RESULTS

The results of the present study are divided into four main parts.

I- INDIVIDUAL, SOCIAL AND BIOLOGICAL FEATURES OF STUDIED MOTHERS (TABLE I - VII & FIGURE 1-5).

Table I & Figure 1:

Showed the residence of studied groups of mothers. Rural mothers practiced exclusive breast feeding (64.5%) more than others, followed by slum mothers (63.1%) and lastly urban mothers (52%). Mixed feeding was more prevelant among urban mothers (48%) in comparison to slum (36.9%) and rural (35.5%) mothers. The results were statistically significant .

Table II & Figure 2:

Showed the grades of biological score of studied mothers according to the scoring system used. 89.5% of the exclusive breast feeders had a high biological score in comparison to 82.2% of those belonged to mixed feeding group.

Table III:

Showed the mean, standard deviation and P value of actual biological score of studied mothers. The actual biological score of the exclusive group (25.5±3.7) was

significantly ($P<0.05$) higher than that of the mixed group (24.3 ± 4).

Table IV & Figure 3.a-g:

Determinants of the biological score of the studied mothers were shown in table IV including:

1- Age of the mother: Exclusive breast feeding was practiced more among mothers with age period 20-24 years (75.3%) followed by those above 35 years (64.9%), while mixed feeding was more common among mothers below 20 years old (51.6%). This correlation was statistically significant.

2- Parity: Exclusive breast feeding was more common among primiparas (79.2%) than multiparas. The results were statistically significant.

3- Past medical history: 60.2% of the mothers with negative past medical history belonged to the exclusive group, as compared to 59% of those having positive past medical history. The results were statistically insignificant.

4- Obsteteric history: No relation was found between complicated obstetric history and the pattern of feeding as, 60% of those mothers with normal deliveries belonged to the exclusive group and 61.8%

of those having complicated deliveries belonged to the same group.

5- Last pregnancy: Mothers with normal preganacy practiced exclusive breast feeding (61.5%) more than those with complicated pregnancy (31.3%). The correlation was statistically significant.

6- Last puerperium; Also, mothers with normal puerperium practiced exclusive breast feeding (60.3%) more than those with complicated puerperium (46.7%) but the difference was statistically insignificant.

7- Contraception: Mothers using contraceptive pills practiced mixed feeding (48%) more than those using loops (39.6%) or local methods (28%). These results were statistically significant.

Table V & Figure 4:

Showed the grades of social score of the families to which the studied mothers belonged according to the scoring system used. Percentage of high score among exclusive group (45%) was less than that among mixed group (60.1%).

Table VI

Showed the mean, standard deviation and P value of the actual social score of the families to which the

studied mothers belonged. The actual social score of the exclusive group (12.8±5.1) was significantly ($P<0.005$) lower than that of the mixed group (14±4.5).

Table VII & Figure 5.a-e:

The determinants of the social score of the families were shown in table VII including;

1- Occupation of the mother: Exclusive breast feeding was more parcticed among house-wives (67.8%), followed by professionals (50%), clerk (44.7%), non-technical workers (36.8%) and lastly the industrials (33.3%). The results were statistically significant.

2- Education of the mother: Exclusive breast feeding was practiced more among illeterate women (72.2%) and the percentage declined as the education improved. The correlation was statistically significant.

3- Occupation of the father: Mothers whose husbands were agricultural workers were found to practice exclusive breast feeding (71.9%) more than others. The percentage declined as the working status of the father changed. The correlation was statistically significant.

4- Education of the father: Mothers whose husbands were illeterate or less-educated were found to practice exclusive breast feeding (69.7%, 70.9%) more than

others, and also, the percentage declined as educational level advanced. The results were statistically significant.

5- Percapita income per month: Exclusive breast feeding was more practiced among families with low incomes (66.8%), while mothers belonged to high income families practiced mixed feeding more (69.6%). The results were statistically significant.

Table I: Residence of studied groups of mothers

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Rural	323	64.5	178	35.5	501	100
Urban	173	52	160	48	333	100
Slum	106	63.1	62	36.9	168	100
Total	602	60.1	400	39.9	1002	100

$X^2_{(2)}$ = 13.77 <0.05 (significant)

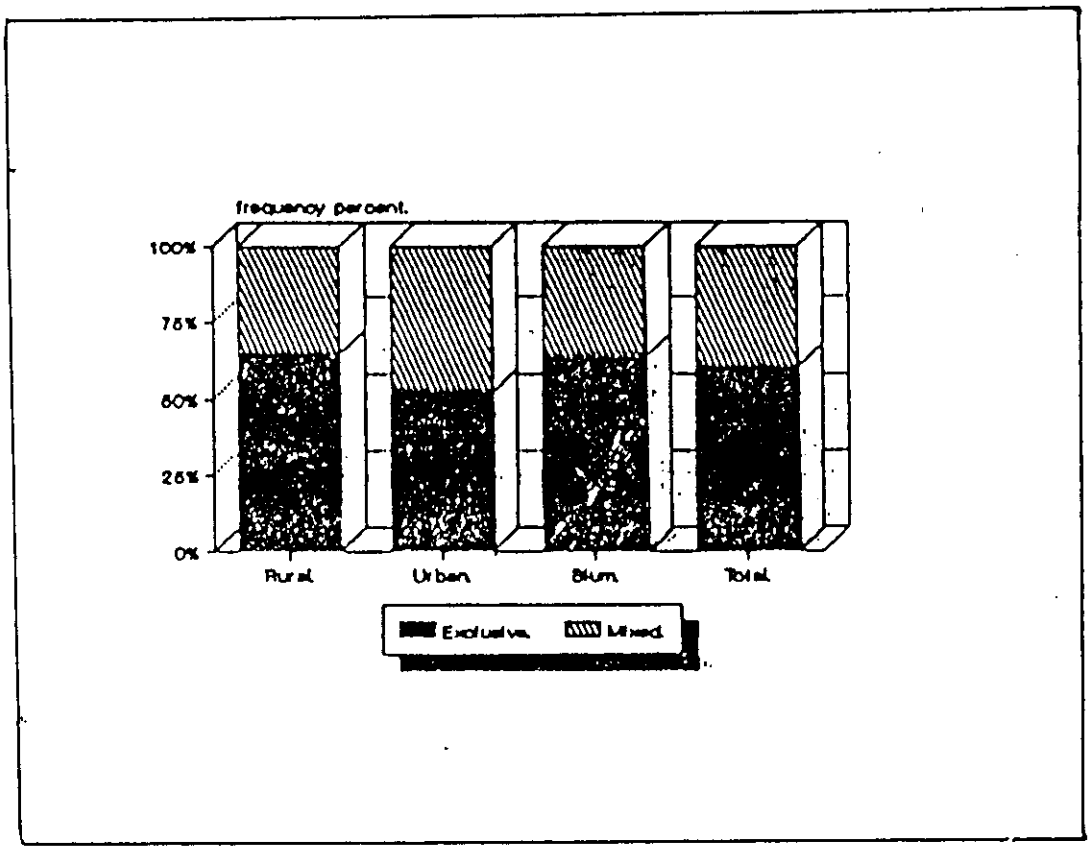

Fig.1: Residence of studied mothers

Table II: Grades of biological score of studied mothers.

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Very low	7	1.2	6	1.5	13	1.3
Low	56	9.3	65	16.3	121	12.1
High	362	60.1	199	49.7	561	56
Very high	177	29.4	130	32.5	307	30.6
Total	602	100	400	100	1002	100
% of high		89.5		82.2		

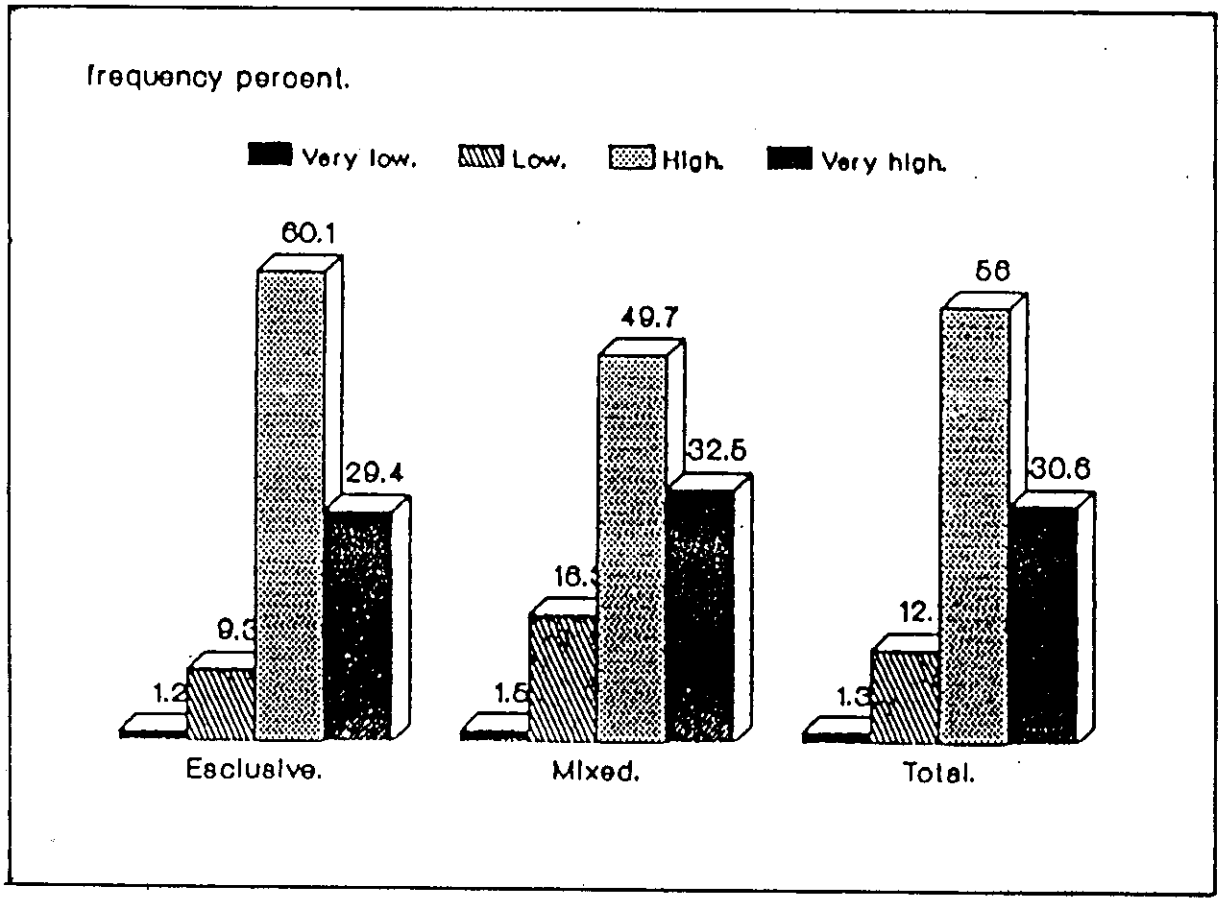

Fig.2: Biological score of studied mothers

Table III: Mean, standard deviation & P value of actual biological score of studied mothers

	Exclusive	Mixed
Mean	25.5	24.3
Standard deviation	± 3.7	± 4
P value	< 0.05	Slightly significant.

