



KNOWLEDGE AND ATTITUDE OF BREASTFEEDING WORKING CLASS MOTHERS IN ZENITH BANK BRANCHES IN SOUTHERN PART OF NIGERIA

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Abstract: - The purpose of this study was to assess the knowledge, attitude, of breastfeeding working class mothers in Zenith Bank branches in southern part of Nigeria. The study adopted descriptive cross-sectional survey design. The sample size consisted of 195 women who work with Zenith Bank within southern part of Nigeria and have given birth to at least one child. The Statistical Package for Social Sciences version 25.0 was used to analyses the data. Maternal attitude was measured using a five-point Likert scale. Mean scores were calculated for maternal knowledge and attitude. Statistical significance was set at $p < 0.05$. Majority of the mothers (80.45%) were very knowledgeable on exclusive breastfeeding, 89.74% knew that colostrum should be given, while 89.22% knew that breast feeding should be initiated within one hour of giving birth. Most mothers had a positive attitude towards aspects of exclusive breastfeeding: baby should be breastfed exclusively for six months (79.48%); giving colostrum (89.74%); breast feeding should be initiated within one hour (71.79%). In conclusion, mothers in this study had good knowledge and positive attitude towards exclusive breastfeeding, but the practice of exclusive breastfeeding for six months is lower than WHO recommendation.

Keywords: Knowledge, Attitude, Breastfeeding, Descriptive And Exclusively.



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1.0 INTRODUCTION

According to the National Demographic and Health Survey (NDHS) 2013 study conducted in Nigeria, only 17% of children under the age of six months are exclusively breastfed, whereas nearly 70% of children aged 0 to 23 months are primarily breastfed (breast milk and only plain water or non-milk liquids like juice and other liquids) (National Population Commission, 2013). The high rate of infant malnutrition and mortality in underdeveloped nations, which is mostly caused by inadequate infant feeding practices, is partially explained by the aforementioned (Ajibuah, 2013). Giving a baby exclusively breast milk is known as exclusive breastfeeding (EBF). It is advised that a child be exclusively breastfed during the first six months of life for the best nourishment. The necessity for women to engage in income-producing activities has grown due to the quick changes in sociocultural and economic conditions around the world, especially the fast urbanization and development processes occurring in developing nations, as well as the harsher economic climate. One factor that influences women's and children's time allocation is the mother's level of education and

employment (Amosu et al., 2011). Given the many advantages of breastfeeding, it is critical that working women recognize its significance and receive the necessary assistance on all fronts. The amount of Nigerian women who find employment within six months of giving birth is not well documented. In Nigeria, working women are only entitled to three months of statutory maternity leave, and there are few resources available to support them, such as workplace facilities for pumping and storing breast milk. Mothers may find it challenging to start and maintain exclusive breastfeeding in an unfavorable work setting. The World Breastfeeding Week 2015 adopted the theme "Breastfeeding and work: let's make it work" in recognition of the challenges faced by working mothers in practicing exclusive breastfeeding. The goal was to mobilize support from all sectors to enable women worldwide to successfully work and breastfeed (Ajibuah, 2013). Information about workplace support networks for nursing moms in Nigeria is scarce. Returning to work was identified by 61% of female resident doctors in a Nigerian tertiary institution as the biggest obstacle to exclusively nursing their infants (Agbo et al.,

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2011). Perceived hunger after feeding the baby (29%), maternal health issues (27%), fear of infant addiction to breast milk (26%), breast pains (25%), pressure from mother-in-law (25%), and return to work/business (24%) were among the barriers to breastfeeding found in a mixed methods study among breastfeeding mothers in Southwest Nigeria (Agunbiade et al., 2012). Returning to work is a significant obstacle to exclusive breastfeeding, according to a mixed methods study conducted in three Nigerian cities. (Anruchi et al., 2024).The purpose of this study was to assess the knowledge, attitude, of breastfeeding working class mothers in Zenith Bank branches in southern part of Nigeria.

