

**HEALTH SEEKING BEHAVIOUR AND RELATED  
FACTORS AMONG MOTHERS OF UNDER FIVE  
CHILDREN SUFFERING FROM ACUTE  
RESPIRATORY INFECTION AT YANKIN  
CHILDREN HOSPITAL, YANGON REGION**

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## ABSTRACT

A cross-sectional descriptive study was carried out among mothers of under-five children suffering from Acute respiratory infection (ARI) attending at out-patient department of Yankin Children Hospital to explore health seeking behavior and related factors at Yangon Region, 2012. A total of 240 respondents were interviewed with a response rate of 100%. Data was collected by face to face interviewing with pre-tested structured questionnaire.

In this study, children had more than one symptom regarding ARI. The most common symptoms was fever (88.3%), cough and sneezing was the second common presenting symptom (85.5%) followed by fast breathing (1.7%) and breathlessness (10.4%). Among 240 under-five children, children of under-one year was the largest age group, (46.7%) followed by children aged 13-24 months (22.9%) and 113 (55.4%) were male where as 107 (44.6%) were female.

The mean age of the mothers interviewed was 31 years. Forty seven percent of the mothers were between 21 and 30 years of age. Most mothers' completed high school (30.0%) and they were accounted for university and graduate (28.8%). The majority of the mothers (69.2%) were dependent and the rest were seller, government staff, odd job and others. Regarding the knowledge level, 39.5% of mothers had low knowledge level, 24.3% of them had middle knowledge level and 36.2% of them had high knowledge level about ARI.

Among mothers of under-five children, 164 (68.3%) of respondents used self-medication, 52 (21.7%) of respondents took treatment from a health care provider and 24 (10%) took treatment from a non-health care provider for ARI. Most of the mothers preferred western medicine to indigenous medicine for their children. 13 (7.9%) of mothers used combination of drugs that was bought from drug shops.

Regarding the factors relating to health seeking behavior of mothers, there was significant association between family income and health seeking behavior of mothers. Most of the mothers of high family income (more than 100000 kyats per month) practiced less self-medication and took more treatment from health care

provider compared with low family income (< 100000 kyats per month) ( $X^2=9.104$ ,  $P=0.002$ ).The main reasons for self-medication were social problems of the mothers such as being busy, no time to see doctors, traditional beliefs, family problems and financial problem.

The majority of the mothers practiced self-medication without seeking 'appropriate' and 'prompt' care for acute respiratory infection. The mothers sought appropriate care when they awared the illness as serious. The benefits of early commencement of appropriate health seeking behavior of mothers about ARI should be advocated in public health education programmes in order to improve health seeking behavior among mothers and reduce the problems of ARI among under-five children.