Table IV: The determinants of biological score of studied mothers

1- Age of the mother

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
<20 Y	15	48.4	16	51.6	31	100
20 -	168	75.3	55	24.7	223	100
25 -	216	57.8	158	42.2	374	100
30 -	140	50.5	137	49.5	277	100
35 -	63	64.9	34	35.1	97	100
Total	602		400		1002	

$X^2_{(4)}$ = 35.71 <0.05 (significant)

2- Parity

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
1	217	79.2	57	20.8	274	100
2	98	45.4	118	54.6	216	100
3	105	46.3	122	53.7	227	100
4	103	64	58	36	161	100
5 +	79	63.7	45	36.3	124	100
Total	602		400		1002	

$X^2_{(4)}$ = 81.12 <0.05 (significant)

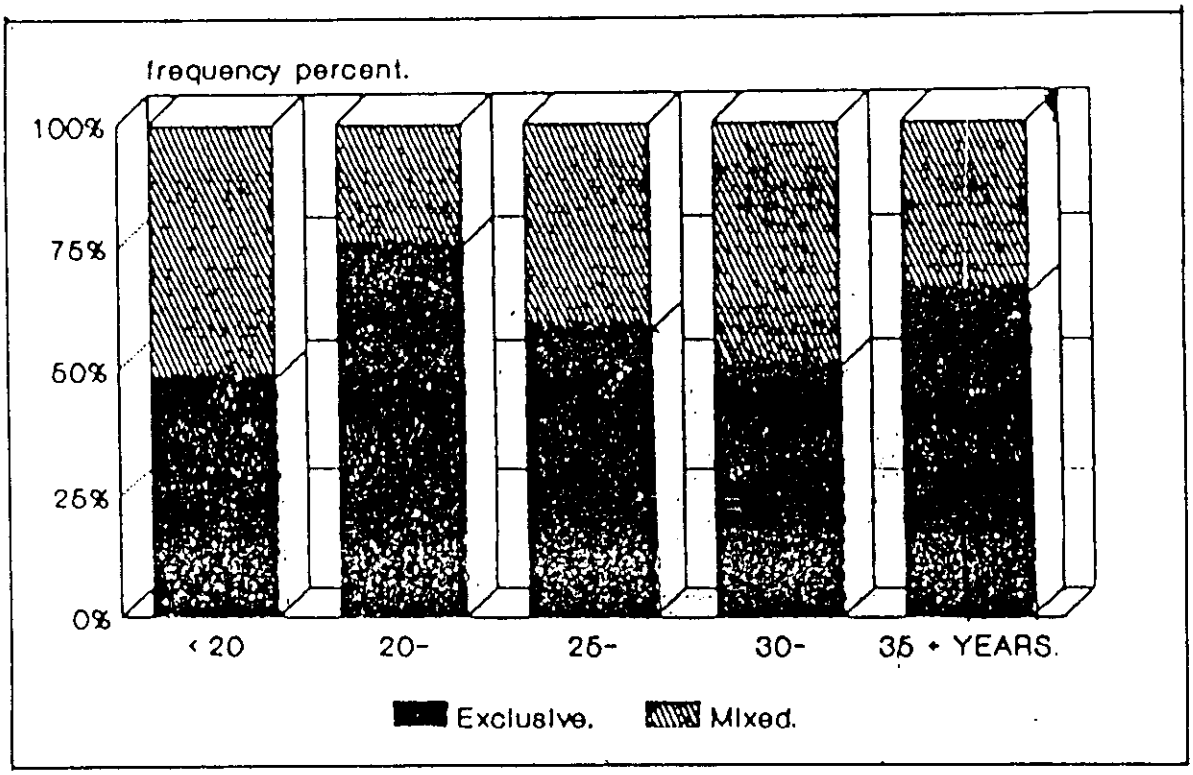

Fig.3.a: Age of studied mothers

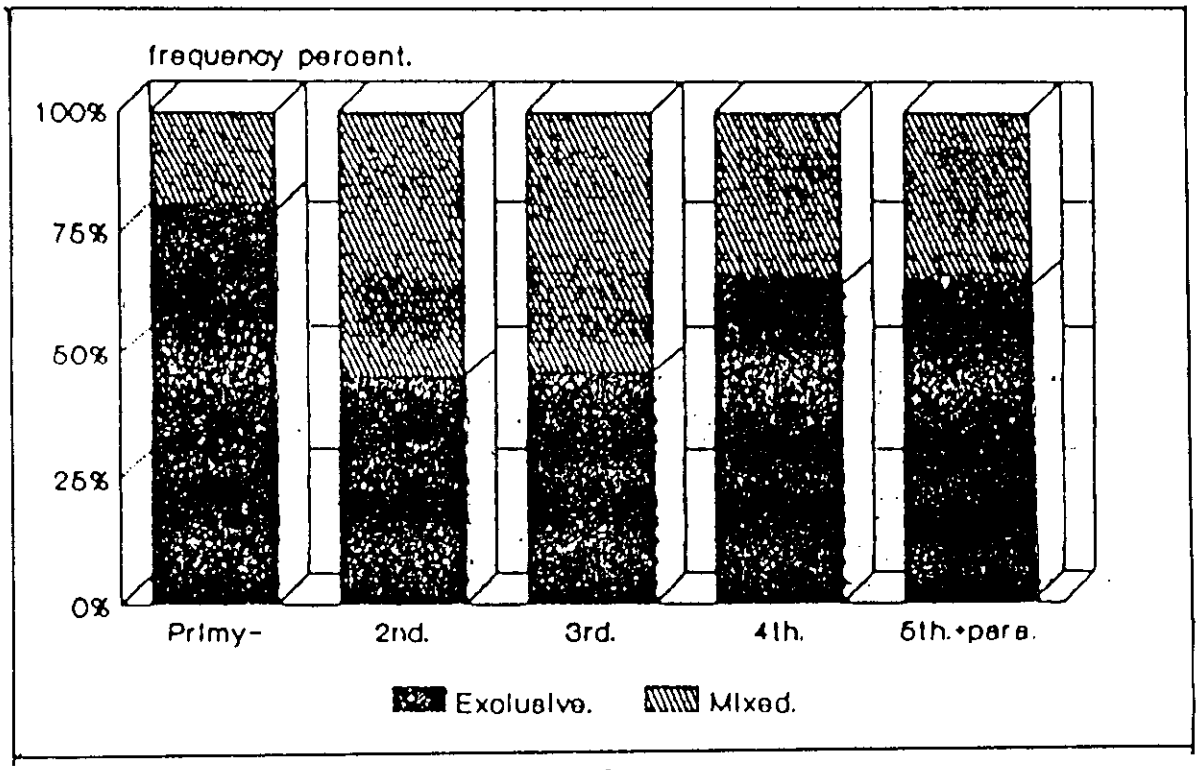

Fig.3.b: Parity of studied mothers

Table IV "Cont."

3- Past medical history

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Normal	553	60.2	366	39.8	919	100
Diseased	49	59	34	41	83	100
Total	602		400		1002	

$X^{2}_{(1)}$ = 0.04 >0.05 (Insignificant)

4- Obstetric history

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Normal	581	60	387	40	968	100
Complicated	21	61.8	13	38.2	34	100
Total	602		400		1002	

$X^{2}_{(1)}$ = 0.05 >0.05 (Insignificant)

5- Last pregnancy

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Normal	587	61.5	367	38.5	954	100
Complicated	15	31.3	33	68.7	48	100
Total	602		400		1002	