2.0 MATERIALS AND METHOD

Study area: This study was done in all states in southern part of Nigeria

Study Design: It was a descriptive cross-sectional study conducted among nursing mothers who reside in southern part of Nigeria

Inclusive Criteria : In southern Nigeria, only working-class mothers who had given birth to at least one child were chosen for this study. The chosen mothers' start and end times are 7.30 am and 5 pm, respectively.

Exclusion Criteria: Working-class mothers of Zenith Bank in southern Nigeria who have never breastfed were not included in this study.

Sample size Determination: Using Cochran's formula, the sample size was determined.

$$n = \frac{Z^2 p q e^2}{1 - p}$$

n = is the preferred sample size.

At a 95% confidence level, Z= is the standard normal deviation (1.96)

P = 29% of the target population in Nigeria is believed to practice exclusive breastfeeding.

(Data from the 2018 National Demographic Survey)

q = 1-p

e = required degree of precision (0. 05)

$$n = \frac{(1.96)^2 (0.29) (0.71)}{(0.05)^2} = 316.4$$

n = 317

The target population was small (less than 10,000), hence a final sample estimate was made with the formula below:

$$n = \frac{n_o}{1 + \frac{(n_o - 1)}{N}}$$

N represents the size of the population, n is the sample size, and n_o represents the estimated sample size for an infinite population.

$$n = \frac{317}{1 + (317 - 1)/396} = 176.4 \text{ (177) participants}$$

To account for non-response, 10% of the calculated sample size was added.

10% of 177 = 17.7 (approximately 18)

177 + 18 = 195

Thus, 195 people made up the entire sample

Sampling method: A descriptive cross-sectional study was conducted among 396 nursing mothers working in Zenith Bank in southern part of the country for at least one year and whose babies were six months and above. A multi-stage sampling method was used to select participants from various states. The sample size was determined Using Cochran's formula, Data were collected using a semi-structured interviewer-administered questionnaire, pre-tested for reliability with a Cronbach's alpha score of 0.7. Data analysis was performed using SPSS version 25, with inferential statistics applied to test associations at a significance level of p ≤ 0.05.

3.0 RESULTS

Mother's demographic characteristics

The youngest and oldest mothers were 24 and 44 years old, respectively, while the average age of the mothers was 32.35 years (Table 1).

Table 1: Mother's demographic characteristics

Demographics related to mothers	N = 195	
	N	%
Mother's age expressed in years		
24 – 29	71	36.42
30 – 34	56	28.72
35 – 39	37	18.97
40 – 44	31	15.89
Total	195	100.0
Mother's Marital Status		
Married	171	87.69
Single	16	8.21
.Separated	8	4.10

Total	195	100.0
Parity		
1 – 2	101	51.79
3 – 4	85	43.60
5 and above	9	4.61
Total	195	100.0
Mother's religion		
Christian	121	62.05
Muslim	69	35.39
None	5	2.56
Total	195	100.0
Tribal groups		
Yoruba	57	29.23
Igbo	45	23.07
Hausa	7	3.58
Others	86	44.10
	195	100.0

Mothers between the ages of 24-29 made up 36.42% of the study's participants, followed by mothers between the ages of 30-34 (28.72%). 18.97% of the population were mothers aged 35 to 39, followed by 15.89% of mothers aged 40 to 44. 8.21% of moms were single, compared to 87.69% who were married. The smallest and greatest parities were one child and six children, respectively, with the mean parity being 2.38. 51.79% of the moms had one or two kids, 43.60% had three or four, and 4.61% had five or more

children. Muslims (35.38%) and women who did not identify with any religion (2.56%) were the next largest groups after Christian mothers (62.05%). Igbo women made up 23.07% of the survey sample, while Hausa women made up 3.58%. Yoruba women made up 29.23%. 44.10% of the research was made up of other tribes. Maternal socio-economic characteristics Every participant in the research held a university degree.

Table 2: Mother's socio-economic characteristics

Table 2: Mother's socio-economic characteristics			
Socioeconomic traits of the mother		N=195	
	N	%	
Education level			
Has a university degree	195	100	
Total	195	100	
Mother's profession			
Banker	195	100	
Total	195	100	

Participants in the research are all bankers.

