

Thesis Title The Relationship between Knowledge, Belief and
 Quality of Food Consumption of Lactating Mothers.

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ABSTRACT

The quality of food consumption in lactating mothers is the most essential factor that may affect the quality of milk production. Lactating mothers who have inappropriate food consumption will cause problems concerning low quality milk to feed their infants. As a result of low quality of milk, the infants may face with malnutrition problems. It is believed that quality of food consumption of lactating mothers will be related to knowledge, and belief about food consumption of the mothers. Thus, the purpose of this study was to determine the relationship between knowledge, belief and quality of food consumption of lactating mothers. Health Belief Model was used as a theoretical framework for this study. The sample was composed of 159 lactating mothers whose babies were between 2-8 weeks of age. All of babies were breast-fed since newborn until the period of study. Tools for collecting data included Knowledge and Belief about Food Consumption questionnaires, Quality of Food Consumption Interview form 24-hour diet recall, real food example in fresh and already cooked, standard cup and dietetic scale. Quality of food consumption score was calculated by using

consuming score manual. Data were analyzed by using statistic techniques including Pearson's Product Moment correlation coefficient and the Stepwise Inclusion multiple regression. The results of the study were found as the following.

1. There was a significantly positive correlation between belief and quality of food consumption at .05 level of significance ($r = .1692$).

2. There were significantly positive correlations between education level, family income and quality of food consumption at .05 level of significance ($r = .1814$ and $.2164$ respectively).

3. The result of the stepwise inclusion multiple regression analysis showed that 4.683 percent of the variance of quality of food consumption was accounted for by one significant predictor, i.e, family income.

The results of this study indicated that lactating mothers who demonstrated good belief about food consumption, higher education level, and higher family income demonstrated better quality of food consumption. Therefore, it is recommended for nursing practice that nurses should be aware of the importance of nutritional education to regarding food consumption to lactating mothers in order that they will have appropriate belief about food consumption during lactating peroid. Thus, nurses should focus on promoting mothers' belief and correcting knowledge about appropriate food consumption which will result in good quality of food consumption in lactating mothes.