

**Knowledge, Attitude and Practice of Exclusive Breastfeeding and Spousal Support as a
Determinant among Breastfeeding Mothers In Ibadan North**

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Public Health**

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Certification

This is to certify that Oluwasegun Isaac Ayegbayo with matriculation number LCU/PG/003005 carried out this research work titled “Knowledge, Attitude and Practice of Exclusive Breastfeeding and Spousal Support as a Determinants among Mothers in Ibadan North” in the Department of Public Health, Faculty of Public Health, Lead City University, Ibadan, Oyo state, for the award of Master Degree in Public Health (MPH) and that this has not been previously submitted.

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Dedication

This research work is dedicated to God Almighty.

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Acknowledgement

This research work was conducted at Lead City University, Ibadan, and I extend my appreciation to the institution for providing an enabling environment. I also acknowledge the use of Lead City University Library for access to relevant literature. My gratitude goes to the Oyo State College of Health Science and Technology Library, Eleyele, Ibadan, for their support. I appreciate the assistance received from the staff at Oyo State Primary Healthcare Board, particularly at Idi Ogungun Primary Healthcare Centre, Sango Primary Healthcare Centre, and Sabo Primary Healthcare Centre, where essential data for this research were collected.

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Even though the above-mentioned institutions and persons have assisted in the process of this research work, I alone stand responsible for the errors, if any, found in the work.

Abstract

Introduction: This study explored the knowledge, attitudes, practices, and influence of spousal support on exclusive breastfeeding among mothers in Ibadan North, Oyo State, Nigeria, using the Social Cognitive Theory framework.

Methodology: A cross-sectional descriptive design was employed; sampling 406 breastfeeding mothers aged 15-49 with infants aged 0-6 months from three Primary Healthcare Centers. Data were collected via structured questionnaires and analyzed using SPSS version 21 for descriptive and inferential statistics.

Results: The findings revealed high awareness of exclusive breastfeeding (93.8%), which was primarily driven by healthcare providers (66.7%). Positive attitudes toward exclusive breastfeeding were observed in 73.2% of mothers, although only 64.3% adhered to the practice. Physical, social, and cultural barriers were common, with 24.4% citing cultural beliefs and 33.6% expressing discomfort breastfeeding in public. Spousal support, although critical, was underutilized; only 40.1% received any form of support, with emotional support being the least common (71.4% lacked it), while financial support was more frequent (52.2%).

Chi-square analysis highlighted significant associations between attitudes and socio-demographic factors, including age ($p = 0.001$), marital status ($p = 0.000$), education ($p = 0.003$), and income ($p = 0.001$). Knowledge was similarly linked to these variables but not family structure. Logistic regression showed that attitude ($OR = 2.237$, $p = 0.000$) and knowledge ($OR = 3.338$, $p = 0.000$) significantly influenced exclusive breastfeeding, while practice did not. Multiple regression identified attitudes ($p = 0.008$) and spousal support ($p = 0.050$) as significant predictors, underscoring their combined impact on breastfeeding outcomes.

Conclusion and Recommendation: The study recommends integrating spousal involvement, culturally sensitive public health messaging, and enhanced community and workplace support to improve exclusive breastfeeding rates. Future research should investigate the roles of spousal support types and digital media in fostering breastfeeding practices.

Keywords: Exclusive Breastfeeding, Knowledge, Attitudes, Practices, Spousal Support, Ibadan North, Social Cognitive Theory.

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Table of Contents

Content	Page
Certification	i
Dedication	ii
Acknowledgement	iii
Abstract	iv
Table of Contents	vi
List of Table	xi
List of Figures	xii
List of Acronyms	xiii
Introduction	1
1.1: Background of the Study	1
1.2: Problem Statement	4
1.3: Justification of the Study	6
1.4: Significance of the Study	7
1.5: General Objective	8
1.6: Specific Objectives	8
1.7: Research Questions	8
1.8: Scope of the Study	9
1.9: Operational Definition of Terms	9
Endnotes	11
Review of Literature	17
2.0: Introduction	17
2.1: Conceptual Review	17
2.1.1: Concept of Exclusive Breastfeeding (Definition and Importance)	17

2.1.2: Knowledge of Exclusive Breastfeeding	19
2.1.3: Practice towards Exclusive Breastfeeding	20
2.1.4: Attitude towards Exclusive Breastfeeding	22
2.1.5: Spousal Support for Exclusive Breastfeeding	23
2.1.6: Other Means of Support for Exclusive Breastfeeding	25
2.2: Theoretical Review	27
2.2.1: Theory of Planned Behavior (TPB)	28
2.2.2: Social Cognitive Theory (SCT)	30
2.2.3: Health Belief Model (HBM) Theory	32
2.3.0: Review of Empirical Studies	33
2.3.1: Level of Knowledge among Mothers Regarding Exclusive Breastfeeding	34
2.3.2: Factors Influencing Exclusive Breastfeeding Knowledge Levels	33
2.3.3: Attitude of Mothers towards Exclusive Breastfeeding	40
2.3.4: Impact of Attitude on Breastfeeding	42
2.3.5: Breastfeeding Practices Commonly Adopted by Mothers	44
2.3.6: Factors Shaping Maternal Attitude on Exclusive Breastfeeding	46
2.3.7: Challenges and Barriers of Exclusive Breastfeeding	48
2.3.8: Roles of Spousal Support in Promoting Exclusive Breastfeeding	50
2.3.9: Forms of Spousal Support in Breastfeeding	53
2.3.10: Impact of Spousal Support on Breastfeeding Outcomes	58
2.4.0: Theoretical Framework	62