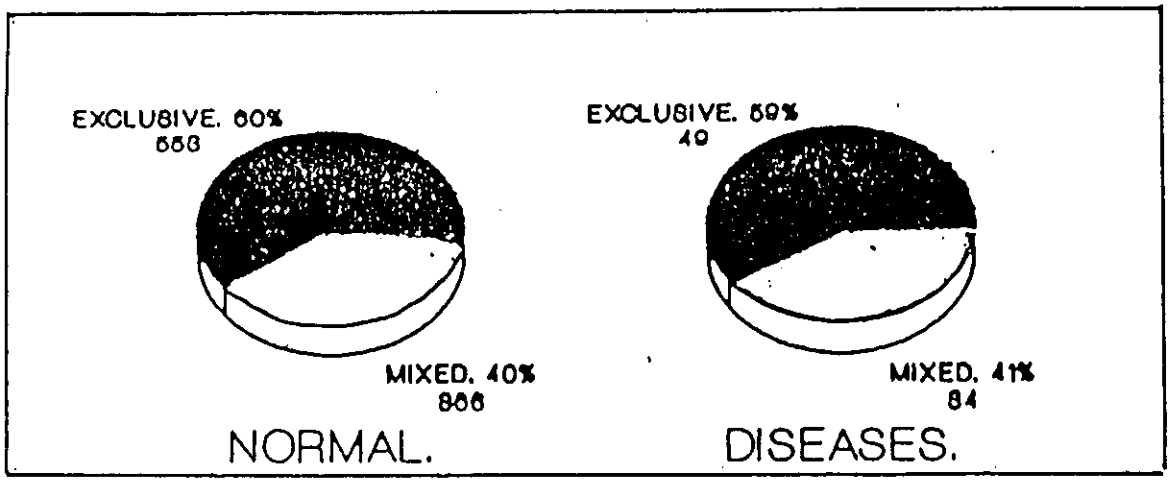

Fig.3.c: Medical history of studied mothers

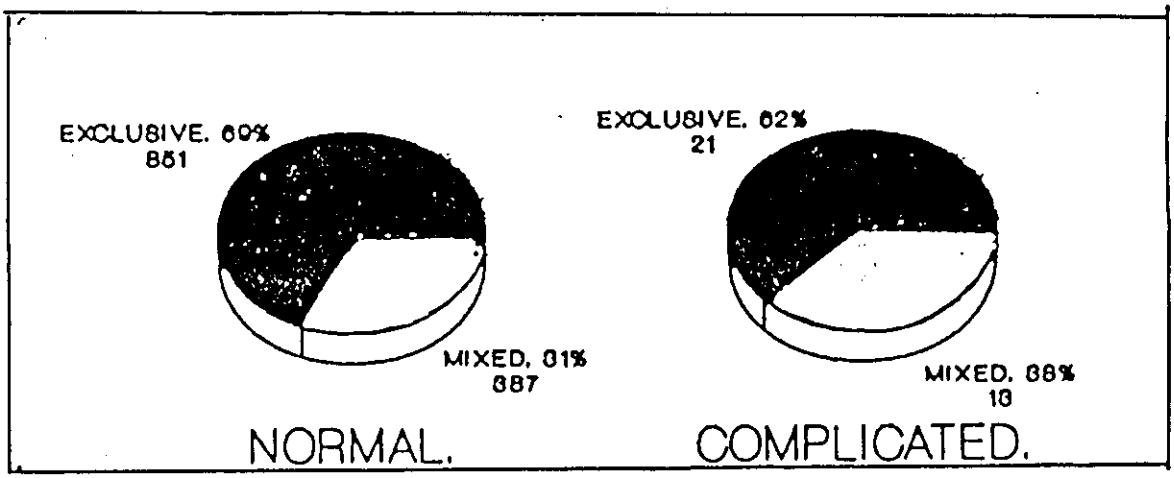

Fig.3.d: Obstetric history of studied mothers

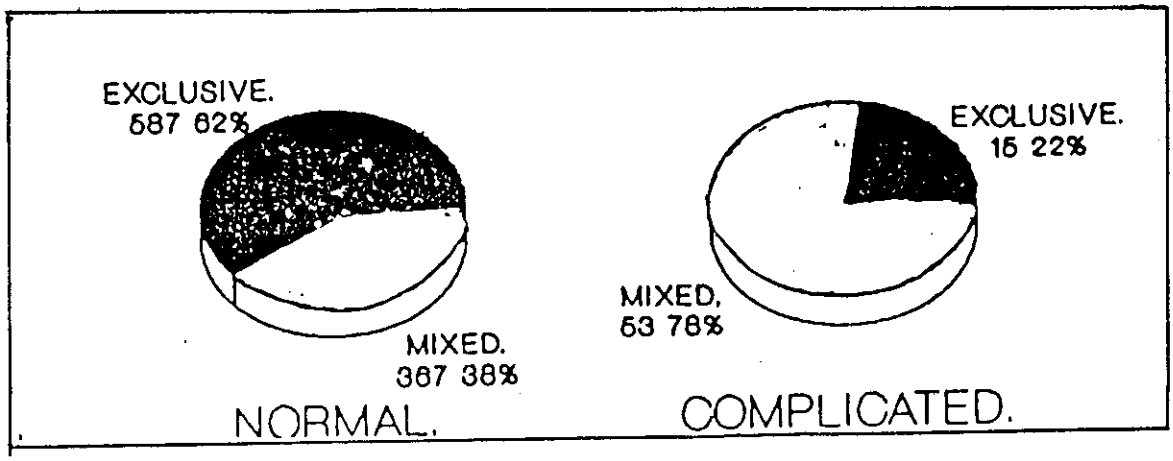

Fig.3.e: Last pregnancy of studied mothers

Table IV "Cont."

6- Last puerperium

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Normal	595	60.3	392	39.7	987	100
Complicated	7	46.7	8	53.3	15	100
Total	602		400		1002	

$X^2_{(1)}$ = 1.12 >0.05 (Insignificant)

7- Contraception

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Nil	288	64.7	157	35.3	445	100
Pills	131	52	121	48	252	100
Loop	157	60.4	103	39.6	260	100
Local	18	72	7	28	25	100
Others	8	40	12	60	20	100
Total	602		400		1002	

$X^2_{(4)}$ = 15.71 <0.05 (significant)

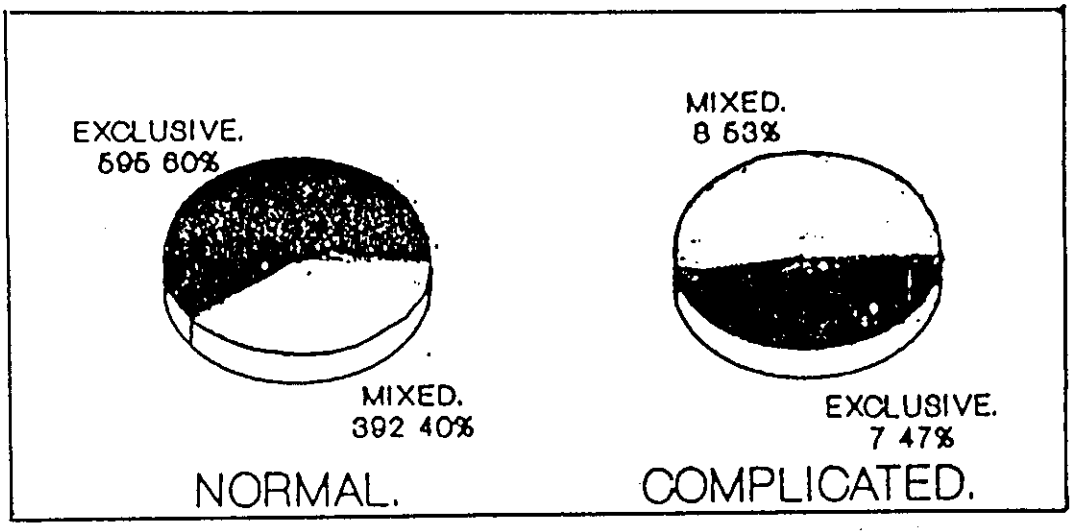

Fig. 3.f: Last puerperium of studied mothers

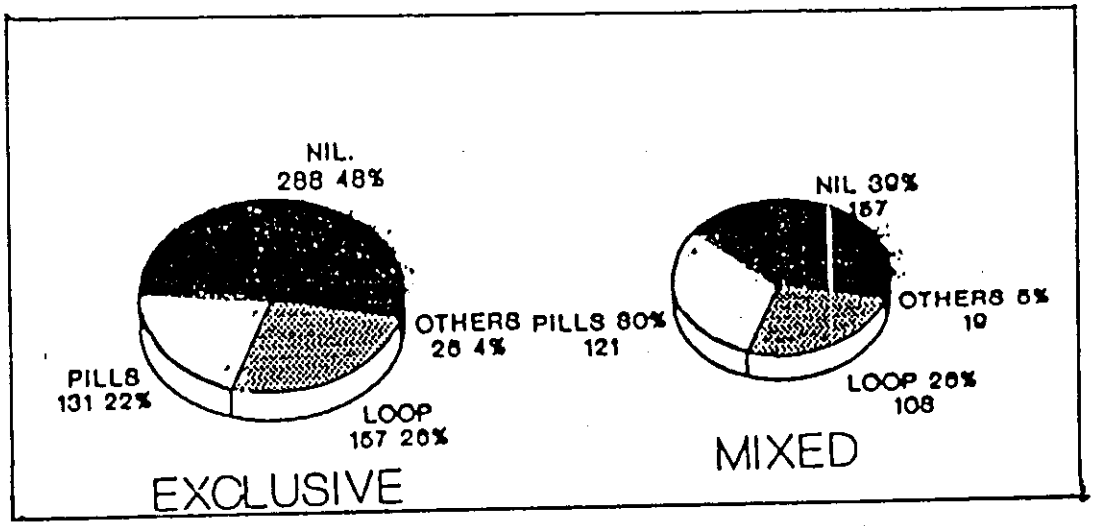

Fig.3.g: Contraceptives used by studied mothers

Table V :Grades of social score of the families

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Very low	151	25.1	56	14	207	20.7
Low	180	29.9	104	26	284	28.3
High	204	33.9	203	50.8	407	40.6
Very high	67	11.1	37	9.3	104	10.4
Total	602	100	400	100	1002	100
% of high		45		60.1		

