

FACTORS INFLUENCING THE BREASTFEEDING TRENDS AMONG
MOTHERS IN KELANTAN

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**FACTORS INFLUENCING THE BREASTFEEDING TRENDS AMONG
MOTHERS IN KELANTAN**

**By
Norliyana binti Madrus**

**Research Report submitted in partial fulfillment of
the requirement for the degree of
Bachelor of Food Science (Food Service and Nutrition)**

**DEPARTMENT OF FOOD SCIENCE
FACULTY OF AGROTECHNOLOGY AND FOOD SCIENCE
UNIVERSITI MALAYSIA TERENGGANU
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ENDORSEMENT

The project report entitled **Factors influencing the breastfeeding trends among mothers in Kelantan** by **Norliyana binti Madrus**, Matric No. **UK 17666** has been reviewed and corrections have been made according to the recommendations by examiners. This report is submitted to the Department of Food Science in partial fulfillment of the requirement of the degree of Bachelor of Food Science (Food Service and Nutrition), Faculty of Agrotechnology, Universiti Malaysia Terengganu.

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(DR. HAYATI MOHD YUSOF)

Main supervisor

Date: 8/2/2012

DECLARATION

I hereby declare that the work in this thesis is my own except for quotations and summaries which have been duly acknowledged.

Signature : 

Name : NORLIYANA BINTI MADRUS

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Date : 08 / 02 / 2012

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ABSTRACT

The purpose of the study was to determine factors influencing the breastfeeding trends among mothers in Kelantan. A total of 100 respondents were participated in this study involving Malay mothers who breastfeed their babies and presently have children up to the age two years. A questionnaire was used in conducting this study to obtain socio-demographic characteristics, exclusive breastfeeding, dietary practices, food taboos, weaning practices and breastfeeding discontinuation. The mean (SD) age of the respondents was 30.9 (5.5) years. Based on Chi-square test, results showed a significant association in number of children and duration of breastfeeding ($p=0.002$). There were also significant associations between frequencies of feeding per day and exclusive breastfeeding ($p<0.001$). In the present study, intention to breastfeed more than 12 months appears to be positively associated with exclusive breastfeeding ($p=0.014$). Although the duration of breastfeeding is shorter, an average 16 months, more than half (54%) of the breastfeeding mothers are exclusively breastfeeding for six months of infants' age. This study shows a significant relationship between exclusive breastfeeding and duration of breastfeeding ($p=0.004$). Most mothers preferred dietary practices based on food guide pyramid in order to take variety of nutrients. Based on the Mann Whitney U Test, result showed a significant associations in milk intake between exclusive and non exclusive breastfeeding ($p=0.041$). From a total of 100 respondents, 57% practiced both home prepared weaning food and commercialized weaning food. There was significant association between mothers who had difficulties during weaning practices and aged of weaning practices ($p=0.006$). Besides, frequency of formula milk per day had significant relationship with ages of weaning practices ($p<0.001$). No correlations were found between mean score of reasons to stop breastfeeding and age of infants when breastfeeding was discontinued. The trend shows that majority of the mothers preferred breastfeeding and sometimes infant's self weaning practices forced mothers to stop breastfeeding. It is important that all the mothers are aware towards exclusive breastfeeding and continued breastfeeding till two years.

ABSTRAK

FAKTOR YANG MEMPENGARUHI CORAK PENYUSUAN DI KALANGAN IBU DI KELANTAN

Kajian ini telah dijalankan untuk menentukan faktor yang mempengaruhi corak penyusuan di kalangan ibu di Kelantan. Seramai 100 responden yang terdiri daripada ibu berbangsa Melayu yang masih menyusukan bayi mereka dan mempunyai anak yang berumur sehingga dua tahun telah menyertai kajian ini. Keadah borang kaji selidik telah digunakan untuk mendapatkan maklumat mengenai sosiodemografik, penyusuan susu ibu secara eksklusif, amalan pemakanan, pantang larang pemakanan, amalan bercerai susu dan memberhentikan penyusuan susu ibu selamanya. Min umur responden bagi populasi kajian ini ialah 30.9 (SD=5.5) tahun. Berdasarkan ujian Khi-kuasa dua, bilangan anak dan tempoh menyusui menunjukkan hubungan yang signifikan ($p=0.002$). Kekekapan menyusui setiap hari dan penyusuan secara eksklusif juga menunjukkan hubungan yang signifikan ($p<0.001$). Dalam kajian ini, keinginan untuk menyusui lebih daripada 12 bulan mempunyai hubungan yang signifikan dengan penyusuan secara eksklusif ($p=0.014$). Walaupun tempoh penyusuan adalah pendek dengan purata 16 bulan, namun lebih daripada separuh (54%) ibu mengamalkan penyusuan secara eksklusif selama enam bulan. Kajian ini menunjukkan hubungan yang signifikan antara penyusuan susu ibu secara eksklusif dengan tempoh penyusuan ($p=0.004$). Berdasarkan ujian Mann Whitney U, terdapat hubungan yang signifikan dalam amalan pengambilan susu dengan penyusuan secara eksklusif dan tidak eksklusif ($p=0.041$). Daripada 100 responden, 57% mengamalkan kedua-dua makanan komersial dan makanan yang dimasak sendiri untuk amalan mencerai susu. Terdapat hubungan yang signifikan antara ibu yang mengalami kesukaran mencerai susu dan umur ketika mencerai susu ($p=0.006$). Selain itu, kekekapan mengambil susu formula setiap hari juga mempunyai hubungan yang signifikan dengan umur ketika mencerai susu ($p<0.001$). Tiada hubungan korelasi antara skor min sebab-sebab memberhentikan penyusuan dan umur bayi apabila telah berhenti menyusui. Corak penyusuan menunjukkan bahawa majoriti bayi mula berhenti menyusui dengan sendirinya dan hal ini menyebabkan ibu-ibu terpaksa berhenti menyusukan bayi mereka. Oleh itu, adalah penting bagi ibu-ibu mempunyai kesedaran untuk menyusukan anak mereka secara eksklusif dan seterusnya menyambung penyusuan sehingga berumur dua tahun.