

**KNOWLEDGE, ATTITUDE AND PRACTICE
OF
EXCLUSIVE BREASTFEEDING AMONG
INFANTS' MOTHERS IN THARKAYTA
TOWNSHIP
(2012)**

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ABSTRACT

This study was a cross-sectional descriptive study to explore knowledge, attitude and practice of exclusive breastfeeding up to six months among infants' mothers. One hundred and fifty seven mothers of infants (6-12 months old) in Tharkayta Township, Yangon during September to October 2012 were face to face interviewed using pretested questionnaires.

Mothers' ages ranged from 18 to 46 years with the mean age of 30 years +5.6 years. Majority of mothers 29.3% had completed primary school. Infants' ages were ranged from 6 to 12 months with mean age of 9.2 + 1.92 months. Majority 54.1% were male infants. There were 49.68% of mothers who had high level of knowledge. There were 49.7% of mothers who had positive attitude towards EBF up to six months in this study. The breastfeeding initiation time within half hour was found to be 78.3% and sustained EBF up to six months without any supplements was only 8.3%. All mothers were still breastfeeding now.

It was found that low educated mothers were less knowledgeable about EBF and had negative attitude. Mothers who worked outside had high level of knowledge and working mothers fed EBF up to six months. Mothers who delivered their babies in hospitals had high knowledge. Mothers who had one child had positive attitude, who took ANC more than four times had positive attitude and who took PNC more than one time had positive attitude. Mothers who delivered their babies by NSVD were breastfed to their babies within half hour. Mothers under 30 years old fed EBF up to six months. It was observed that mothers with high knowledge had positive attitude and practiced EBF up to six months.

KEY WORDS: Exclusive breastfeeding. Knowledge, Attitude, Practice, Infants' mothers