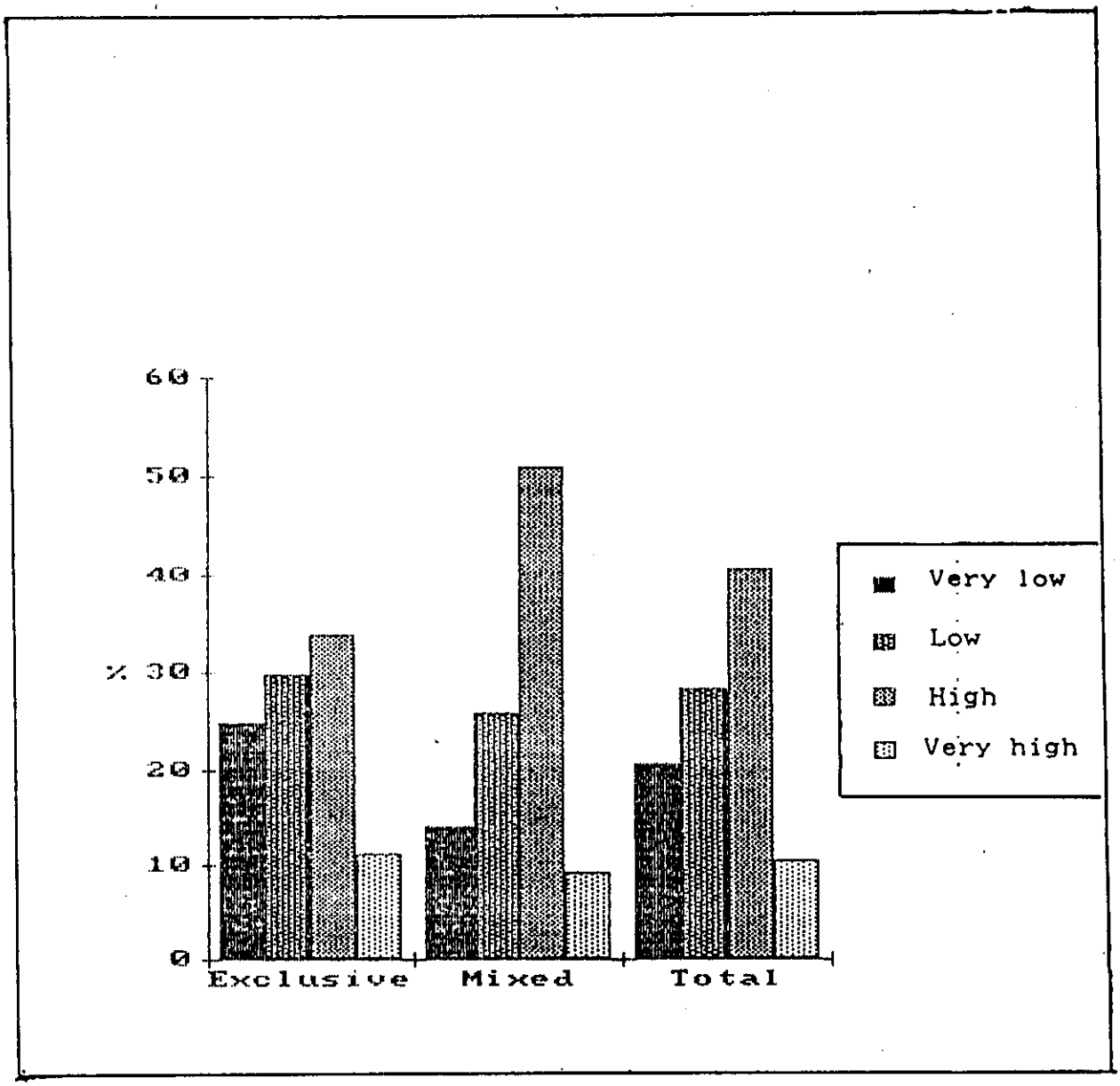

Fig.4: Social score of the families

Table VI: Mean, standard deviation & P value of actual social score of the famillies

	Exclusive	Mixed
Mean	12.8	14
Standard deviation	± 5.1	± 4.5
P value	< 0.005	Highly significant.

Table VII: The determinants of social score of the families

1- Occupation of the mother

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
House-wife	449	67.8	213	32.2	662	100
Non-technical	7	36.8	12	63.2	19	100
Industrial	2	33.3	4	66.6	6	100
Clerk	113	44.7	140	55.3	253	100
Professional	3	50	3	50	6	100
Others	28	50	28	50	56	100
Total	602		400		1002	

$X^2_{(5)}$ = 50.26 <0.05 (significant)

2-Education of the monther

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Illeterate	262	72.2	101	27.8	363	100
Read & Write	50	56.2	39	43.8	89	100
Primary	21	67.7	10	32.3	31	100
Preparatory	35	54.7	29	45.3	64	100
Secondary	166	52	153	48	319	100
High	68	50	68	50	136	100
Total	602		400		1002	

$X^2_{(5)}$ = 25.91 <0.05 (significant)

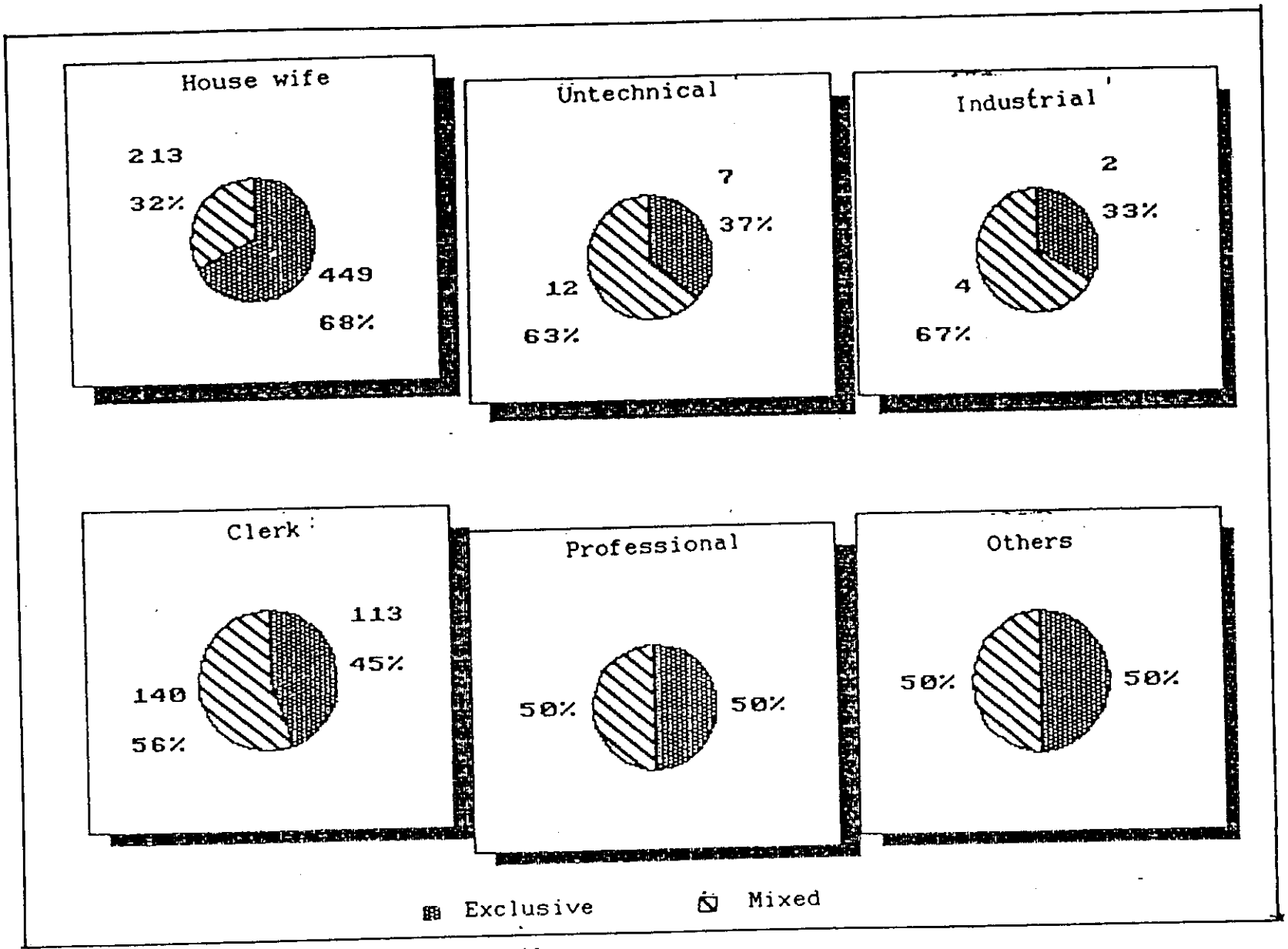

Fig.5.a: Occupation of studied mothers

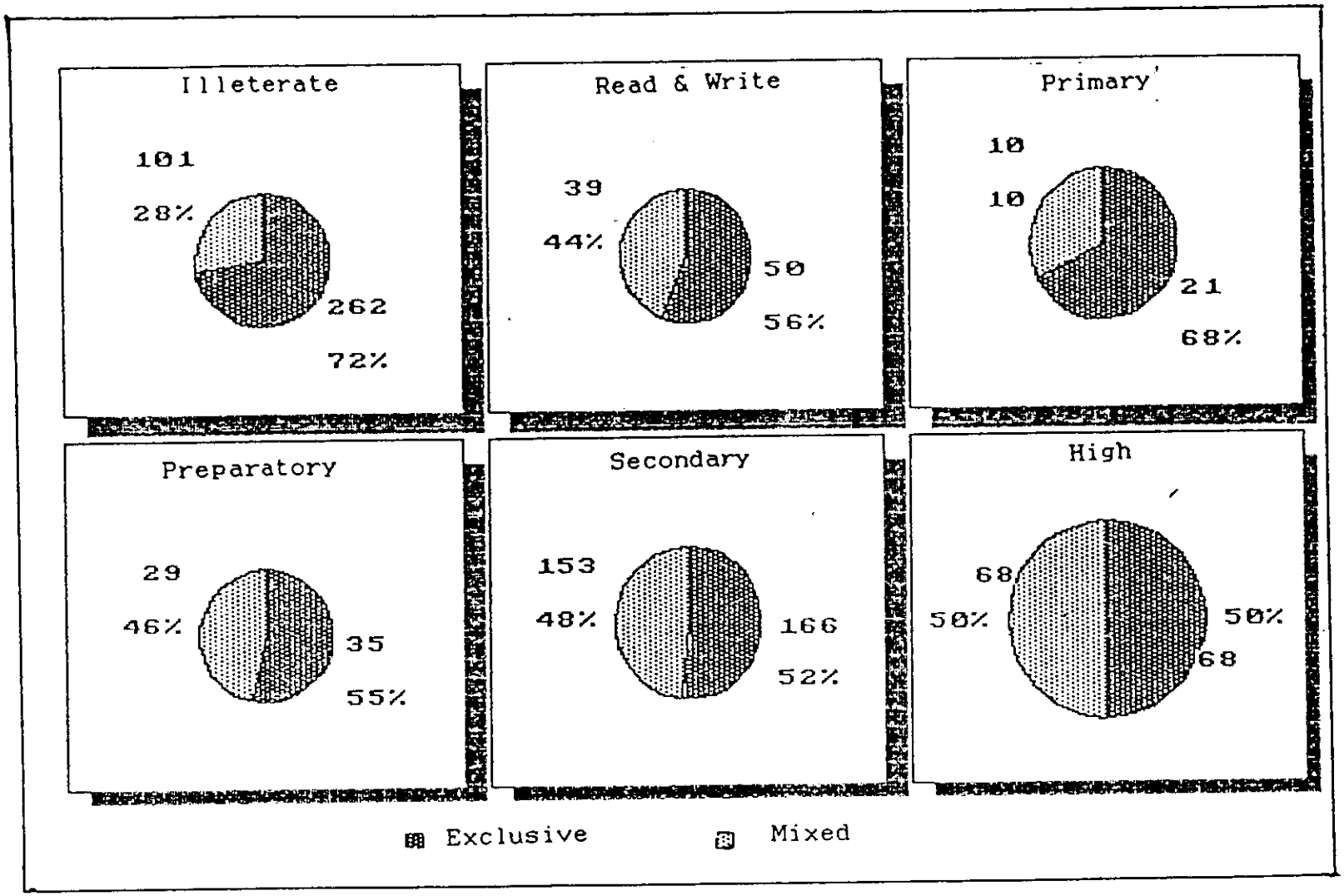

Fig.5.b: Eduction of studied mothers

Table VII "Cont."

