**CHAPTETR FOUR**

**DATA PRESENTATION, ANALYSIS AND INTERPRETATION OF FINDINGS**

**Presentation of data and interpretation of findings**

In this chapter, the data collected were analyzed. The responses were carefully tabulated and converted to percentages and were presented in such a way that it will serve as a viable tool for effective analysis and discussion of results. The analysis is based on the research questions formulated

Fig 4.1: Demographic information of respondents (n=172)

**Variables category frequency percentage (%)**

**Age**  under 20 4 2.33

20-29 133 77.33

30-39 33 19.19

40 or above 2 1.16

**TOTAL 172 100**

**Education level** primary 10 5.81

Secondary 74 43.02

tertiary 87 50.58

advanced degree 1 0.58

**TOTAL 172 100**

**Employment status** full time 21 12.21

Part time 36 20.93

Self-employed 52 30.23

Unemployed 8 4.65

Stay at home 55 31.98

**TOTAL 172 100**

**Marital status** single 8 4.65

Married 164 95.35

Divorced 0 0

**TOTAL 172 100**

**Number of children** 1 59 34.30

2 79 45.93

3 30 17.44

More than 3 4 2.33

**TOTAL 172 100**

**Results**

Table 4.1 above shows the number of respondents within each age bracket: 4(2.33%) were in the age bracket of under 20 years, 133(77.33%) were in the age bracket of 20-29years, 33(19.19%) were in the age bracket of 30-39 years, 2(1.16%) were in the age bracket of 40 or above years.

Item 2 of table 1 above shows the educational level of the respondent involved:10(5.81%) were primary school holders, 74 (43.02%) were secondary school holder, 87(50.58%) were tertiary holder, 1(0.58) had advanced degree.

Item 3 of table 1 above shows the employment status: 21(12.21%) had full time jobs, 36(20.93%) had part time job, 52(30.23%) were self-employed, 8(4.65%) were unemployed and 55(31.98%) were stay home parent.

Item 4 of table 1 above shows the marital status of the respondent involved. Single respondents were 8(4.65%) and married respondents 164 (95.35%).

Item 5 of the table 1 above shows the number of the children owned by the respondents: 59(34.30%) had a child, 79(45.93%) had two children, 30(17.44%) had three children and 4(2.33%) had more than three children.

**Research Question 2**

Items 1-5 section 2 from the questionnaire were used to access the pre intervention breastfeeding related problems among postnatal mothers.

Table 4.2 showing the pre intervention breastfeeding related problems among postnatal mothers. (n=172)

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **Categories** | **Frequency** | **Percentage** |

|  |  |  |  |
| --- | --- | --- | --- |
| Did you breastfeed your baby? | Yes  No  **Total** | 162  10  **172** | 94.19  5.81  **100** |
| If yes, how long did you breastfeed your baby? | In months  In weeks  In days  **Total** | 0  4  158  **162** | 0  2.47  97.53  **100** |
| Have you encounter any breastfeeding related problems? | Yes  No  I don’t know  **Total** | 12  160  0  **172** | 6.98  93.02  0  **100** |
| If yes, which among the following did you experience ? | Engorgement  nipple pain  latching difficulties  low milk supply  mastitis  others  **Total** | 1  1  5  5  0  0  **12** | 8.33  8.33  41.67  41.67  0  0  **100** |
| How often have you faced these breastfeeding related problems? | Rarely  occasionally  frequently  always  **Total** | 0  2  4  6  **12** | 0  16.67  33.33  50  **100** |
|  |  |  |  |
|  |  |  |  |
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|  |  |  |  |
|  |  |  |  |
| **RESULT** |  |  |  |

The table above shows the pre intervention breastfeeding related problems among postnatal mothers. Item 1 asked did you breastfeed your baby: majority of the respondents, 162 (94.19%) agreed to feeding their baby while 10 (5.81%) were not breastfeeding their baby.

Item 2 assesses how long do they breastfeed their baby. Majority of them, 158 (97.53%) choose in days, 4 (2.47%) choose in weeks.

Item 3 assesses have you encounter any breastfeeding related problems. About 160(93.02%) have not while 12 (6.98%) have an encounter.

