

EXCLUSIVE BREASTFEEDING AND FACTORS ASSOCIATED WITH ITS OPTION OR ABANDONMENT BY ALGERIAN

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ABSTRACT

Breast milk is a complete, balanced, economical and sterile food. It is natural and ideal for the first months of the infant's life and perfectly adapted to the immaturity of the newborn. Accordingly, this paper aims at identifying socioeconomic and demographic characteristics of women in post-partum, their breastfeeding project and its duration to hospital discharge as well as listing the main factors associated with the decision of whether or not to breastfeeding. This study had been carried out at Maternity Hospital Center (MHC) of Naama province which is located in the South-West of Algeria. A cross-sectional survey of breastfeeding women was underwent using a direct interview and a semi-structured questionnaire including two parts. First, the researchers try to make an assessment about the reasons for choosing breastfeeding and factors influencing the choice of this feeding mode. Secondly, a comparative study of the socio-demographic and obstetric-medical characteristics of mothers feeding their newborns exclusively with breastfeeding mode or bottle-feeding has been tackled. This study revealed, on one hand, a lack of information in the health care centers on breastfeeding modes. On another hand, there seem to be insufficient knowledge on the techniques of breastfeeding practice in young mothers. This research, indeed, endeavours to encourage women to be more aware of the benefits and the superiority of breastfeeding.

Keywords: Milk, Newborn, Breastfeeding, Mothers, Bottle-feeding.