2.4.1: Application to Thesis Topic:	63
2.4.2: Overall Framework Summary	66
2.5.0: Conceptual Framework	66
2.5.1: Conceptual Framework Diagram:	68
2.6: Summary of Gaps in Literature	71
2.6.1: Introduction	71
2.6.2: Knowledge Gaps and Challenges of Exclusive Breastfeeding	71
2.6.3: Common Misconceptions and Knowledge Deficits	73
2.6.4: Barriers to Acquiring Accurate Information	74
2.6.5: Conclusion on Summary of Gaps in Literature	75
Endnotes	77
Methodology	91
3.1: Research Design	91
3.2: Study Period	91
3.3: Study Setting	94
3.4: Study Population	95
3.5: Data Source	95
3.5.1: Primary Data Source	95
3.5.2: Secondary Data Source	95
3.6: Eligibility Criteria	95
3.6.1: Inclusion Criteria	95
3.6.2: Exclusion Criteria	96
3.7: Sampling Technique	96

3.8: Sample Size Calculation	97
3.9: Sample Size Determination	97
3. 10: Sample Size	98
3.10.1: Section A: Demographic Information	98
3.10.2: Section B:	
Level of Knowledge among Mothers regarding Exclusive Breastfeeding	99
3.10.3: Section C: Attitudes of Mothers towards Exclusive Breastfeeding	99
3.10.4: Section D:	
Breastfeeding Practices commonly adopted by Mothers in Ibadan North	100
3.10.5: Section E:	
Roles of Spousal Support in Promoting Exclusive Breastfeeding among Mothers in Ibadan North	100
3. 11: Procedures of Data Collection	100
3.12: Data Quality Assurance	101
3.12.1: Validity of Research Instrument	101
3.12.2: Reliability of the Research Instrument	101
3.13: Data Analysis	102
3.14: Ethical Approval	103
Endnotes	104
Results and Discussion of Finding	106
4.1:Socio-Demographic Characteristics of Respondents	106
4.2: Knowledge about Exclusive Breastfeeding: Summary of Findings	110

4.3: Attitudes towards Exclusive Breastfeeding	112
4.4: Factors Influencing Participants' Attitudes Toward Exclusive Breastfeeding	119
4.5: Breastfeeding Practices Among Mothers	121
4.6: Breastfeeding Management Practices Among Mothers	123
4.7: Spousal Support in Promoting Exclusive Breastfeeding	126
4.8: Association between Socio-demographic variables and Attitudes	129
4.9: Association between Socio-demographic Variables and Knowledge	131
4.10: Association between Socio-demographic Variables and Practice	133
4.11: Logistic Regression on factors influencing Exclusive breastfeeding	135
4.12: Logistic Regression on Attitude, Knowledge and Practice on Exclusive Breastfeeding	137
4.13: Multiple regressions of factors influencing Exclusive breastfeeding	138
4.14: Discussion of Findings	138
Endnotes	146
Conclusion	149
5.1: Summary of Findings	149
5.2: Conclusion	150
5.3: Recommendations	150
5.4: Contribution to Knowledge	153
5.5: Suggested Areas for Further Research	133
Bibliographies	155
Journals	155
Textbooks	176
Appendix	177

List of Tables

Tables	Title	Page
Table 4.1a:	Socio-Demographic Characteristics of Respondents	108
Table 4.1b:	Socio-Demographic Characteristics of Respondents	109
Table 4.2:	Knowledge about Exclusive Breastfeeding	111
Table 4.3a:	Attitudes towards Exclusive Breastfeeding	115
Table 4.3b:	Attitudes towards Exclusive Breastfeeding	116
Table 4.4:	Factors influencing the Attitudes toward Exclusive Breastfeeding	121
Table 4.5:	Breastfeeding Practices among Mothers	122
Table 4.6a:	Breastfeeding Practices among Mothers	125
Table 4.6b:	Breastfeeding Practices among Mothers	126
Table 4.7a:	Spousal Support in Promoting Exclusive Breastfeeding	127
Table 4.7b:	Spousal Support in Promoting Exclusive Breastfeeding	128
Table 4.8a	Association between Socio-demographic variables and Attitudes	129
Table 4.8b	Association between Socio-demographic variables and Attitudes	130
Table 4.9a	Association between Socio-demographic Variables and Knowledge	131
Table 4.9b	Association between Socio-demographic Variables and Knowledge	132
Table 4.10a	Association between Socio-demographic Variables and Practice	133
Table 4.10b	Association between Socio-demographic Variables and Practice	134
Table 4.11:	Logistic Regression on factors influencing Exclusive breastfeeding	135
Table 4.12:	Multivariate Logistic Regression on Attitude, Knowledge and Practice on Exclusive Breastfeeding	137

Table 4.13:	Multiple regressions of factors influencing Exclusive breastfeeding	137
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List of Figures

Figures	Title	Page
Figure 1:	Level of knowledge of Exclusive Breastfeeding	112
Figure 2:	Attitude Level towards Exclusive Breastfeeding	118

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List of Acronyms

Abbreviation	Meaning
AAP	American Academy of Paediatrics
WHO	World Health Organization
UNICEF	United Nations International Children's Emergency Fund
NDHS	National Demographic and Health Survey
HIV	Human Immunodeficiency Virus
PHC	Primary Healthcare Centres
LGA	Local Government Area
SCT	Social Cognitive Theory
EBP	Exclusive Breastfeeding Practice
HBM	Health Belief Model
TPB	Theory of Planned Behaviour

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