Item 4 assesses the following conditions that was experienced. 1 (8.33%) experience engorgement while 1 (8.33%) experience nipple pain, 5(41.67%) latching difficulties, 5 (41.67%) low milk supply

Item 5 assesses how often they have faced the breastfeeding related problems. 2 (16.67%) occasionally, 4 (33.33%) frequently while 6 (50%) always.

**Research Question 3**

Items 1-5 section 3 from the questionnaire were used to access the pre intervention breastfeeding existing knowledge of proper breastfeeding techniques among postnatal mothers.

Table 4.3 showing the pre intervention breastfeeding existing knowledge of proper breastfeeding techniques among postnatal mothers. (n=172)

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **Categories** | **Frequency** | **Percentage** |

|  |  |  |  |
| --- | --- | --- | --- |
| How confident do you feel about your knowledge of proper breastfeeding techniques? | Very confident  Confident  Neutral  Not very confident  Not confident at all  **Total** | 5  13  140  12  2  **172** | 2.91  7.56  79.55  6.98  1.16  **100** |
| Have you received any formal education or information about breastfeeding techniques before? | yes  No  **Total** | 82  90  **172** | 47.67  52.33  **100** |
| If you have received previous education on breastfeeding techniques, please select the source? | Healthcare provider  Prenatal classes  Online resources  **Total** | 12  67  3  **82** | 14.63  81.71  3.66  **100** |
| Are you familiar with the signs that indicate your baby is latched properly during breastfeeding? | Yes  No  **Total** | 70  102  **172** | 40.70  59.30  **100** |
| Do you know various breastfeeding positions that are suitable for you and your baby? | Very knowledgeable  Somewhat knowledgeable  Not knowledgeable  **Total** | 5  12  155  **172** | 2.91  6.98  90.12  **100** |

|  |  |  |  |
| --- | --- | --- | --- |
| **RESULT** |  |  |  |

The table above shows the pre intervention existing knowledge of proper breastfeeding techniques among postnatal mothers.

Item 1 assesses the confident you feel about the knowledge of proper breastfeeding techniques: 5 (2.91%) were all very confident, 13 (7.56%) were confident, 140 (79.55%) were neutral, 12 (6.98) not very confident, 2 (1.16%) not confident at all.

Item 2 assesses have you receive any formal education or information on proper breastfeeding techniques. About 82(47.67%) had received while 90(52.33%) had not.

Item 3 assesses if received previous education on breastfeeding techniques, please select the source. 12 (14.63%) select healthcare provider, 67 (81.71%) from prenatal classes while 3 (3.66%) from online sources.

Item 4 assesses are you associated with the signs that indicate your baby is latched properly during breastfeeding. 70 (40.70%) were associated with the signs. 102 (59.30%) were not.

Item 5 assesses if you know various breastfeeding positions that are suitable for you and your baby: 5 (2.91%) very knowledgeable, 12 (6.98%) somewhat knowledgeable while 155 (90.12%) not knowledgeable

**Research Question 4**

Items 1-9 section 3 from the questionnaire were used to access the pre intervention breastfeeding techniques among postnatal mothers.

Table 4.4 showing the pre intervention breastfeeding techniques among postnatal mothers. (n=172)

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **Categories** | **Frequency** | **Percentage** |

|  |  |  |  |
| --- | --- | --- | --- |
| How frequently were you breastfeeding the baby before the intervention? | 12 times per day  8 times per day  4 times per day  Once a day  Never  **Total** | 2  40  117  3  10  **172** | 1.16  23.26  68.02  1.74  5.81  **100** |
| Were you exclusively breastfeeding your baby, or were you supplementing with formula before the intervention? | Exclusively breastfeeding  Supplementing with formula  None of the above  **Total** | 100  62  10  **172** | 58.14  36.05  5.81  **100** |
| How comfortable are you with different breastfeeding positions for you and your baby? | Very comfortable  Somewhat comfortable  Not comfortable  **Total** | 5  102  55  **162** | 3.09  62.96  33.95  **100** |
| Do you use pillows or cushions when breastfeeding your baby to relax your shoulders and arms? | Yes  No  **Total** | 85  77  **162** | 52.47  47.53  **100** |
| Are your baby’s head and body in a straight line when breastfeeding?  Are you holding your baby close to you, facing your breast?  Do you hold your baby close to you with their nose level with the nipple?  Do you let your baby’s head tilt back a little so that their top lip can brush against ur nipple? | Yes  No  **Total**    Yes  No  **Total**  Yes  No  **Total**      Yes  No  **Total** | 102  60  **162**  112  50  **162**  130  32  **162**  98  64  **162** | 62.96  37.04  **100**  69.14  30.86  **100**  80.25  19.75  **100**  60.49  39.51  **100** |