Mother's Knowledge of information on breastfeeding

Most of the women (98.97%) had information about breastfeeding (Table 3). When asked where they got their knowledge about exclusive breastfeeding, 70.47% of respondents said they got it from a health professional, 18.14% said they got it from family or friends, and 11.39% said they got it from the media. The health worker provided the information to the women at various stages,

with 64.76% of them getting it in the prenatal stage. 75.13% of those surveyed said they were instructed to nurse their child as frequently as the infant desires. The women had also been given instructions on how to find assistance after being released. The majority (96.37%) were instructed to call or visit a medical facility, whereas 3.63 % were instructed to contact a local mother support group for assistance.

Table 3: Mother's Knowledge of Information on Exclusive Breastfeeding

Breastfeeding information (Exclusive)	N = 195	
	N	%
Had received breastfeeding information (exclusive)		
Yes	193	98.97
No	2	1.03
Total	195	100.0
Exclusive breastfeeding information source *(N=193)		
Health professionals	136	70.47
Friends and Family	35	18.14
Media	22	11.39
Information reception time *(N=193)		
During the pregnancy (antenatal)	125	64.76
Following childbirth (post-natal)	26	13.47
Previous babies' delivery dates	24	12.44
Present baby's delivery time	18	9.33
Received Information * (N=193)		
Breastfeed the baby as much as the baby wants	145	75.13
Routinely breastfeed	48	24.87
To obtain help, call or go to a medical Centre	186	96.37
Consult a mother's support group for assistance	7	3.63

*Multiple responses were given

Table 4: Maternal knowledge on aspects of exclusive breastfeeding

A total of 8 questions were used to evaluate mothers' knowledge of breastfeeding (Table 4).

Knowledge	= 195	
	N	%
1. Breastfeeding importance*		
Knew that breastmilk is nutritious	160	82.05
Knew that breastmilk protects against infections	17	8.71
Knew that it prevents pregnancy	16	8.20
Do not know	2	1.02
2. Mother's knowledge on baby's first feed		
Knew that breast milk only is the first feed	191	97.94
Do not know	4	2.05
3. Initiation time of breastfeeding		
Within 30 minutes	155	79.48
Within an hour	19	9.74

More than 1 hour	21	10.76
4. Feed with colostrum		
Yes	175	89.74
No	20	10.25
5. Age at which to introduce new meals		
Correct (at 6 Months)	145	74.35
Incorrect	50	25.64
6. Frequency of baby's breastfeeding		
On demand	120	61.53
At specific times	75	38.46
7. It's advised to breastfeed exclusively		
Yes No	176	90.25
	19	9.74

*Multiple responses were given

The moms were aware of the benefits of nursing; 82.05% of them were aware that breast milk is nourishing, whereas only 16% were aware that it can prevent pregnancy. After a healthy birth, breast milk is the only recommended feed for the infant (97.94%), according to almost all moms. In terms of nursing that was started promptly, the majority of moms (79.48%) were aware that it should be done within 30 minutes after delivery, whereas 10.76% were unaware of the right time. While 10.25% of the mothers said colostrum was not significant, the majority of women (89.74%) were aware that babies should be fed colostrum. In this study,

90.25 percent of the women recognized that it was best to breastfeed exclusively. The 8 questions were graded for mothers, as indicated in Table 4. Each correctly answered question received one point, whilst an erroneous answer received none. Based on their correct responses, each participant received a total score. As a result, each mother might receive up to 8 points and a minimum of 0. 80.45% of moms got a total of 7-8 points out of a possible maximum of 8, indicating that most mothers had a good level of knowledge about advised breastfeeding methods.

Table 5: Mother's attitudes towards aspects of exclusive breastfeeding

Mother's attitude (N = 195)	Strongly disagree	Uncertain	Strongly
	/ disagree		agree /agree
	(%)	(%)	(%)
Statements (positive)			
Within an hour of delivery, the baby should be breastfed	28 (14.35)	27(13.84)	140(71.79)
The baby should only be breastfed for at least six months.	15(7.69)	28(14.35)	152(77.94)
Statements (negative)			
Must administer pre-lacteals.	165(84.61)	21(10.76)	9(4.61)
Must administer post-lacteals	139(71.28)	26(13.33)	30(15.38)
Colostrum has no significance	175(89.74)	15(7.69)	5(2.56)
Baby shouldn't be fed just breast milk (EBF)	152(77.94)	28(14.35)	15(7.69)
Knowing exclusively about breastfeeding is not Required	155(79.48)	32(16.41)	8(4.10)

The majority of moms (71.79%) felt that nursing should begin within an hour of delivery. Similar to this, the majority of women expressed a negative opinion regarding claims that colostrum is not significant (89.74%), breastmilk is not the only meal for the baby (77.94%), and exclusive breastfeeding knowledge is not required

(79.48%).

