**CHAPTER THREE**

**RESEARCH METHODOLOGY**

The focus of this chapter is to describe the methodology and procedures that was used for data collection and analyses that is employed by the researcher to study the attitude and perception of nursing mothers towards exclusive breastfeeding in Ilorin south local government area, kwara state Nigeria .The sub-headings that make up this chapter include; Research Design, Population of the Study, Sample and Sampling Technique, Research Instrument, Validity of the Instrument, Reliability of the Instrument, Procedure for Data Collection and Method of Data Analysis.

**Research Design**

Descriptive research design of the survey type was employed by the researcher for the conduct of this study. Descriptive survey research is the collection of data for the purpose of analyzing conditions as they exist. Therefore, descriptive research does not involve any manipulation. Rather, it investigates, describes and reveals relationships as they occur (Cresswell, 2014). Therefore, the researcher chose this method because it would be possible to select representative sample from the population and equally make generalization.

**Population of the Study**

Population is a set of element, people, objects or even events in a given research (Daramola, 2005). Business dictionary defined population as all elements, individuals or units that meet the selection criteria for a group to be studied and from which a representative sample is taken for detailed examination. The population for this study comprises all the female adults within eleven wards (142,663 females, NPC, NBS population projection 2016) in Ilorin south Local Government Area of kwara state for the purpose of this study.

**Sample and Sampling Technique**

Daramola (2006) defined sample as a fair representative group selected from the target population. Also, sample is the representative of the entire population whose properties are studied to gain information about the whole. A multistage sampling technique of stratified, and proportionate sampling technique was used for the study. Ilorin south is stratified into strata of the existing wards which include, Akanbi-1, Akanbi-11, Akanbi-111, Akanbi-1v, Akanbi-v, Balogun-fulani 11, Balogun-fulani 111, Balogun Fulani 1, Okaka 1, Okaka 11, Oke-ogun. The sample size of this study was 200 hundred female adults. Proportionate sampling technique will be select 8% of the population.

Table 2: Distribution of Estimated Sampled Residents in Ilorin South Local Government Area, kwara state.

S/N Wards Population 8% Sample Actual sample

1. Akanbi-1 300 24.0 24
2. Akanbi-11 200 16.0 16
3. Akanbi-111 130 10.0 10
4. Akanbi-1V 130 10.0 10
5. Akanbi-V 120 9.6 10
6. Balogun-fulani-11 180 14.4 14
7. Balogun-fulani-111 130 10.4 10
8. Balogun-fulani-1 260 20.8 21
9. Okaka 1 168 13.4 13
10. Okaka 11 120 9.6 10
11. Oke-ogun 150 12.0 12

Total 1888 150.2 150

**Research Instrument**

Instrumentation is the process of selecting or developing measuring device and methods appropriate to a given evaluation or research problems (Abiola & Oyewo, 2013). Instrument in research are often called assessment or evaluation tools. It can also be referred to tools employed in gathering information about specific aspect of human behavior and functioning.

The research instrument for this study was a researcher developed questionnaire. The questionnaire allows researcher to collect required information quickly and efficiently from a large number of people at the same time (David, 2007). The questionnaire consists of two sections A and B. Section A was structured to obtain the demographic information of the respondents while Section B was structured to gather information on the attitude and perception of nursing mothers towards Exclusive breastfeeding in Ilorin south Local Government Area.

The statements in section B is designed with the use of a four point Likert rating scale with alternatives of Strongly Agreed (SA) = 4 Points, Agree (A) = 3 points, Disagree (D) = 2points and Strongly Disagree (SD) = 1 point will be used, 4 items per-section 16 items altogether.

**Validity of the Instrument**

Validity is the extent to which an instrument measures what the researcher sets it out to measure (Cresswell, 2014). In order to ensure the face and content validity of the questionnaire used in this study, the copies of the questionnaire was scrutinized by the supervisor and three experts in the Department of Health Promotion and Environmental Health Education, Faculty of

Education, University of Ilorin. Comments and suggestions was used to modify the quality of the instrument before the reliability of the instrument was carried out.

**Reliability of the Instrument**

Reliability in simple term describes how constant an instrument was similar response in different conditions by the same respondents. This was established by the use of test re-test method. The reliability of the instrument was therefore ascertained by using Pearson Product Moment Correlation (PPMC). A coefficient of 0.72r was obtained which shows that the instrument is reliable for the study.

**Procedure for Data Collection**

A letter of introduction was obtained by the researcher from the Department, signed by the Head of Department, Health Promotion and Environmental Health Education, Faculty of

Education, University of Ilorin. This enabled the researcher to gain access to the respondents for the purpose of instrument administration and data collection. The researcher and three trained research assistants assisted and helped in administering and collection of the research instrument. The researcher sought for the consent of the respondents before collecting the information from them. The researcher sought all effort with the assistants to prompt collection of the instrument after completion. The administered instrument was collected immediately to avoid loss of instrument and ensure recovery of 100%.

**Method of Data Analysis**

Data analysis is the process of evaluating data using analytical and logical reasoning to examine each component of the data provided. Data analysis is a method in which data is collected and organized so that one can derive helpful information from it. The data obtained from the administered questionnaire was subjected to descriptive and inferential statistics. Demographic data of the respondents collected was analyzed by the use of frequency counts and percentages, while inferential statistic of chi-square was used to analyze the stated hypotheses.