

INFLUENCE OF KNOWLEDGE AND ATTITUDE ON BREASTFEEDING PRACTICE: A LITERATURE REVIEW

PENGARUH PENGETAHUAN DAN SIKAP PADA PRAKTIK MENYUSUI : STUDI LITERATUR

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ABSTRACT

The knowledge and attitude are very important for successful breastfeeding practice. This paper reports a systematic literature review about the influence of knowledge and attitude on breastfeeding practice around the world. An online literature search was conducted in Science Direct, Cochrane Database of systematic reviews, PubMed, WileyInterScience, SpringerLink, and Garuda. Almost all of the studies show the similar results; knowledge and attitude influence breastfeeding practice.

Key words: breastfeeding, knowledge, attitude

INTRODUCTION

Mothers need to know the skills and advantages of breastfeeding so that they can continue to feed their babies and keep up their milk supply. The knowledge about benefits and technique of breastfeed is very important for successful breastfeeding practice. Mother's knowledge was identified as important in influencing infant feeding choice (Kong & Lee, 2004).

Allport (2008) stated that attitude is a mental and neural state of readiness, organized through experience, exerting a directive or dynamic influence upon the individual response to all objects and situations with which it is related. An attitude characteristically provokes

behavior that is favorable or unfavorable, affirmative or negative toward the object with which it is related. This double polarity in the direction of attitudes is often regarded as their most distinctive feature.

Mothers' attitude toward breastfeeding plays a role in the choice of feeding method (Kong & Lee, 2004). Parents of breastfeeding infants had more positive attitude towards breastfeeding than parents of formula feedings infants (Shaker, Scott, & Reid, 2004). Kools et al (2005) stated that attitude predicted the initiation of breastfeeding.

METHODS

An online literature search was conducted in Science Direct, Cochrane Database of systematic reviews, PubMed, WileyInterScience, SpringerLink and Garuda. The search

strategy included the following keywords: breastfeeding, knowledge, and attitude. There is no limit for years of publication or study.

RESULT AND DISCUSSION

Susin, et al. (1999) did the study to assess the knowledge of mothers' about breastfeeding and its relationship to the frequency of breastfeeding. Logistic regression was used to evaluate the association between the mothers' knowledge and frequency of breastfeeding. The result shown that the mothers' with the high level of knowledge had a 6.5 times higher chance of exclusively breastfeeding at the end of the third month, and 1.97 times higher chance of continuing breastfeeding to the end of the sixth month.

Kong and Lee (2004) did a study to explore first-time mothers' knowledge of breastfeeding and its influence on their breastfeeding intentions. Three private and 10 public hospitals in Hong Kong participated in the study. Both quantitative and qualitative data were collected through questionnaires and subsequently by in-

depth interviews with 230 first-time mothers 24–48 hours after delivery. Mother's knowledge was identified as important in influencing infant feeding choice.

Shaker, Scott, & Reid (2004) did a survey that was carried out with a convenience sample of pregnant women (gestational age 8–12 weeks) attending three maternity clinics in Scotland in 2000. The result showed parents of breastfed infants were more knowledgeable about the health benefits and nutritional superiority of breastfeeding.

In another study, Dungy et al. (2008) conducted a study to investigate infant feeding knowledge among socioeconomically disadvantaged mothers in an urban community with historically low breastfeeding rates. The study population included pregnant women and members of their social networks in the context of a very low-

income community in Glasgow. Data from 49 women were included in the analysis. Participants completed questionnaires addressing. The chi-square statistic was used to test associations between categorical variables. The result showed that knowledge predicts breastfeeding initiation in this population.

