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TRIBUTING FACTORS AFFECTING BREASTFEEDING
PRACTICES OF WORKING MOTHERS IN
INDANG, CAVITE

SPECIAL PROBLEM

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ABSTRACT

BERNARDO PRINCE ARVIN I., CARINGAL MAXIMO O., and DIMALALUAN ARLENE B., Special Problem. Contributing Factors Affecting Breastfeeding Practices of Working Mothers in Indang, Cavite. Bachelor of Science in Nursing. Cavite State University, Indang, Cavite. April, 2007. Adviser: Dr. Yolanda A. Ilagan.

The study was conducted to determine the contributing factors that affect the breastfeeding practices of working mothers.

A total of 90 working mothers (respondents) were interviewed using a prepared questionnaire as the main data gathering tool. Frequency, mean, and ranks were used to analyze the data gathered. The attitudes of respondents toward breastfeeding were determined and were given weights as strongly disagree- 1, disagree- 2, not sure- 3, agree- 4, and strongly disagree- 5 using the Likert Scale

Majority of the working mothers (36.8%) belonged to the age bracket of 27 to 31. Thirty-seven (37.5%) were college graduates. Most of the respondents (48.15%) were business women and work in Indang.

Among the reasons for breastfeeding, majority of the working mothers reported that “it is the best the way to nourish their children”. For those not breastfeeding the reasons cited by majority (72.84%) were due to physiological problems like inability to produce milk and pain when breastfeeding. For breastfeeding at work, the most common reason was that “it is allowed in their work place”.

Age was negatively correlated with work ($r = -.236^*$), family ($r = -.331^{**}$), and physiologic factors ($r = -.226^*$), while intrapersonal reasons ($r = .246^*$) was positively correlated with the breastfeeding working mothers. These indicate that even if

respondents get older, factors cited do not affect the feeding practices of working mothers.

On the other hand, income was negatively correlated with the work factors ($r = -.234^*$) for those practicing breastfeeding. This means that as the income of the mother increases, the influence of the work environment to the mother decreases in terms of breastfeeding her child

Educational background was negatively correlated with awareness factor for breastfeeding ($r = -.239^*$) and positively correlated for non-breastfeeding ($r = .827^*$) working mothers. It indicates that well educated mothers and aware of breastfeeding will less likely to breastfeed her child.

Nature of work was negatively correlated with the awareness factor ($r = -.671^*$) with the work environment of non-breastfeeding working mothers. This means to say that mothers in Indang, Cavite were more likely to breastfeed since most of them were businesswomen that manages their own time and work.

Household size was negatively correlated with the work environment ($r = -.227^*$) of breastfeeding working mothers. It signifies that work environment in relation to household size is influential enough to affect breastfeeding practice of the mother.

The study also reveals that place of work has no significant correlation with the mother's breastfeeding practice.

TABLE OF CONTENTS

	Page
BIOGRAPHICAL DATA.....	ii
ACKNOWLEDGMENT	iv
ABSTRACT.....	vii
LIST OF TABLES	xi
LIST OF APPENDICES	xii
INTRODUCTION	1
Statement of the Problem.....	2
Significance of the Study.....	2
Objectives of the Study.....	2
Scope and Limitation.....	3
Time and Place of the Study.....	3
Conceptual Framework.....	3
REVIEW OF RELATED LITERATURE.....	4
METHODOLOGY.....	10
Research Design.....	10
Sampling and Study Subjects.....	10
The Research Instrument.....	10
Validation of the Research Instrument.....	10
Analysis of Data.....	11

RESULTS AND DISCUSSION.....	12
Socio-Demographic Characteristics.....	12
Reasons for Breastfeeding.....	17
Reasons for Bottle-feeding.....	18
Reasons for Breastfeeding at Work.....	19
Reasons for not Breastfeeding at Work.....	20
Contributing Factors Affecting Breastfeeding Practice.....	21
Relationship of Contributing Factors to Demographic Profile of Working Mothers towards Breastfeeding Practice.....	23
SUMMARY, CONCLUSION AND RECOMMENDATIONS.....	30
Summary.....	30
Conclusions.....	31
Recommendations.....	31
BIBLIOGRAPHY.....	33
APPENDICES.....	35

LIST OF TABLES

Table		Page
1	Socio-demographic characteristics of working mothers.....	13
2	Reasons cited by working mothers in Indang, Cavite for breastfeeding.....	17
3	Reasons cited by working mothers in Indang, Cavite for bottle- feeding.....	18
4	Reasons cited by working mothers in Indang, Cavite for breastfeeding at work.....	19
5	Reasons cited by working mothers in Indang, Cavite for bottle-feeding at work.....	20
6	Contributing factors affecting breastfeeding practice.....	22
7	Relationship of age and the factors affecting mother's attitudes in breastfeeding practice.....	24
8	Relationship of income and the factors affecting breastfeeding of working mothers.....	25
9	Relationship of educational background and the factors affecting breastfeeding practice of working mothers.....	26
10	Relationship of place of work and the factors affecting breastfeeding of working mothers.....	26
11	Relationship of nature of works and the factors affecting breastfeeding of working mothers.....	27
12	Relationship of household size and the factors affecting breastfeeding of working mothers.....	28
13	Relationship of number of children and the factors affecting breastfeeding practice of working mothers.....	29

LIST OF APPENDICES

Appendix	Page
A. Sample Questionnaire.....	36
B. Curriculum Vitae.....	39

CONTRIBUTING FACTORS AFFECTING BREASTFEEDING PRACTICES OF WORKING MOTHERS IN INDANG, CAVITE^{1/}

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^{1/}A special problem manuscript submitted to the Faculty of the College of Nursing, Cavite State University, Indang, Cavite, in partial fulfillment of the requirements for Nursing Research 200, with Contribution No. _____. Prepared under the supervision of Dr. Yolanda Ilagan.

INTRODUCTION

Breastfeeding is the process of direct feeding of milk from the breast to the newborn and is also the baby's usual source of nutrients and energy for the first four to six months of their life (Santrock, 1999). One of its important advantages is that it gives the infant significant protection against chronic diseases like allergies and asthma; and infectious illnesses like meningitis, diarrhea, ear infections, and pneumonia. It also benefits the mother by reducing the risk of having certain cancers, osteoporosis, and hip fractures later in life (Gartner, 2006). The process of breast-feeding also strengthens the bond between the mother and the child. If this is both satisfying to both participants, the mother develops nurturing behavior and the infant learns trust (Gartner, 2006).

Many specialists create ways of promoting breastfeeding successfully. However, many do not practice breastfeeding due to some factors.

This study attempted to determine the factors that affect the breastfeeding practice of working mothers in Indang, Cavite.