

ABSTRACT

This study aimed to explore the breastfeeding practices of mothers of 6 - 12 months old infant from Kungyangone, Yangon Region. Community based cross-sectional descriptive study was carried out by using face to face interview with semi-structured questionnaires by house to house data collection method. The study period was from September to November 2010.

Among 145 mothers in this study, majority of them were aged between 25 – 34 years, first para, Myanmar, dependent, had primary school level education and monthly family income was between 50,000 kyats to 100,000 kyats per month.

Only 14.5 percent of mothers exclusively breastfed their infants up to six months of age. Almost 43 percent of mothers predominantly breastfed and 42.1 percent of mothers partially breastfed their infant. However, 0.7 percent of them were non-breastfeeding. Majority of mothers (89 percent) initiated breastfeeding within one hour after delivery.

Out of exclusively breastfeeding mothers, 71.4 percent said that giving breast milk alone is beneficial for birth spacing, less chance of getting breast cancer and ovarian cancer. Among the predominantly breastfeeding mothers, 64.6 percent of mothers gave reasons that they introduced fluid due to hot climate and fear for thirsty. About a quarter of mothers were forced by guardian to give fluid. Among the partially breastfeeding mothers, 37.7 percent gave foods due to insufficient breast milk. Regarding the information about exclusive breastfeeding, majority of mothers obtained information from health personal and mass media.

In this study, there were no significant association between types of breastfeeding and maternal age, their education, occupation and monthly family income. However, there were significant association between types of breastfeeding and infant's illness such as diarrhea and ARI.