A cross-sectional study was conducted in 11 health centers within the parish of Saint Ann, Jamaica. The objective of this study was to gather information about factors that influence exclusive breastfeeding and its duration (Chatman et al. 2004). A pretested questionnaire collected information on breastfeeding knowledge toward intention to breastfeed and other relevant sociodemographic characteristics. Information was documented for 599 mother-child pairs. The prevalence of breastfeeding initiation was 98.2 percent; of mothers who initiated breastfeeding, 22.2 percent practiced it exclusively (at least 6 months). Different with another studies above, the result from this study showed that there is no difference occurred between exclusive and nonexclusive breastfeeding mothers in terms of knowledge about breastfeeding.

Zama (2006) did a study to examine factors concerning with the practice of exclusive breastfeeding in Moru belong to working area of Moru Health Center in Alor, Indonesia. This study was cross-sectional, and mothers with 6-24 months old baby were the respondent. Questionnaire was used to collect the data. The result showed that level of knowledge related to exclusive breastfeeding practice.

Eva (2010) conducted a study to examine factors concerning with the practice of exclusive breastfeeding in Sub-district of Pahandut belong to working area of Pahandut Health Center in Palangkaraya, Indonesia. This study was cross-sectional, and mothers with 6-24 months old baby served as the respondent. Primary data was gathered by questionnaire. The result showed that level of knowledge related to exclusive breastfeeding practice.

In the same study, Dungy et al. (2008) also investigated infant feeding attitude among socioeconomically disadvantaged mothers. The result showed that attitude predicts breastfeeding initiation in this population.

Rhodes et al. (2008) also examined the breastfeeding attitudes and practices among American Indian

population in Minnesota. They interviewed women prenatally ($n = 380$), at two weeks ($n = 342$), and at six months postpartum ($n = 256$). They conducted multivariable analysis to examine the behavioral and attitudinal correlates of breastfeeding initiation and duration. The result showed that positive attitudes about breastfeeding positively associated with breastfeeding initiation and breastfeeding at two weeks.

In another study, Kools et al (2005) did a study to evaluate the behavioral determinants of the initiation of breastfeeding at birth. The prospective cohort study used the attitude, social influence, and self-efficacy (ASE) model in 373 pregnant women in five child health centers. Prenatally, 72% of the women had the intention to breastfeed, and 73% actually started with breastfeeding at birth. Mothers who initiated breastfeeding differed in the attitude determinants from others who initiated formula feeding. Attitude predicted the initiation of breastfeeding.

Mossman et al. (2008) conducted a prospective correlational study to examine the influence of adolescent mothers' breastfeeding

attitudes on breastfeeding initiation and duration. A convenience sample of 100 pregnant adolescents who were contemplating breastfeeding completed the Breastfeeding Attitude Questionnaire (BAQ). Significantly more mothers with higher prenatal attitude score initiated breastfeeding. Mothers with higher prenatal breastfeeding attitude scores were more likely to continue breastfeeding to four weeks postpartum.

A study conducted by Kong and Lee (2004) to investigate the personal factors contributing to women's decisions to breastfeed. Three private and 10 public hospitals in Hong Kong participated in the study. Both quantitative and qualitative data were collected through questionnaires and subsequently by in-depth interviews with 230 first-time mothers 24–48 hours after delivery. The results showed that mother's attitude was identified as important in influencing infant feeding choice.

Shaker, Scott, & Reid (2004) did the study to compare the infant feeding attitudes of parents of breastfed infants with those of parents of formula fed infants. A survey was carried out with a convenience sample of pregnant women

(gestational age 8–12 weeks) attending three maternity clinics in Scotland in 2000. Expectant mothers and their partners ($n = 108$ couples) completed the 17 item Iowa Infant Feeding Attitude Scale. The results showed that parents of breastfed infants had more positive attitudes towards breastfeeding than parents of formula fed infants.

A personal attitudes model (i.e., infant feeding choices are based on personal attitudes primarily) of women's breastfeeding behavior were tested. This research was done by surveying a longitudinal sample of 548 mostly European American women recruited for the Wisconsin Maternity Leave and Health Project (McKinley and Hyde, 2004). Personal attitudes (enjoyment of breastfeeding, gender-role attitudes, and work and family salience) accounted for half as much variance in breastfeeding duration for women who were employed outside the home compared to those who were not. For women employed outside the home, personal attitudes predicted duration of breastfeeding.