3- Occupation of the father

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Agricultural	110	71.9	43	28.1	153	100
Non-skilled lab.	96	70.1	41	29.9	137	100
Skilled lab.	50	52.6	45	47.4	95	100
Administrative	237	57.4	176	42.6	413	100
Professional	45	58.4	32	41.6	77	100
Others	64	50.4	63	49.6	127	100
Total	602		400		1002	

$X^2_{(5)}$ = 27.59 <0.05 (significant)

4-Education of the father

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Illeterate	108	69.7	47	30.3	155	100
Read & Write	151	70.9	62	29.1	213	100
Primary	14	63.6	8	36.4	26	100
Preparatory	45	52.9	40	47.1	85	100
Secondary	142	53.2	125	46.8	267	100
High	142	54.6	118	45.4	260	100
Total	602		400		1002	

$X^2_{(5)}$ = 26.79 <0.05 (significant)

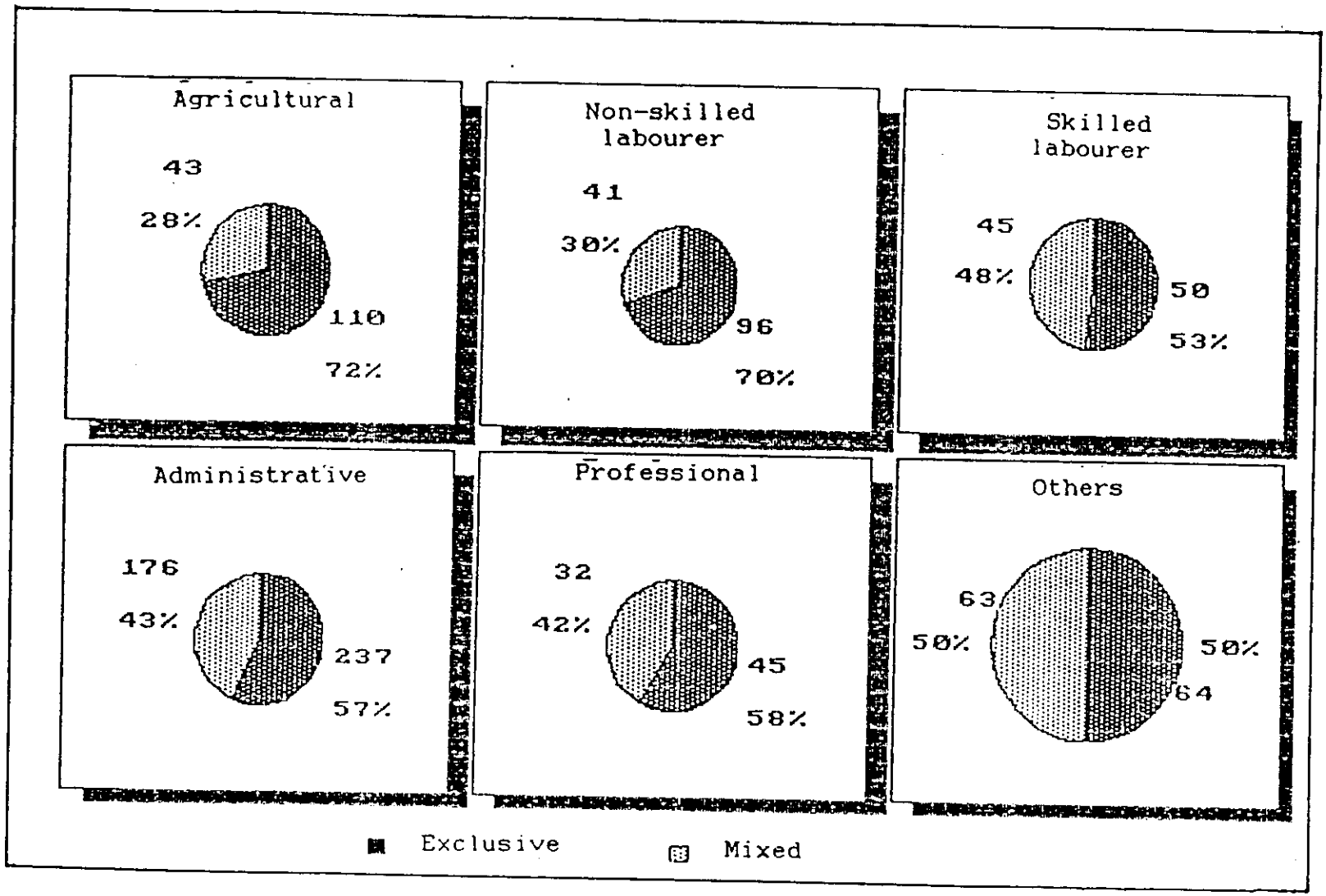

Fig.5.c: Occupation of the fathers

Table VII "Cont."

5-Precapita income per month

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Not enough	334	66.8	166	33.2	500	100
Enough	254	55.7	202	44.3	456	100
Enough & more	14	30.4	32	69.6	46	100
Total	602		400		1002	

$X^{2}_{(2)}$ = 29.71 <0.05 (significant)

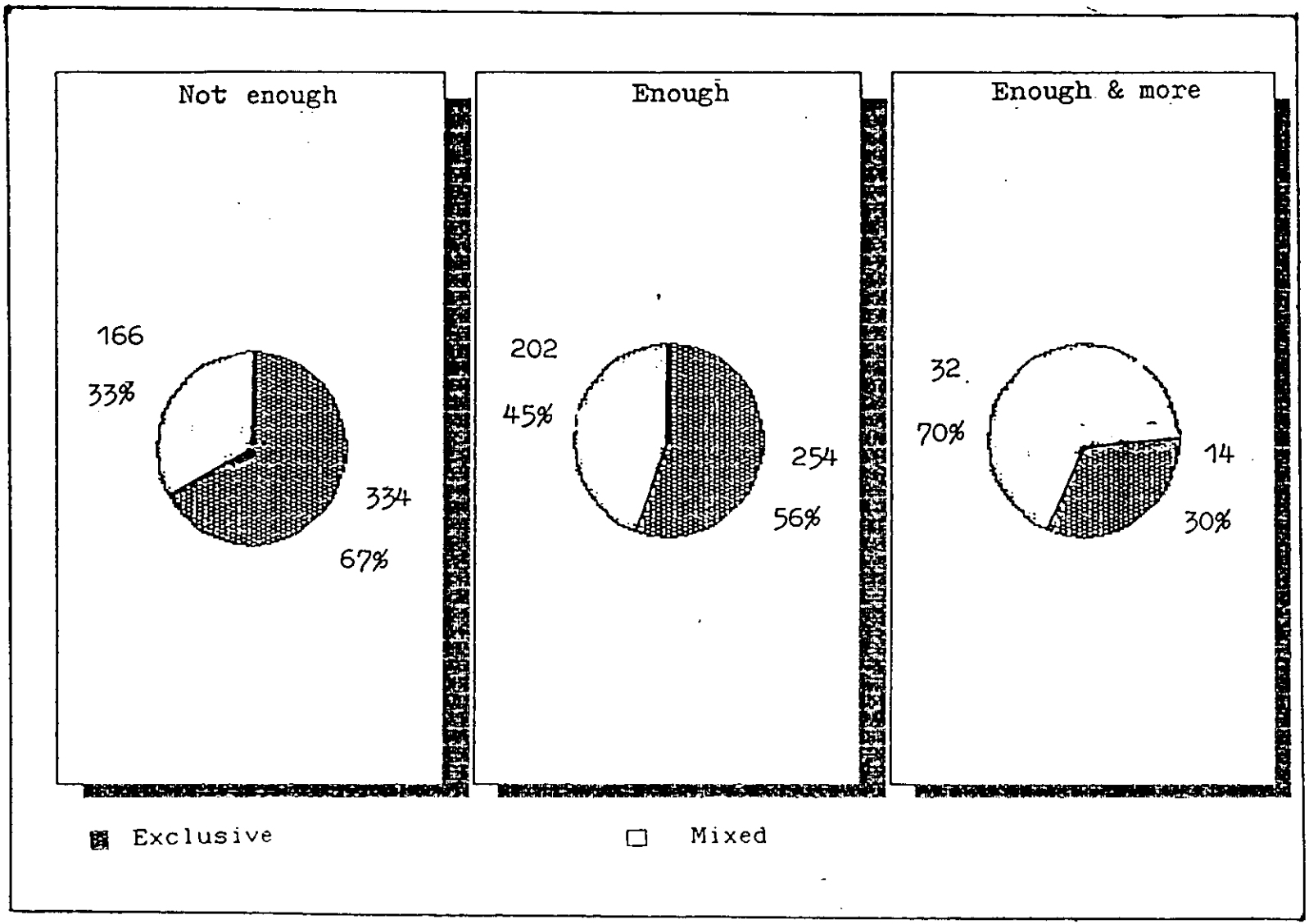

Fig.5.e: Percapita income of the family

II- THE KNOWLEDGE, ATTITUDE AND PRACTICE OF THE STUDIED MOTHERS TOWARDS BREAST FEEDING AS WELL AS THE ATTITUDE OF THE FATHERS. (Table VIII - XXIV & figure 6-18)

Table VIII & Figure 6:

Showed the grades of the score of knowledge about breast feeding among the studied mothers according to the scoring system used. Percentage of high score among the studied groups was almost equal, as it was 83.7% and 82.6% among both the exclusive and mixed groups respectively.

Table IX:

Showed the mean, stantard deviation and P value of the actual score of knowledge of the studied mothers about breast feeding. No significant difference was found between the exclusive and mixed groups (82.2 ± 13.8, 80 ± 12.2 respectively $P>0.05$).

Table X & Figure 7:

The different types of foods commonly introduced by the mothers to their infants during period of lactation were shown in table X. Rice and potato represented the commonest types in use (29.1%) followed by fruit juice (9.1%) youghaurt (7.3%) and lastly soups (4.9%). 5.5% of

Table XVI:

Showed the mean, standard deviation and p value of the actual score of practice of the studied mothers. The actual score of practice of the exclusive group (57.7±9.5) was significantly ($p < 0.001$) higher than that of the mixed group (49.9±10.4).

Table XVII & Figure 13.a-h:

Determinants of the score of practice of the studied mothers were shown in table XVII including:

1- Time of initiation of breast feeding:69.5% of mothers who initiated breast feeding immediately after birth belonged to the exclusive group and the pecentage diminished as the initiation of breast feeding was delayed. On the other hand, 30.5% of the mothers who initiated breast feeding immediately after birth belonged to mixed group and the percentage increased as the time of initiation was delayed. The results were statistically significant.