On a scale of 1 to 5, very poor 0 0

how would you rate your own poor 0 0

breastfeeding technique before good 146 90.12

the intervention? Very good 14 8.64

Excellent 2 1.23

**Total 162 100**

|  |  |  |  |
| --- | --- | --- | --- |
| **RESULT** |  |  |  |

The table above shows the pre intervention breastfeeding techniques among postnatal mothers.

Item 1 assesses how frequently were you breastfeeding your baby before the intervention: 2 (1.,16%) feed 12 times per day, 40 (23.26%) feed 8 times per day, 127 (73.84%) feed 4 times per day, 3 (1.74%) feed once a day.

Item 2 assesses were you exclusively breastfeeding your baby or were supplementing with formula before the intervention. 100(58.14%) were exclusive feeders, 62 (36.05%) were supplementing with formula while 10 (5.81%) did none of the above.

Item 3 assesses how comfortable are you with different breastfeeding positions for you and your baby. 5 (3.09%) were very comfortable, 102 (62.96%) were somewhat comfortable, 65 (33.95%) are not comfortable.

Item 4 assesses do you use pillow or cushion when breastfeeding your baby to relax your shoulder and arms: 85 (52.47%) agreed while 77 (47.53%) declined.

Item 5 assesses the baby head and body in a straight line when breastfeeding. 102 (62.96%) agreed while 60 (37.04%) declined.

Item 6 assesses are you holding the baby close to you facing your breast. 112 (69.14%) agreed while 50 (30.86%) declined.

Item 7 assesses do you hold your baby close to you with their nose level with the nipple. 130(80.25%) agreed, while 32 (19.75%) declined.

Item 8 assesses do you let your baby head tilt back a little so that their top lip can brush against your nipple. 98 (60.49%) agreed, while 64 (39.51%) declined.

Item 9 assesses on a scale how would you rate your own breastfeeding technique before the intervention. 146 (90.12%) tagged good, 14 (8.64%) tagged very good while 2 (1.23%) tagged excellent.

**Research Question 5**

Items 1-5 section 5 from the questionnaire were used to access the post intervention breastfeeding existing knowledge of proper breastfeeding techniques among postnatal mothers.

Table 4.5 showing the post intervention breastfeeding existing knowledge of proper breastfeeding techniques among postnatal mothers. (n=172)

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **Categories** | **Frequency** | **Percentage** |

|  |  |  |  |
| --- | --- | --- | --- |
| How confident do you feel about your knowledge of proper breastfeeding techniques? | Very confident  Confident  Neutral  Not very confident  Not confident at all  **Total** | 150  20  2  0  0  **172** | 87.21  11.63  1.16  0  0  **100** |
| Have you received any formal education or information about breastfeeding techniques before? | yes  No  **Total** | 172  0  **172** | 100  0  **100** |
| If you have received previous education on breastfeeding techniques, please select the source? | Healthcare provider  Prenatal classes  Online resources  **Total** | 100  70  2  **172** | 58.14  40.70  1.16  **100** |
| Are you familiar with the signs that indicate your baby is latched properly during breastfeeding? | Yes  No  **Total** | 160  12  **172** | 93.02  6.98  **100** |
| Do you know various breastfeeding positions that are suitable for you and your baby? | Very knowledgeable  Somewhat knowledgeable  Not knowledgeable  **Total** | 170  2  0  **172** | 98.84  1.16  0  **100** |

|  |  |  |  |
| --- | --- | --- | --- |
| **RESULT** |  |  |  |

The table above shows the post intervention existing knowledge of proper breastfeeding techniques among postnatal mothers.

