

Thesis Title                    A Comparison Between Mothers' Expectations and Nursing  
Activities in the Promotion of Breastfeeding

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Date of Graduation            3 June B.E. 2540 (1997)

### Abstract

Breastfeeding is best for babies. Complete nutrients in breastmilk have been qualified for promoting health, growth and can reduce malnutrition and illness from preventable disease. Breastfeeding also develops maternal and child attachment. Baby-Friendly Hospital Initiative had been implemented to protect, promote and support breastfeeding according to ten steps to successful breastfeeding. Therefore, the purpose of this study was to compare mothers' expectations and nursing activities in the promotion of breastfeeding. Subjects were 183 pregnant women, had been delivered at Nakornping Hospital and Maternal and Child Hospital which was the Baby-Friendly Hospital. Data were collected by interview questionnaire concerning mothers' expectations and nursing activities in the promotion of breastfeeding. The data were analyzed by percentage, arithmetic mean, standard deviation and paired t-test.

Results of this study indicated that mothers' expectation score was statistically significantly lower than nursing activities score at  $P < .001$  level about Informing pregnant women about the benefits and management of breastfeeding, Giving infants no food or drink other than breastmilk unless medically indicated, Encouraging breastfeeding on demand, Giving no artificial teats or pacifiers also called dummies or soothers to breastfeeding infants.

Mothers' expectation score was lower than nursing activities score without statistical significance ( $P > .05$ ) about showing mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants. Mothers' expectation score was statistically significantly higher than nursing activities score at  $P < .001$  level about helping mothers initiate breastfeeding within a half-hour of birth. Mothers' expectation score was higher than nursing activities score without statistical significance about practicing rooming-in allow mothers and infants to remain together 24 hour a day.

From the results of this study the researcher suggested to helped mothers initiate breastfeeding within a half-hour after operation. If they should be separated from their infants, they should be reunited as soon as possible.