2- Preparation of breasts during pregnancy for feeding practice: 66.7% of the mothers who prepared their breasts for feeding practice during late pregnancy were exclusive breast feeders in comparison to 57.5% of those who did not prepare their breasts. The difference was statistically significant.

3- Preparation of breasts in between feedings: 63.7% of those preparing their breasts in between feedings were exclusive breast feeders in comparison to 59.3% of those who did not prepare their breasts, but the difference was statisticallly insignificant.

4- Demand feeding: Mothers who practiced breast feeding on demand belonged to the exclusive group (66.5%)more than those practiced scheduled breast feeding (45.6%).The results were statiststically significant.

5- Night feedings: Mothers who gave their infants breast feeding during night practiced exclusive breast feeding (60.2%) more than those who did not practice night feedings (58.8%), but the difference was statisttically insignificant.

6- Difficulties faced during lactation: 69.1% of the mothers who did not face any difficulty could maintain exclusive breast feeding in comparison to only 50% of those faced different types of difficulties. The difference was statistically significant.

7- Way of administration of other foods :Bottle was the commonest way of administration of other foods among the mixed group (55.8%) while the cup and spoon was

the commonest among the exclusive group (72.3%). The correlation was statistically significant.

8- Time of stoppage of breast feeding : All the mothers who stopped breast feeding before six months of lactation belonged to the mixed group. Stoppage of breast feeding at six months of infant life was done by 92% of the mixed group and 8% of the exclusive group, at 9 months, 69.2% of the mixed and 30.8% of the exclusive, at 12 months, 71.4% of mixed and 28.6% of the exclusive, at 15 months, 66.7% of mixed and 33.3% of the exclusive, at 18 months, 13.2% of mixed and 86.8% of the exclusive, at 24 months, all belonged to the exclusive group, these results were statistically significant.

Table XVIII & Figure 14:

Showed the different ways of preparation of the breasts used by the studied mothers. The commonest was pulling the nipple outwards. (3I.4%) followed by washing with water and soap (18.1%). Large percentage of the mothers (64.8%) did not prepare their breasts for feeding practice.

Table XXI & Figure 15:

Showed the different causes of difficulties faced by the lactating mothers. In general, the most common cause was local maternal causes (36.9%) in the form of

milk engorgement, sore nipple, small sized nipple and retracted nipple, followed by scanty milk flow (21.3%), general maternal causes (14.1%) especially fevers, local child causes (10.9%) in the form of thrush monilia and nasal obstruction, general child causes (8.6%) especially gastroenteritis. Other difficulties as, maternal work, unilateral milk flow and refusal of the infant to take the breast represented the remaining 8.2% Among the individual group, local maternal causes were the commonest difficuties among exclusive group (48.1%) while scanty milk flow (32.5%) and local maternal causes (25.7%) represented the commonest difficulties among the mixed group.

Table XX & Figure 16:

Showed the different causes of stoppage of breast feeding among the studied mothers. In general, absence of milk flow (31.7%) came on the head of the list, followed by pregnancy (23.5%) and reaching the age of weaning (19%). Other causes for complete stoppage of breast feeding as refusal of the child to take the breast, maternal work, diminishing the intelligence of the child caused by prolonged breast feeding represented the remaining 4% of the reasons given by the mothers.

Table XXI & Figure 17:

Showed the grades of the score of attitude of the studied mothers towards breast feeding according to the

scoring system used. The percentage of high score among exclusive breast feeders was 57.5% while it was 48% among the mixed feeders.

Table XXII:

Showed the mean, standard deviation and P value of the actual score of attitude of the mothers towards breast feeding. The actual score of attitude among exclusive group (4 ± 3.2) was significantly ($P<0.01$) higher than that of the mixed group (3.4 ± 3.1)

Table XXIII & Figure 18:

Showed the grades of score of attitude of the fathers towards breast feeding according to the scoring system used. The percentage of high score among the exclusive group was 67.1% and among the mixed group was 71%.

Table XXIV:

Showed the mean, standard deviation and P value of the actual score of the attitude of the fathers towards breast feeding. No significant difference was found between exclusive and mixed groups (7.1 ± 3.7, 7.5 ± 3.8 exclusive & mixed respectively $P>0.05$).

Table VIII: Grades of the score of knowledge of studied mothers.

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Very low	20	3.3	6	1.5	26	2.6
Low	78	13	64	16	142	14.2
High	266	44.2	215	53.8	481	48
Very high	238	39.5	115	28.8	353	35.2
Total	602	100	400	100	1002	100
% of high		83.7		82.6		

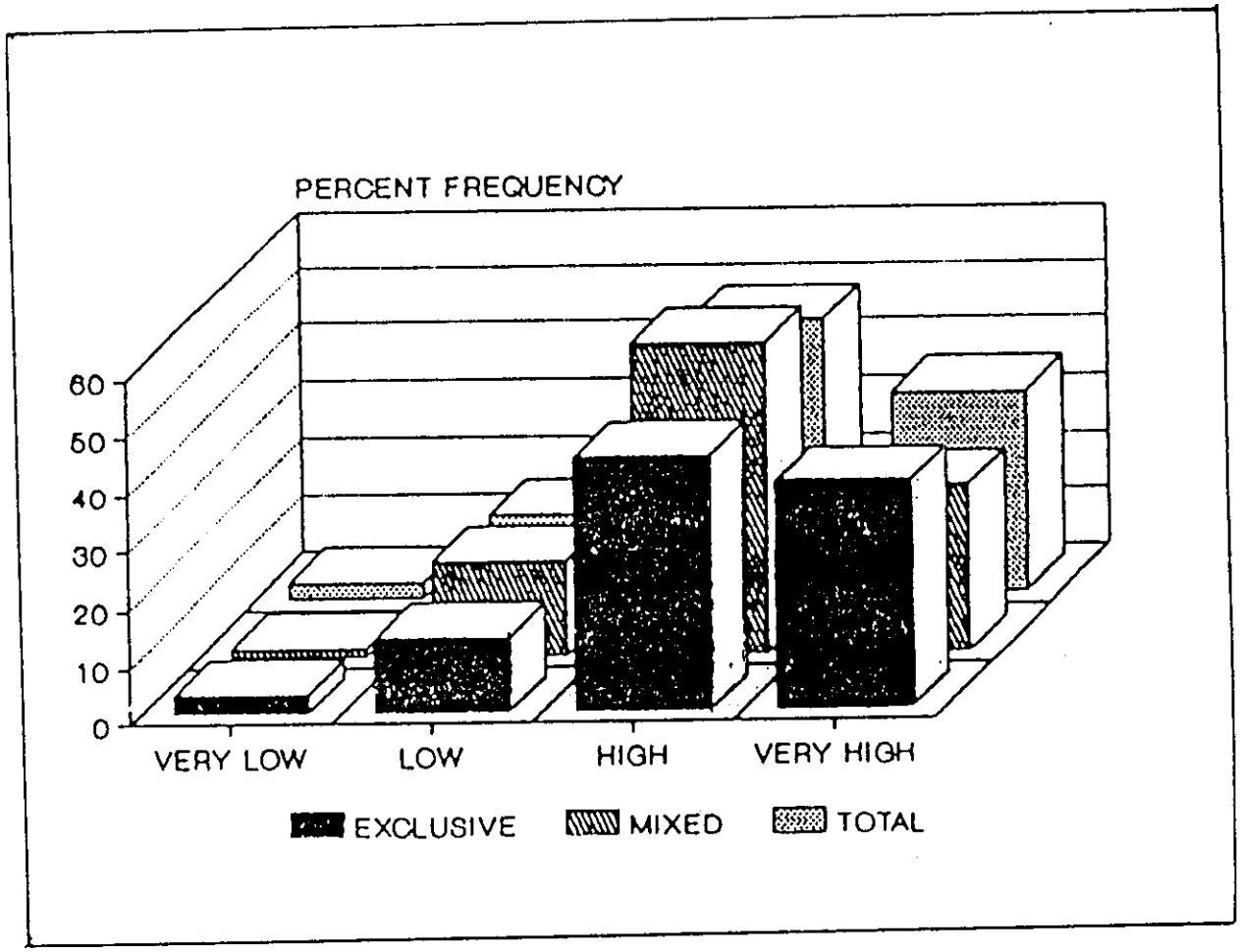

Fig.6: Score of knowledge of studied mothers

Table IX: Mean, standard deviation & P value of actual score of knowledge of studied mothers

	Exclusive	Mixed
Mean	82.2	80.8
Standard deviation	± 13.8	± 12.2
P value	> 0.05	Insignificant.

Table X :Types of foods commonly introduced by the mothers to their children during the period of lactation

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Rice & Potato	146	26	130	33.8	276	29.1
Eggs & beans	39	6.9	23	6	62	6.5
1 & 2	159	28.3	73	19	232	24.5
Fruit juice	51	9.1	35	9.1	86	9.1
Youghaurt	30	5.3	39	10.1	69	7.3
Soups	23	4.1	23	6	46	4.9
All of above	114	20.3	62	16	176	18.6
Total	562	100	385	100	947	100

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
*	562	93.4	385	96.3	947	94.5
* *	40	6.6	15	3.7	55	5.5
Total	602	100	400	100	1002	100