Item 1 assesses the confident you feel about the knowledge of proper breastfeeding techniques: 150 (87.21%) were all very confident, 20 (11.63%) were confident, while 2 (1.16%) were neutral.

Item 2 assesses have you receive any formal education or information on proper breastfeeding techniques. All respondents 172 (100%) had received.

Item 3 assesses if received previous education on breastfeeding techniques, please select the source. 100 (58.14%) select healthcare provider, 70 (40.70%) from prenatal classes while 2 (1.16%) from online sources.

Item 4 assesses are you associated with the signs that indicate your baby is latched properly during breastfeeding. 160 (93.02%) were associated with the signs. 12 (6.98%) were not.

Item 5 assesses if you know various breastfeeding positions that are suitable for you and your baby: 170 (98.84%) very knowledgeable, while 2 (1.16%) somewhat knowledgeable.

**Research Question 6**

Items 1-9 section 6 from the questionnaire were used to access the post intervention breastfeeding techniques among postnatal mothers.

Table 4.6 showing the the post intervention breastfeeding techniques among postnatal mothers. (n=172)

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **Categories** | **Frequency** | **Percentage** |

|  |  |  |  |
| --- | --- | --- | --- |
| How frequently were you breastfeeding the baby post intervention? | 12 times per day  8 times per day  4 times per day  Once a day  Never  **Total** | 146  14  2  0  10  **172** | 84.88  8.14  1.16  0  5.81  **100** |
| Were you exclusively breastfeeding your baby, or were you supplementing with formula post intervention? | Exclusively breastfeeding  Supplementing with formula  None of the above  **Total** | 160  2  10  **172** | 93.02  1.16  5.81  **100** |
| How comfortable are you with different breastfeeding positions for you and your baby? | Very comfortable  Somewhat comfortable  Not comfortable  **Total** | 170  2  0  **172** | 98.84  1.16  0  **100** |
| Do you use pillows or cushions when breastfeeding your baby to relax your shoulders and arms? | Yes  No  **Total** | 140  22  **162** | 86.42  13.58  **100** |
| Are your baby’s head and body in a straight line when breastfeeding?  Are you holding your baby close to you, facing your breast?  Do you hold your baby close to you with their nose level with the nipple?  Do you let your baby’s head tilt back a little so that their top lip can brush against ur nipple? | Yes  No  **Total**    Yes  No  **Total**  Yes  No  **Total**      Yes  No  **Total** | 160  2  **162**  160  2  **162**  160  2  **162**  160  2  **162** | 98.77  1.23  **100**  98.77  1.23  **100**  98.77  1.23  **100**  98.77  1.23  **100** |

On a scale of 1 to 5, very poor 0 0

how would you rate your own poor 0 0

breastfeeding technique post good 5 3.09

intervention? Very good 30 18.52

Excellent 127 78.40

**Total 162 100**

|  |  |  |  |
| --- | --- | --- | --- |
| **RESULT** |  |  |  |

The table above shows the post intervention breastfeeding techniques among postnatal mothers.

Item 1 assesses how frequently were you breastfeeding your baby post intervention: 146 (84.88%) feed 12 times per day, 14 (8.14%) feed 8 times per day, 2 (1.16%) feed 4 times per day while 10 (5.81%) never.

Item 2 assesses were you exclusively breastfeeding your baby or were supplementing with formula post intervention. 160(93.02%) were exclusive feeders, 2 (1.16%) were supplementing with formula while 10 (5.81%) did none of the above.

Item 3 assesses how comfortable are you with different breastfeeding positions for you and your baby. 170 (98.84%) were very comfortable, 2 (1.16%) were somewhat comfortable,

Item 4 assesses do you use pillow or cushion when breastfeeding your baby to relax your shoulder and arms: 140 (86.42%) agreed while 22 (13.58%) declined.

Item 5 assesses the baby head and body in a straight line when breastfeeding. 160 (98.77%) agreed while 2 (1.23%) declined.

Item 6 assesses are you holding the baby close to you facing your breast. 160 (98.77%) agreed while 2 (1.23%) declined.