The reasons for the low frequency of breastfeeding at an urban medical center were evaluated in a study in which 81 women. They were

interviewed concerning the factors affecting their choice of infant feeding method and attitudes toward breastfeeding (Dix, 1981). One-half of the women made their decision during pregnancy, and 41 percent did so before conception. Although they thought that breastfeeding was better for the baby, the majority chose to bottle feed due to negative attitudes toward breastfeeding, conflicting responsibilities or schedules, convenience, negative breastfeeding experiences, and health or medical reasons.

A study was done to gain information on those factors which contribute to the success of breast feeding in first-time mothers when the child is 3 months old (Tarkka, Paunonen, & Laippala, 1999). Data collection was by questionnaires distributed between March and September 1995. The sample comprised of 271 first-time mothers. The mothers completed the questionnaires when their infants were 3 months old. The research finding suggested that attitude to breast feeding influencing successful breast feeding in first-time mothers at 3 months.

Li et al. (2002) did a study to elucidate the prevalence of breast-

feeding and the possible risk factors affecting the breast-feeding of infants at the age of 3 months. A cross-sectional study was conducted in the urban areas of Ho Chi Minh City, Vietnam in February, 2000. Two hundred and sixty mother-infant pairs were conveniently recruited in three child health centers in Ho Chi Minh City. Mothers of infants aged 6–12 months were interviewed and completed a well-structured questionnaire regarding the feeding types of the infant, the maternal knowledge, attitudes and behaviors related to breast-feeding. The results indicated that although about 86.4% newborns in the maternity wards and 88.5% infants at 3 months were at least partially fed with breast milk, the prevalence of breast-feeding were 57.4 and 53.1%, respectively. About 47.5% newborns were fed with breast milk in the first feeding. Most of the mothers (94.1%) and families (95.4%) indicated supportive attitudes to breast-feeding.

Persad and Mensinger (2008) also did a study to determine if breastfeeding attitudes were associated with breastfeeding intent. One hundred primiparas completed the survey using Iowa Infant Feeding Attitude Scale (IIFAS). The survey was read out loud

to each participant, in a face-to-face interview-like format. The results showed that breastfeeding intent was associated with positive breastfeeding attitudes. Intent is a very strong indicator of actual behavior.

Ludvigsson (2003) did a study to investigate the relationship between the attitudes towards breastfeeding and the actual feeding pattern in a Bolivian population. This study was cross-sectional interviews with 420-502 Bolivian mothers with an infant less than or equal to 1 year of age. Different with another study above, the result of this study showed that the attitudes of the mother towards breastfeeding did not influence the infant feeding pattern.

A cross-sectional study was conducted in 11 health centers within the parish of Saint Ann, Jamaica (Chatman et al., 2004). The objective of this study was to gather information about factors that influence exclusive breastfeeding and its duration. A pretested questionnaire collected information on breastfeeding attitudes toward intention to breastfeed and other relevant sociodemographic characteristics. Information was documented for 599 mother-child pairs. The prevalence of breastfeeding initiation was 98.2

percent; of mothers who initiated breastfeeding, 22.2 percent practiced it exclusively (at least 6 months). Similar with Chatman et al. (2004), the result of this study showed that there was no

CONCLUSION

Several studies above regarding the influence of knowledge on breastfeeding practice. Almost all of these studies showed that knowledge is important in influencing breastfeeding practice. The various studies above also regarding the influence of attitude on

difference occurred between exclusive and nonexclusive breastfeeding mothers in terms of attitudes toward breastfeeding.

breastfeeding practice. The studies show various results, but the majority showed that attitude influences breastfeeding practice. In term of breastfeeding promotion, knowledge and attitude are two modifiable variables that very important to be note.

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