* Mothers who introduce foods during the period of lactation

** Mothers who do not introduce foods during the period of lactation

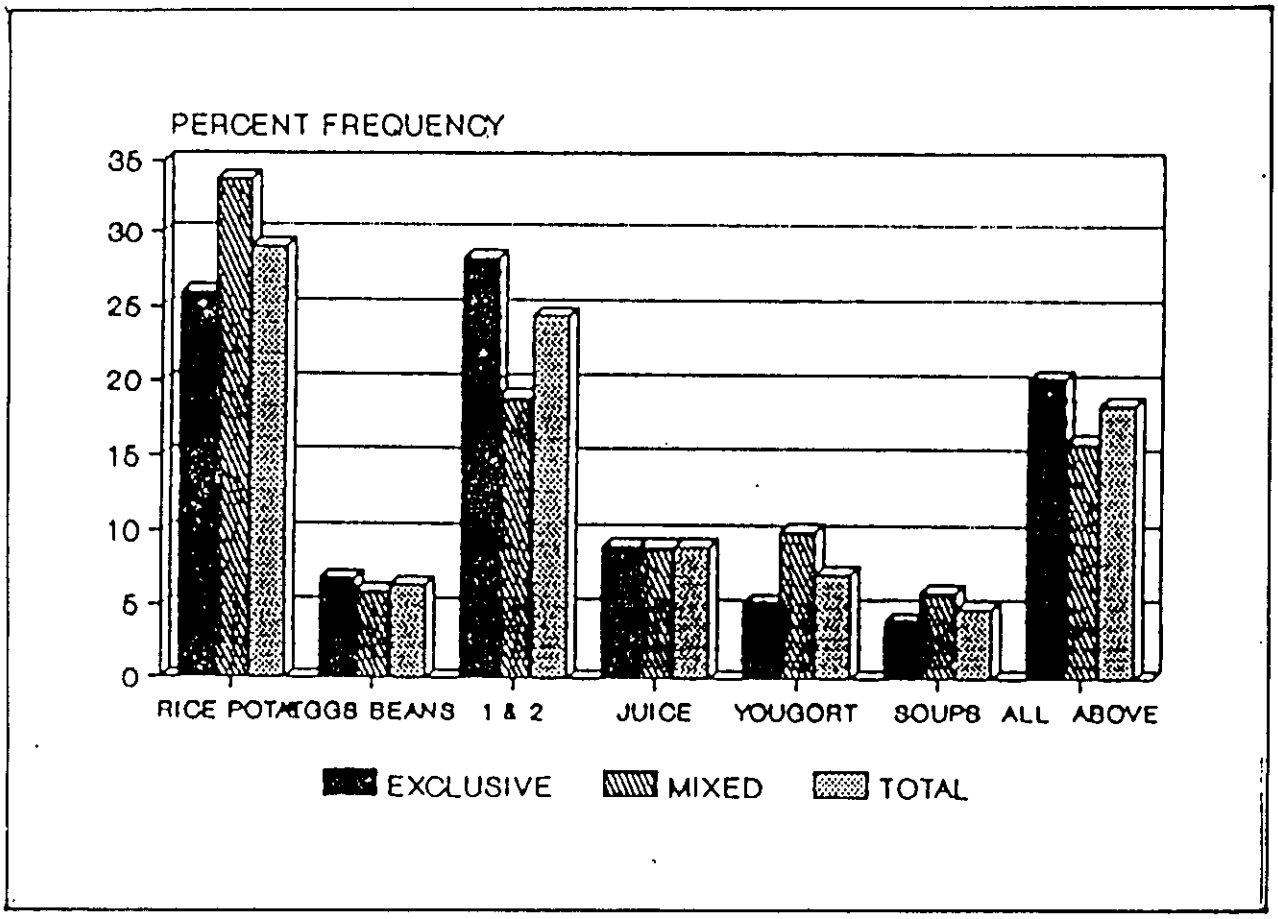

Fig.7: Foods introduced by the mothers to their children during the period of lactation

Table XI:Types of foods having lactagogue effect in the belief of studied mothers

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Sweats	81	16.4	70	21.7	151	18.5
Vegetables & Fruits	124	25	51	15.8	175	21.4
1 & 2	121	24.4	77	23.8	198	24.2
Meat	33	6.7	35	10.8	68	8.3
Fluids	41	8.3	23	7.2	64	7.8
All of above	95	19.2	67	20.7	162	19.8
Total	495	100	323	100	818	100

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
*	495	82.3	323	80.7	818	81.7
* *	107	17.7	77	19.3	184	18.3
Total	602	100	400	100	1002	100

* Mothers who know that some foods have lactagogue effect.

** Mothers who know that foods have no lactagogue effect.

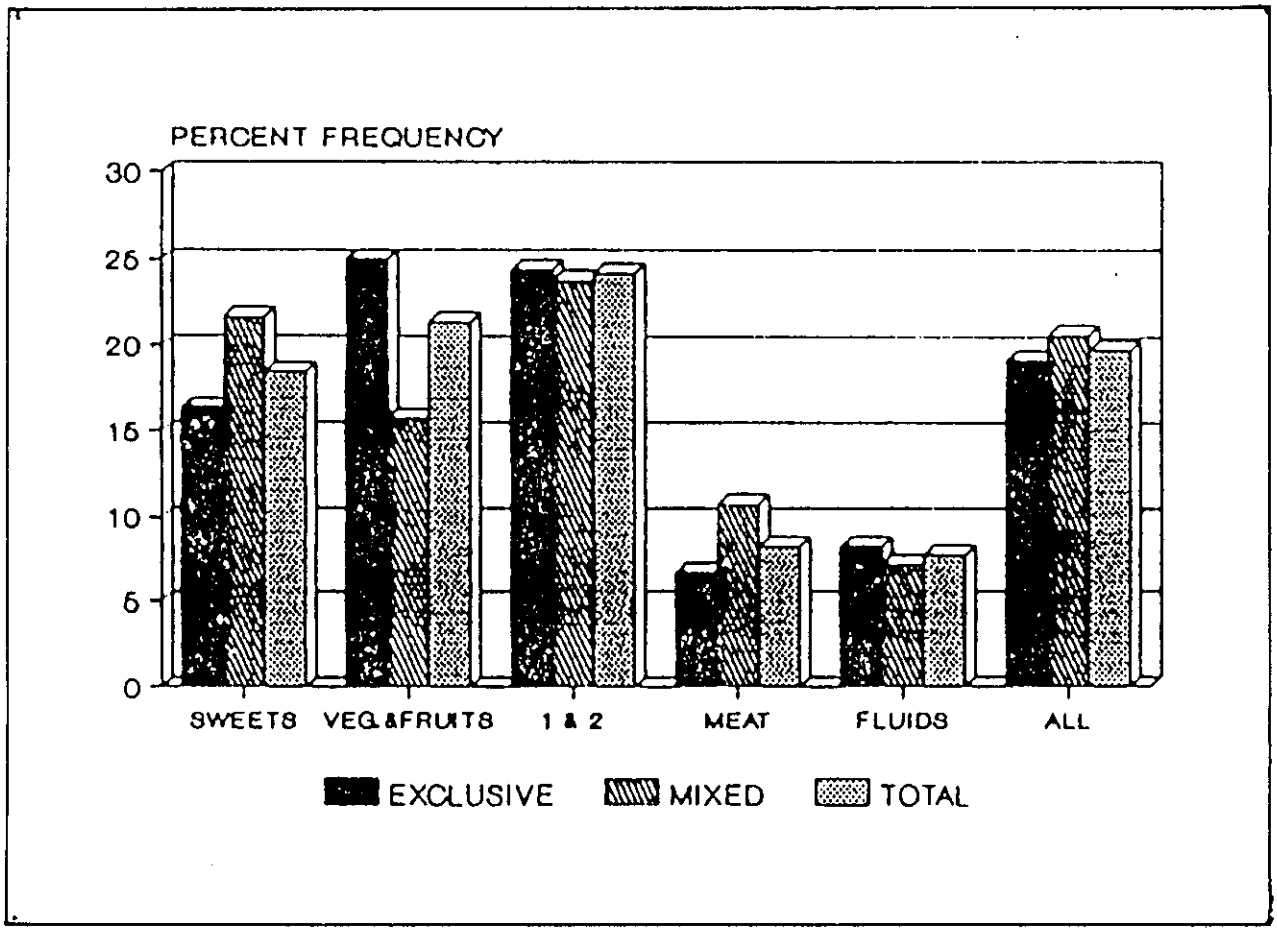

Fig.8: Foods having lactagogue effect in the belief of studied mothers

Table XII:Diseases of the mother which prevent the continuity of breast feeding in the belief of studied mothers.

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Fevers	183	46.3	114	35.1	297	41.2
T.B	37	9.4	63	19.4	100	13.9
1 & 2	56	14.2	42	12.9	98	13.6
Psychiatric disorders	15	3.8	19	5.8	34	4.7
Others	1	0.2	11	3.4	12	1.7
All of above	103	26.1	76	23.4	179	24.9
Total	395	100	325	100	720	100

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
*	395	65.6	325	81.3	720	71.8
* *	207	34.4	75	18.7	282	28.2
Total	602	100	400	100	1002	100

* Mothers who know that the diseases of the mother can prevent the continuity of B.F.

** Mothers who know that the diseases of the mother can not prevent the continuity of B.F.

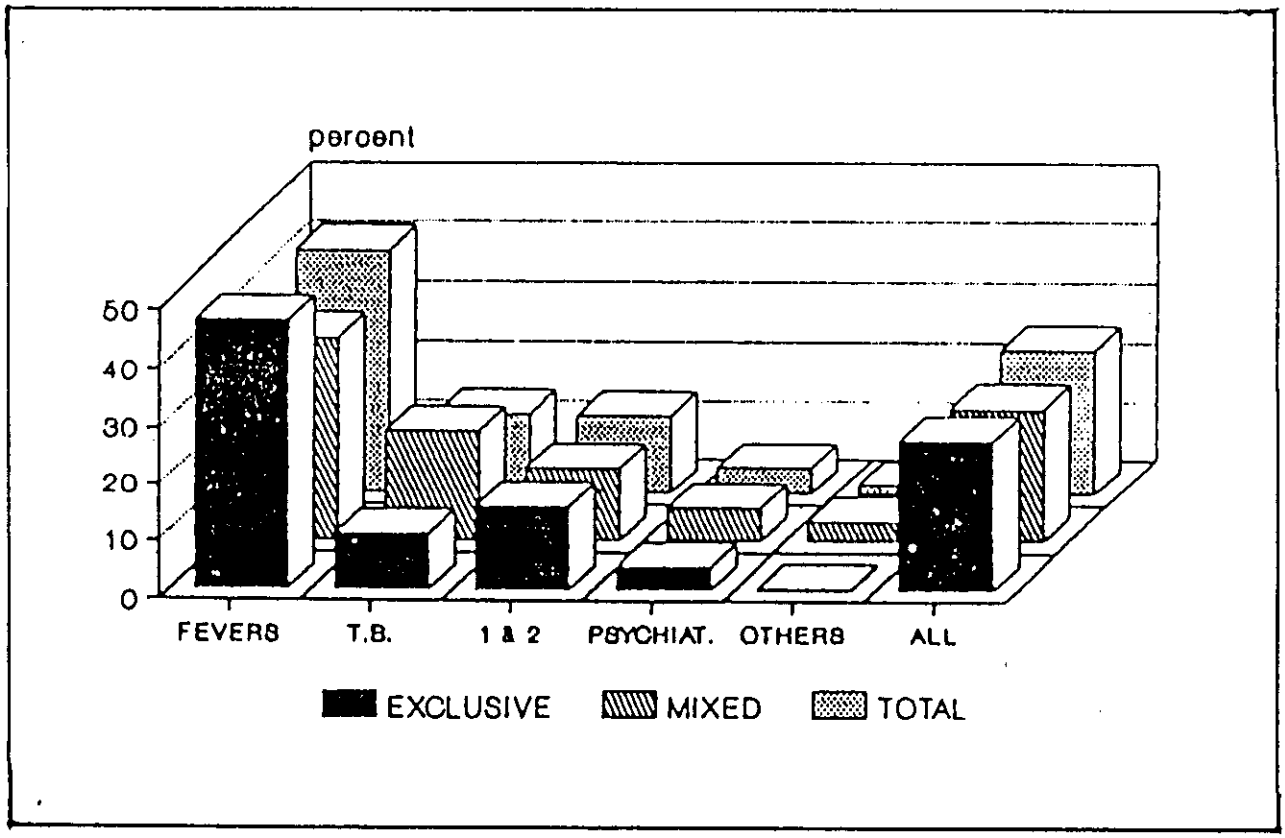

Fig.9: Maternal diseases preventing B.F in the belief of studied mothres.