Item 7 assesses do you hold your baby close to you with their nose level with the nipple. 160(98.77%) agreed, while 2 (1.16%) declined.

Item 8 assesses do you let your baby head tilt back a little so that their top lip can brush against your nipple. 16 (98.77%) agreed, while 2 (1.23%) declined.

Item 9 assesses on a scale how would you rate your own breastfeeding technique post intervention. 5 (3.09%) tagged good, 30 (18.52%) tagged very good while 127 (78.40%) tagged excellent.

**Research Question 7**

Items 1-5 section 7 from the questionnaire were used to access the post intervention breastfeeding related problems among postnatal mothers.

Table 4.7 showing the post intervention breastfeeding related problems among postnatal mothers. (n=172)

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **Categories** | **Frequency** | **Percentage** |

|  |  |  |  |
| --- | --- | --- | --- |
| Did you breastfeed your baby? | Yes  No  **Total** | 172  0  **172** | 100  0  **100** |
| If yes, how long did you breastfeed your baby? | In months  In weeks  In days  **Total** | 160  2  0  **162** | 98.77  1.23  0  **100** |
|  |  |  |  |
|  |  |  |  |
| Have you encounter any breastfeeding related problems? | Yes  No  I don’t know  **Total** | 3  169  0  **172** | 1.74  98.26  0  **100** |
| If yes, which among the following did you experience? | Engorgement  nipple pain  latching difficulties  low milk supply  mastitis  others  **Total** | 0  0  1  2  0  0  **3** | 0  0  33.33  66.67  0  0  **100** |
| How often have you faced these breastfeeding related problems? | Rarely  occasionally  frequently  always  **Total** | 2  1  0  0  **3** | 66.67  33.33  0  0  **100** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
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|  |  |  |  |
| --- | --- | --- | --- |
| **RESULT** |  |  |  |

The table above shows the post intervention breastfeeding related problems among postnatal mothers. Item 1 asked did you breastfeed your baby: majority of the respondents, 172 (100%) agreed to feeding their baby.

Item 2 assesses how long do they breastfeed their baby. Majority of them, 160 (98.77%) choose in months, 2 (1.23%) choose in weeks.

Item 3 assesses have you encounter any breastfeeding related problems. About 169(98.26%) have not while 3 (1.74%) have an encounter.

Item 4 assesses the following conditions that was experienced. 1 (33.33%) experience latching difficulties, 2 (66.64%) experience low milk supply.

Item 5 assesses how often they have faced the breastfeeding related problems. 2 (66.67%) rarely, 1 (33.33%) occasionally.

**CHAPTER FIVE**

**DISCUSSION OF FINDINGS**

The major findings from this study were discussed with respect to the research questions set for the study and analysis of data in the previous chapter. It is discussed under the following sub-headings; discussion of findings, conclusion, recommendations and limitation of the study.

**5.1 Discussion of Findings**

For easy understanding of the results of the data analyzed, discussions of the major findings were discussed in relation to the research question of the research.

**Research Question 2**

Pre intervention breastfeeding related problems among postnatal mothers?

The table above shows the pre intervention breastfeeding related problems among postnatal mothers. Item 1 asked did you breastfeed your baby: majority of the respondents, 162 (94.19%) agreed to feeding their baby while 10 (5.81%) were not breastfeeding their baby.

Item 2 assesses how long do they breastfeed their baby. Majority of them, 158 (97.53%) choose in days, 4 (2.47%) choose in weeks.

Item 3 assesses have you encounter any breastfeeding related problems. About 160(93.02%) have not while 12 (6.98%) have an encounter.

Item 4 assesses the following conditions that was experienced. 1 (8.33%) experience engorgement while 1 (8.33%) experience nipple pain, 5(41.67%) latching difficulties, 5 (41.67%) low milk supply while 3 (25%) others.

Item 5 assesses how often they have faced the breastfeeding related problems. 2 (16.67%) occasionally, 4 (33.33%) frequently while 6 (50%) always.

**Research Question 3**

Pre intervention existing knowledge of proper breastfeeding techniques among postnatal mothers?

The table above shows the pre intervention existing knowledge of proper breastfeeding techniques among postnatal mothers.

