

EXCLUSIVE BREASTFEEDING AND CHALLENGES OF WORKING CLASS MOTHERS IN OBUBRA LOCAL GOVERNMENT AREA, CROSS RIVER STATE, NIGERIA

Nsemo Alberta David Awusa, Esther Benedict and Abia Raphael
University of Calabar, Nigeria

Sufficient nutrition at birth and infancy is crucial in promoting maximal growth and behavioral development, and breast milk contains ingredients for perfect nourishment of infants. Workplace activities may affect the practice of exclusive breast among working class mothers. This study examined exclusive breastfeeding and challenges of working class mothers in Obubra Local Government Area of Cross River State, Nigeria. Specifically, the relationship between prevention of diseases, promotion of child spacing and reduction of infant mortality and the challenges of working class nursing mothers were examined. Theory of Planned Behavior (TPB) and Rational Choice theory were used to direct the study. Survey research design was adopted. Stratified and purposive sampling procedures were applied to obtain data from 375 respondents. Instrument for data collection was a 25-item self-structured questionnaire, and data generated were tested using Chi-square. Result of the analysis indicated that prevention of disease, promotion of child spacing and reduction of infant mortality were significantly associated with challenges of working class nursing mothers. The study concluded that exclusive breastfeeding was negatively affected by workplace challenges of nursing mothers. Hence, it was recommended among others that work place policies should be revised to favour nursing mothers by the extension of maternity leave period to allow mothers spend more time in breastfeeding

albertansemo@yahoo.com