

**UNIVERSITI TEKNOLOGI MARA**

**BREASTFEEDING AWARENESS AND  
PRACTICES AMONG PUNCAK ALAM  
RESIDENTS**

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## ABSTRACT

Breastfeeding process is an important natural process to provide infants with nutrients that they need. Knowledge and awareness of breastfeeding process are important for mothers to breastfeed their infants correctly in order to reduce maternal and child sickness rate. There are many programs and initiatives had been done to promote breastfeeding to the society. The community should be exposed and given enough information about breastfeeding so they can practice in proper way. This study assess level of knowledge and awareness towards breastfeeding among Puncak Alam residents as well as their practices of breastfeeding. A cross-sectional study has been conducted among 420 respondents from different races including Malay, Chinese, Indian, and others. In this study, data were analysed using Microsoft Excel and Statistical Package of Social Sciences (SPSS) version 17.0 which include descriptive analysis and Mann Whitney U test. The respondents were female with 45.8 % (n = 179) were 20 to 23 years old, 36.6 % (n = 143) were 31 to 40 years old, and only 17.6 % (n = 69) aged 41 years and above. Among all of them, 91 % were breastfeeding and the other 9 % did not breastfeed. The result showed that there were no significant difference of breastfeeding knowledge and awareness between breastfeeding mothers and non breastfeed mothers and most of them practice breastfeeding in correct way.

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## CHAPTER 1

### INTRODUCTION

#### 1.1 Background

Breastfeeding, or sometimes called "nursing" is the method of feeding a baby with milk directly from the mother's breast (Bartick, 2010). Breastfeeding is the normal way of providing young infants with the nutrients they need for healthy growth and development. Colostrum, the yellowish, sticky breast milk produced at the end of pregnancy is recommended by WHO as a perfect food for the newborn, and babies should be fed within the first four hours after birth (Agampodi, 2007). Exclusive breastfeeding, which is feeding the infants with breast milk, including expressed milk or from wet nurse is recommended up to 6 months of age (WHO,2009). Nowadays, women are unable to practice exclusive breastfeeding because they are separated from their infants while working. Anyway, expressing or pumping out their breast milk helps them to continue breastfeeding (Sisk, 2010).

Breastfeeding is recognized internationally as the "physiological standard" for growth and development for human infants. Indeed, breastfeeding is an essential component for normal physical and cognitive development, with both immediate and long-term advantages. Many benefits of a mother's own breast milk for human infants are well documented. Breastfeeding is an important component of mother–infant attachment and bonding and is a valuable source for societies worldwide to maintain (Sweet, 2010).