Item 1 assesses the confident you feel about the knowledge of proper breastfeeding techniques: 5 (2.91%) were all very confident, 13 (7.56%) were confident, 140 (79.55%) were neutral, 12 (6.98) not very confident, 2 (1.16%) not confident at all.

Item 2 assesses have you receive any formal education or information on proper breastfeeding techniques. About 82(47.67%) had received while 90(52.33%) had not.

Item 3 assesses if received previous education on breastfeeding techniques, please select the source. 12 (14.63%) select healthcare provider, 67 (81.71%) from prenatal classes while 3 (3.66%) from online sources.

Item 4 assesses are you associated with the signs that indicate your baby is latched properly during breastfeeding. 70 (40.70%) were associated with the signs. 102 (59.30%) were not.

Item 5 assesses if you know various breastfeeding positions that are suitable for you and your baby: 5 (2.91%) very knowledgeable, 12 (6.98%) somewhat knowledgeable while 155 (90.12%) not knowledgeable

**Research Question 4**

Pre intervention breastfeeding techniques among postnatal mothers?

Item 1 assesses how frequently were you breastfeeding your baby before the intervention: 2 (1.,16%) feed 12 times per day, 40 (23.26%) feed 8 times per day, 127 (73.84%) feed 4 times per day, 3 (1.74%) feed once a day.

Item 2 assesses were you exclusively breastfeeding your baby or were supplementing with formula before the intervention. 100(58.14%) were exclusive feeders, 62 (36.05%) were supplementing with formula while 10 (5.81%) did none of the above.

Item 3 assesses how comfortable are you with different breastfeeding positions for you and your baby. 5 (3.09%) were very comfortable, 102 (62.96%) were somewhat comfortable, 65 (33.95%) are not comfortable.

Item 4 assesses do you use pillow or cushion when breastfeeding your baby to relax your shoulder and arms: 85 (52.47%) agreed while 77 (47.53%) declined.

Item 5 assesses the baby head and body in a straight line when breastfeeding. 102 (62.96%) agreed while 60 (37.04%) declined.

Item 6 assesses are you holding the baby close to you facing your breast. 112 (69.14%) agreed while 50 (30.86%) declined.

Item 7 assesses do you hold your baby close to you with their nose level with the nipple. 130(80.25%) agreed, while 32 (19.75%) declined.

Item 8 assesses do you let your baby head tilt back a little so that their top lip can brush against your nipple. 98 (60.49%) agreed, while 64 (39.51%) declined.

Item 9 assesses on a scale how would you rate your own breastfeeding technique before the intervention. 146 (90.12%) tagged good, 14 (8.64%) tagged very good while 2 (1.23%) tagged excellent.

**Research Question 5**

Post intervention existing knowledge of proper breastfeeding techniques among postnatal mothers?

The table above shows the post intervention existing knowledge of proper breastfeeding techniques among postnatal mothers.

Item 1 assesses the confident you feel about the knowledge of proper breastfeeding techniques: 150 (87.21%) were all very confident, 20 (11.63%) were confident, while 2 (1.16%) were neutral.

Item 2 assesses have you receive any formal education or information on proper breastfeeding techniques. All respondents 172 (100%) had received.

Item 3 assesses if received previous education on breastfeeding techniques, please select the source. 100 (58.14%) select healthcare provider, 70 (40.70%) from prenatal classes while 2 (1.16%) from online sources.

Item 4 assesses are you associated with the signs that indicate your baby is latched properly during breastfeeding. 160 (93.02%) were associated with the signs. 12 (6.98%) were not.

Item 5 assesses if you know various breastfeeding positions that are suitable for you and your baby: 170 (98.84%) very knowledgeable, while 2 (1.16%) somewhat knowledgeable.

**Research Question 6**

Post intervention breastfeeding techniques among postnatal mothers?

Item 1 assesses how frequently were you breastfeeding your baby post intervention: 146 (84.88%) feed 12 times per day, 14 (8.14%) feed 8 times per day, 2 (1.16%) feed 4 times per day while 10 (5.81%) never.

