

DETERMINANT OF EXCLUSIVE BREASTFEEDING AMONG NURSING MOTHERS IN OLUYOLE LOCAL GOVERNMENT, IBADAN, OYO STATE, NIGERIA

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ABSTRACT

Exclusive breast feeding, which can be defined to be the process of feeding an infant with breast milk alone with no additional food or drink for six months after delivery. Nigeria is still saddled with high level of malnutrition and its associated infant mortality. This study examines the sources and knowledge of exclusive breastfeeding information among nursing mothers and also to determine the extent of exclusive breastfeeding practice among nursing mothers. Univariate, bivariate and multivariate analyses were employed. The study involves nursing mothers between the ages 15-49 with a total sample size of 260 respondents and was carried out in Adeoyo Maternity Hospital, Yemetu located at Ibadan, Oyo State.

The findings from this research revealed that majority of the respondents have heard of Exclusive Breastfeeding as about 240 (92.3%) said they have heard of breastfeeding a baby with breast milk alone without water or food for several months when the baby is born. And also, 53.5% of the respondent has ever breastfed any of their babies with breast milk alone without giving the baby water or other foods while 46.5% has never breastfed any of their babies with breast milk alone without giving the baby water or other foods. This study therefore, recommend that adequate sensitization at the health care services should continue until the mothers and intending mothers absorbed the benefit of exclusive breastfeeding all levels, as this is a major push to improving our and child health indices.

Key words: exclusive breastfeeding, nursing mothers, infant, breast milk