Mother's exclusive breastfeeding practices

The majority of mothers' exclusive breastfeeding habits were established.

Table 6: Maternal exclusive breastfeeding practices

Breastfeeding practices	N = 195	
	N	%
Initiation time of breastfeeding after childbirth		
0-30 minutes	51	26.15
31-60 minutes	124	66.8
After one hour	20	10.25
Total	195	100.0
First feed		
Breast milk	180	92.30
Non-breast milk (pre-lacteal)	15	7.70
Total	195	100.0
Colostrum		
Yes	179	91.79
No	16	8.21
Total	195	100.0
Post-lacteal		
Yes	20	10.25
No	175	89.75
Total	195	100.0
Manual/pump breastfeeding		
Yes	144	73.85
No	51	26.15
Total	195	100.0
Mouth-to-breast contact		
Yes	189	96.92
No	6	3.07
Total	195	100.0
Rooming-in		
Yes	185	94.87
No	10	5.13
Total	195	100.0
Six months of exclusive breastfeeding		
Yes	55	28.20
No	140	71.80
Total	195	100.0

Breastfeeding was started by nearly all moms (92.95%) within an hour of the baby's delivery, breastmilk was given as the infant's first meal (92.30%), colostrum was used to feed the child (91.79%), and post-lacteals were not given (89.75%). However, just 28.20% exclusively breastfed their babies for six months.

According to the National Demographic and Health Survey from 2018, just 29% of newborns receive breast milk exclusively for the first six months of life.

Mothers Challenges on exclusive breastfeeding

According to the survey, almost one-fourth of the women (24.0%)

said they had difficulty exclusively nursing their babies (Fig. 1).

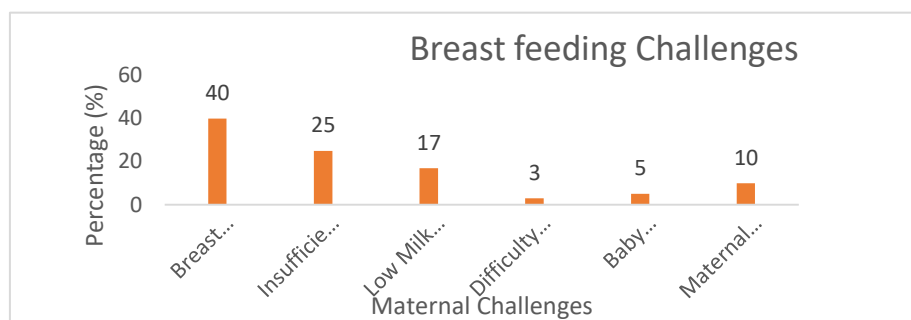


Figure 1: Mothers Challenges during EBF

Most (40%) of the 55 moms (28.0%) who experienced difficulties reported having breast issues. Blocked nipples, soreness in one breast, and insufficient milk production in one breast were among these breast issues. Other difficulties were inadequate leave and work schedules (25%), maternal illnesses (10%), babies screaming during nursing (5%), and insufficient milk production (17%). A small percentage of mothers (3%) also reported difficulties with pumping breast milk.

4.0 DISCUSSION

Mother's Knowledge Scores on Exclusive Breastfeeding:

The knowledge score was determined for all women on various elements of exclusive breastfeeding in accordance with Mucheru et al. (2016), where poor knowledge varied between 0 and 40%, average knowledge spanned between 50 and 70%, and high knowledge ranged from 80 to 100%.