Item 2 assesses were you exclusively breastfeeding your baby or were supplementing with formula post intervention. 160(93.02%) were exclusive feeders, 2 (1.16%) were supplementing with formula while 10 (5.81%) did none of the above.

Item 3 assesses how comfortable are you with different breastfeeding positions for you and your baby. 170 (98.84%) were very comfortable, 2 (1.16%) were somewhat comfortable,

Item 4 assesses do you use pillow or cushion when breastfeeding your baby to relax your shoulder and arms: 140 (86.42%) agreed while 22 (13.58%) declined.

Item 5 assesses the baby head and body in a straight line when breastfeeding. 160 (98.77%) agreed while 2 (1.23%) declined.

Item 6 assesses are you holding the baby close to you facing your breast. 160 (98.77%) agreed while 2 (1.23%) declined.

Item 7 assesses do you hold your baby close to you with their nose level with the nipple. 160(98.77%) agreed, while 2 (1.16%) declined.

Item 8 assesses do you let your baby head tilt back a little so that their top lip can brush against your nipple. 16 (98.77%) agreed, while 2 (1.23%) declined.

Item 9 assesses on a scale how would you rate your own breastfeeding technique post intervention. 5 (3.09%) tagged good, 30 (18.52%) tagged very good while 127 (78.40%) tagged excellent.

**Research Question 7**

Post intervention breastfeeding related problems among postnatal mothers?

The table above shows the post intervention breastfeeding related problems among postnatal mothers. Item 1 asked did you breastfeed your baby: majority of the respondents, 172 (100%) agreed to feeding their baby.

Item 2 assesses how long do they breastfeed their baby. Majority of them, 160 (98.77%) choose in months, 2 (1.23%) choose in weeks.

Item 3 assesses have you encounter any breastfeeding related problems. About 169(98.26%) have not while 3 (1.74%) have an encounter.

Item 4 assesses the following conditions that was experienced. 1 (33.33%) experience latching difficulties, 2 (66.64%) experience low milk supply.

Item 5 assesses how often they have faced the breastfeeding related problems. 2 (66.67%) rarely, 1 (33.33%) occasionally.

**5.2 Limitations of the study**

The researcher had difficulty generating data for the study due to the non-response attitude of mothers. Furthermore, the researcher had difficult time combining the study with her academic work and examination.

**5.3 Summary of the study**

The main purpose of the study was to assess the effect of nurse educational intervention on the breastfeeding related problems among postnatal mothers in Nnamdi Azikwe University Teaching Hospital, (NAUTH).

The conceptual and empirical views were based on the objectives of the study. The research design was a descriptive survey design; it was designed to reach a sample size of 172 respondents through a purposive sampling method. Validated questionnaire was used to collect data; data was subjected to descriptive statistics.

Findings of the study suggest to high effect of educational intervention on breastfeeding related problems among post-natal mothers and possible factors to consider during encounter. Hence the researcher recommended the nurses educating postnatal mothers on breastfeeding related problems.

**5.4 Conclusion**

In general, Statistics from the study showed high effect of educational intervention on breastfeeding related problems among post-natal mothers. Also their primary source of information (postnatal classes) had an impact on their breastfeeding.

**5.4 Recommendations**

Based on the findings of this study, the following recommendations were made:

1. All pregnant women should be informed about the benefits and management of breastfeeding problems prenatally
2. All pregnant women should be helped to initiate breastfeeding within one hour of birth
3. Foster the establishment of breastfeeding support groups and refer mothers to lactation consultants.
4. Mass media should intensify efforts by including more programs on breastfeeding problems and solutions.

RELIABILITY OF MEASURING INSTRUMENT USING CRONBACH ALPHA (SPSS VERSION 23)

Sample size=10% 0f 172=17.2

**Scale: all variables**

|  |  |  |
| --- | --- | --- |
|  | **N** | **N** |
| **Valid** | 156 | 90.7 |
| **Case excluded** | 16 | 9.3 |
| **Total** | 172 | 100 |

**RELIABILTY STATISTICS**

|  |  |
| --- | --- |
| **Cronbach’s Alpha** | **No of items** |
| -.066 | 38 |

The Cronbach’s alpha **-0.066** indicate low relationships between the items on the scale.