastmilk feeding is cheaper than bottle feeding or formula feeding. The knowledge about EBF in this finding is higher 80% in value than previous studies conducted in Saudi Arabia [8], Nigeria (31%) [9,10], Ethiopia (65.1%) [5,11]. These differences may be due to variations in Sampling procedures, Sociocultural status of respondents, health care delivery systems, economic status of the respondents, maternal education status of the respondents, and the awareness of EBF.

Knowledge of respondents on colostrum and its importance for the body 49 (84.5) is higher and well compared with a study conducted in Mangalore which was 86.6%. This further buttress the need for awareness on EBF (Figure 2). Attitudinal score of the respondents shows a positive attitude towards EBF 34 (58.6%) strongly agreed that breastmilk is the best food for babies, and that it is more convenient than bottle feeding (Figure 3). Although, majority of the respondent 21 (36.2%) strongly agreed that breastfeeding in public is embarrassing, but can be controlled via personal decision-making (Figure 2). The task of breastfeeding and the effects in determining the size and shape of breast, which also determines the amount of breast milk produced is a factor that cannot be an identified hindrance to EBF as its importance in preventing diseases like diarrheal and respiratory diseases in infants cannot be overemphasized. It is a known fact the EBF prevents diseases and infections as seen in this report.

This finding shows that the time of introduction breastmilk to baby after delivery, the feeding duration per session of breastfeeding, and the duration of breastfeeding play significant role in achieving a maximum health for the baby, which is the main purpose of EBF. 80% the respondents had a good knowledge and practices of EBF revealed by the results of the finding (Figure 2 and 4a).

The babies were breastfed upon demand coupled with the fact that they readily accept the breast milks at first introductions to them is good encouragement to the practice of EBF, and enlightenment for the nursing mothers that are still shying away from EBF. Breastfeeding establishes emotional bond between mother and the baby [12,13]. In this study, all of the student nursing mothers complied with the World Health Organization recommendations of starting breastfeeding within 1 hour of delivery [4] (Figure 4b). This study reported a higher figure that those reported in Saudi Arabia [10], which was 31%.

Breast feeding decisions greatly influenced by breastfeeding knowledge and attitude [14] and evidence also shown that infants feeding decisions are highly dependent on maternal attitude and practice towards breastfeeding [15]. Average number of the respondents of this study had a good attitude and inculcate the right practice of EBF. Most of the mothers happen to be having their first child, which could influence their attitude and practice towards EBF. Positive parental attitude, knowledge and practice towards breastfeeding is an important component in ensuring optimum growth and development of the infants. This study presented excellent knowledge and good attitude towards EBF among student nursing mothers in tertiary institution, which was influenced by their educational status (Table 1, figure 2 and 3). The general practice which was average level which could be attributed to the fact that most of the mothers are single mothers and giving birth at a very early age, and most of the mothers are nursing their first child, coupled with the stress of being a student. Conclusively, tertiary institutions should sensitize their female students on the need of EBF, emphasizing on the attitude and practice of EBF especially in the first 6 months of life. Health care workers should actively work with families to identify challenges encountered by nursing mothers and create awareness campaign on the importance of EBF to nursing mothers.

Acknowledgement

This work was supported by the author, and the other co-authors; their contribution towards the completion of this research work is highly appreciated. The authors appreciate statistical support. We also thank the anonymous reviewers for feedback to improve the review and approval of the manuscript.

Author Contributions

The authors conceived and designed the experiments, performed the experiments, analyzed the data, interpreted the data, wrote the first draft, and contributed to the final paper. All authors approved the final version. All authors are involved in the preparation of manuscript.

Funding Support

The author received no specific funding for this project.

Bibliography

1. Semy SA, *et al.* "Exclusive Breastfeeding Knowledge, Practices and Determinants among Mothers in Rural Areas, Egypt". *International Journal of Community Medicine and Public Health* 7.7 (2020): 2443-2449.
2. UNICEF. "Breastfeeding" (2013).
3. WHO. "Exclusive Breastfeeding". World Health Organization (2015).
4. WHO. "Media center factsheet. Infant and young child feeding". WHO Nutrition for Health and Development (2016).
5. Alnasser Y, *et al.* "Impact of Attitude and Knowledge on intention to breastfeed Can mHealth based education influence decision to breastfeed exclusively?" *Annals of Medicine and Surgery* 35 (2018): 6-12.
6. Ahmed AH and Olayiwola I. "Factors Affecting Breastfeeding Practices in Odeda Local Government Area of Ogun State, Nigeria". *International Journal of Engineering Science and Innovative Technology (IJESIT)* 3.1 (2014): 11.
7. Oche M., *et al.* "Knowledge and Practice of Exclusive Breastfeeding in Kwara, Nigeria". *African Health Science* 11.3 (2011): 518-523.
8. Akinremi Z and Samuel F. "Knowledge and Attitude of Exclusive Breastfeeding among Hairdresser Apprentices in Ibadan, Nigeria". *British Journal of Medicine and Medical Research* 5.3 (2015): 376-385.
9. Alamirew MW, *et al.* "Knowledge and Attitude towards Exclusive Breast Feeding among Mothers Attending Antenatal and Institution Immunization Clinic at Dabat Health Center, Northwest Ethiopia: A Cross-Sectional". *Nursing Research and Practice* (2017): 6561028.
10. Ali-Binali AM. "Breastfeeding Knowledge, Attitude and Practice among School Teachers in Abha female educational district Southwestern Saudi Arabia". *International Breastfeeding Journal* 7.1 (2012): 10.
11. Akadri A and Odelola O. "Breastfeeding Practices among Mothers in Southwest Nigeria". *Ethiopian Journal of Health Sciences* 30.5 (2020): 697-706.
12. WHO. "Essential nutrition actions: improving maternal, newborn, young infant and child health and nutrition". Geneva: World Health Organization (2013).
13. WHO. "Infant and young child feeding fact sheet no 342" (2014).
14. Chambers JA, *et al.* "A systemic review of measures assessing mothers' knowledge, attitude, confidence and satisfaction towards breastfeeding". *Breastfeeding Review* 15.3 (2007): 17-25.
15. Haya H, *et al.* "Breastfeeding knowledge and attitude, perceived behavior: the intention among female undergraduate university students in the middle east: the case of Lebanon and Syria". *Food and Nutrition Bulletin* 35.2 (2014): 179-190.
16. R Core Team. R: A language and environment for statistical computing. Vienna, Austria: R Foundation for Statistical Computing (2014).
17. StataCorp. Stata Multiple-Imputation Reference Manual Release 13. College Station, TX: StataCorp LP (2013).

Volume 18 Issue 10 December 2023

©All rights reserved by Christiana Ojo., et al.