All moms' attitude scores regarding EBF practices were calculated. As seen in Table 5, a total of 6 questions were used to grade mothers. A maximum of 5 points and a minimum of 1 point were available for each question. Strongly disagree/agree responses received 1 point, strongly disagree/agree responses received 5, agree/disagree responses received 4, and unclear responses received 3. Therefore, based on the right responses, each mother might receive up to 30 points and a minimum of 6 points. The moms had a favourable attitude toward exclusive breastfeeding practices, as evidenced by the fact that they all received scores of between 19 and 30 out of a possible 30. Similar favourable sentiments regarding exclusive breastfeeding have been found in earlier polls (Chekol et al, 2017). Although the respondents in this study were college students and were younger, this finding contrasts with a prior study in which just 8 % of respondents had a favourable opinion about EBF (Ogunba & Agwo, 2014).

Furthermore, due of their husbands, moms, and peer groups, some women exclusively nursed for less than half a year. Mothers have made statements like, "My spouse suggested I should feed my kid water since how do I feel when I eat without drinking water," and "I saw most of my friends were giving their newborns water and I did." Some said that their failure to breastfeed exclusively for six months was caused by a lack of leave and a demanding work schedule.

In addition, this study discovered that 94.87% of moms started nursing during the first hour of birth, which is greater than the 59.1% reported by Ikegwu et al. in Lagos State in 2021. The study discovered that 94.87% of the mothers roomed in with their

infants, which is greater than the 79.1% observed in an Osun State study by Mbada et al. (2013) and comparable to the 95.6% identified in an Ikegwu et al (2021).

The study also discovered that marriage had no discernible connection to exclusive breastfeeding, which runs counter to findings from Kenya and the Kwango District of the DR Congo (Dhakal et.al, 2017; Nyanga et.al., 2012). The majority of mothers had favourable opinions about maternal practices and were aware of the benefits of exclusive breastfeeding. The scores for maternal attitude and knowledge respectively demonstrated this. This is consistent with 2018 research by Osibogu et al., which revealed that the majority of moms had favourable attitudes and strong understanding of exclusive breastfeeding. Similar favourable sentiments regarding exclusive breastfeeding have been found in earlier polls (Chekol et al, 2017). However, despite the fact that the participants in the study were college students and were younger, only 8% of the respondents had a favourable view about EBF in the earlier study (Ogunba & Agwo, 2014). It was discovered that most mothers understood the value of breastfeeding, that administering pre- and post-lacteals is not advised, and that delivering colostrum to a baby was crucial and essential for their growth. Additionally, a larger proportion of mothers (89.22%) said that a newborn should be nursed within the first hour of life. This is greater than the Ikegwu et al. (2021) research, which found that 59.1% of mothers started breastfeeding within one hour.

5.0 CONCLUSION:

In southern part of Nigeria, mothers who work for Zenith Bank Plc have a high level of knowledge about exclusive breastfeeding. The majority of mothers view the advised exclusive breastfeeding habits favourably. The majority of mothers followed the WHO/UNICEF guidelines for exclusive breastfeeding, although many of them were unable to do so for the whole six months. For six months, only 28.2% of women exclusively breastfed. The moms faced difficulties such as inadequate leave and a demanding work schedule, breast issues, limited milk supply, etc. All three hypotheses were disproved since there is a correlation between knowledge and practice, attitudes and practice, and knowledge and attitude of women about exclusive breastfeeding

RECOMMENDATION

We recommend that The Division of Nutrition of the Ministry of Health, the Health Division of the country, and other related institutions should make it a priority to strengthen post-natal education on how to handle challenges with exclusive

breastfeeding at the health facility and places of work. The gaps in exclusive breastfeeding education, such as the advantages it has for mothers, knowledge and practice on complementary feeds and breastfeeding on demand, should be addressed by ensuring that all mothers attending pre and postnatal clinics are educated on these aspects during clinic visits. and increased maternity leave should be implemented by Zenith Bank Human Resources, and breastfeeding moms should get proper assistance.

Finally, In order to develop exclusive breastfeeding mother knowledge, attitudes, and behaviors, similar research should be carried out in different industries. Taking into account other social effects, intervention research on tactics or ways of effectively teaching women on exclusive breastfeeding will be given greater weight.

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