Table XIII:Diseases of the children which prevent the continuity of breast feeding in the belief of studied mothers.

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Fevers	34	9.6	53	17	87	13.1
G.E	188	53.3	145	46.6	333	50.1
1 & 2	75	21.2	65	20.9	140	21.1
Chest infections	7	2	13	4.2	20	3
Others	4	1.1	9	3	13	2
All of above	45	12.8	26	8.3	71	10.7
Total	353	100	311	100	664	100

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
*	353	58.6	311	77.8	664	66.3
* *	249	41.4	89	22.2	338	33.7
Total	602	100	400	100	1002	100

* Mothers who know that the diseases of children can prevent the continuity of B.F.

** Mothers who know that the diseases of children can not prevent the continuity of B.F.

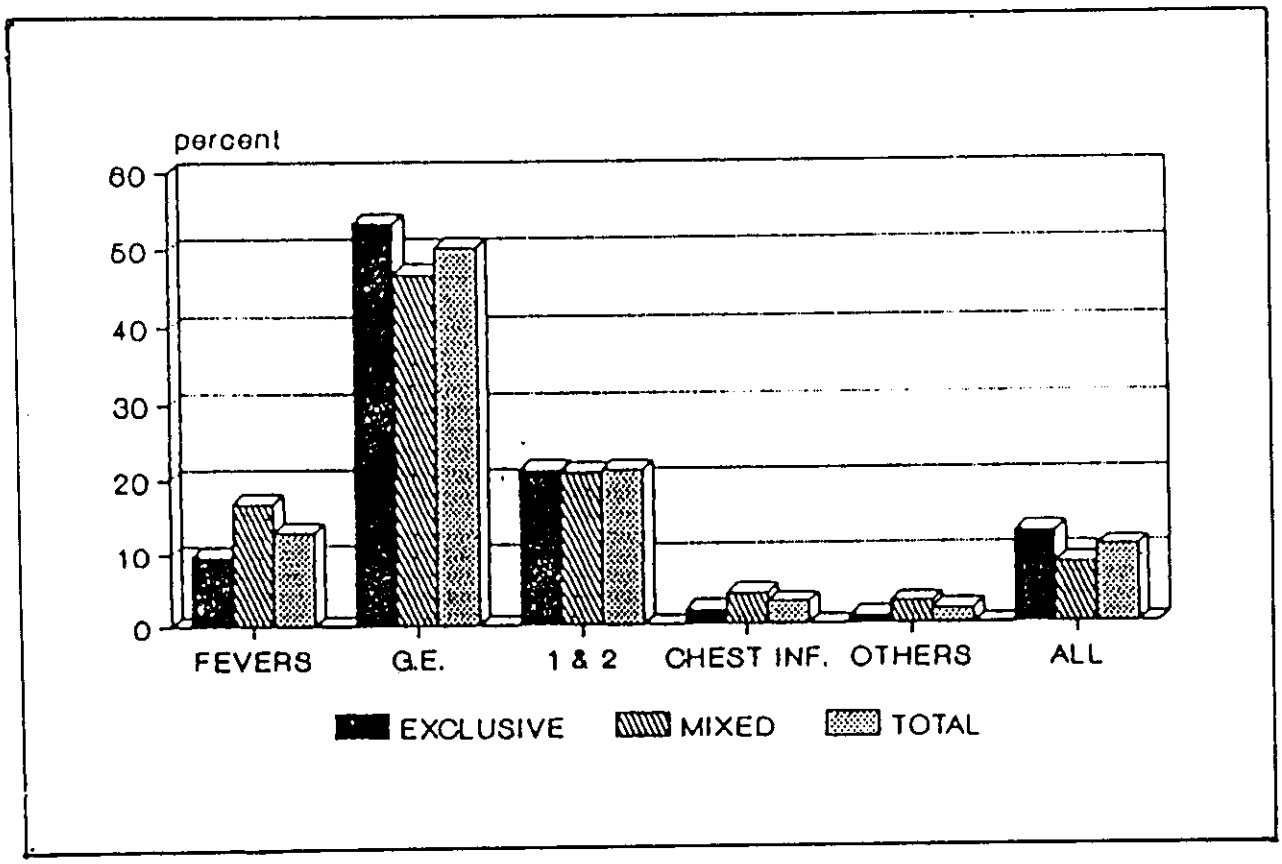

Fig.10: Child diseases preventing B.F. in the belief of studied mothers

Table XIV: The different sources of knowledge of studied mothers about breast feeding

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Parents	175	29.1	82	20.5	257	25.6
Radio & T.V	67	11.1	92	23	159	15.8
1 & 2	78	12.9	42	10.5	120	12
Medical advice	53	8.8	31	7.8	84	8.4
Neighbours	75	12.5	47	11.8	122	12.2
Relatives	76	12.6	34	8.5	110	11
2 & 6	15	2.5	7	1.7	22	2.2
News papers	14	2.3	15	3.7	29	2.9
2 & 4	27	4.5	36	9	63	6.3
1 & 4	22	3.7	14	3.5	36	3.6
Total	602	100	400	100	1002	100

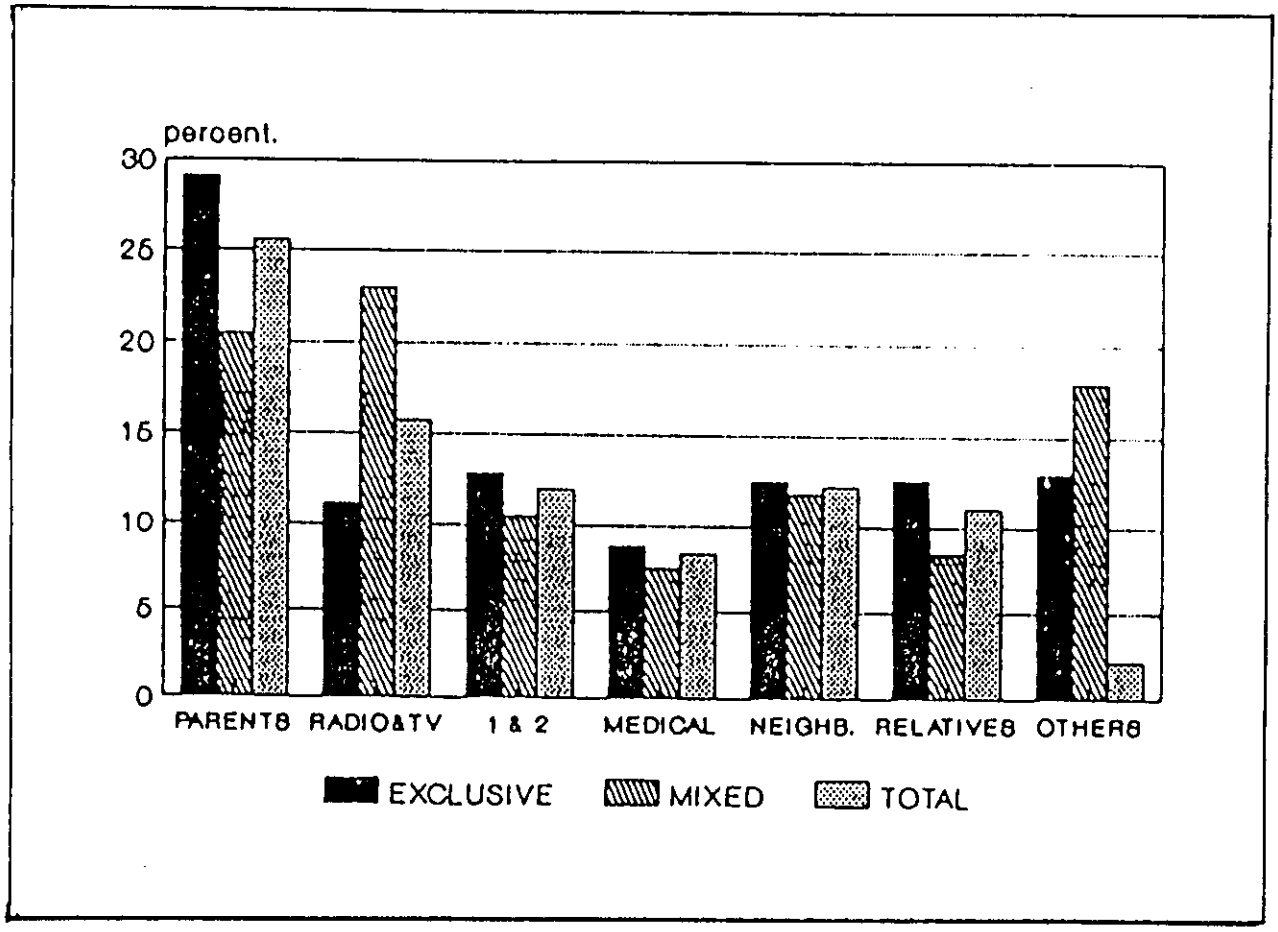

Fig.11: Sources of knowledge of studied mothers about B.F.

Table XV: Grades of the score of practice of studied mothers.

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Very low	8	1.3	33	8.2	41	4.1
Low	142	23.6	189	47.3	331	33
High	353	58.6	153	38.2	506	50.5
Very high	99	16.5	25	6.3	124	12.4
Total	602	100	400	100	1002	100
% of high		75.1		44.5		

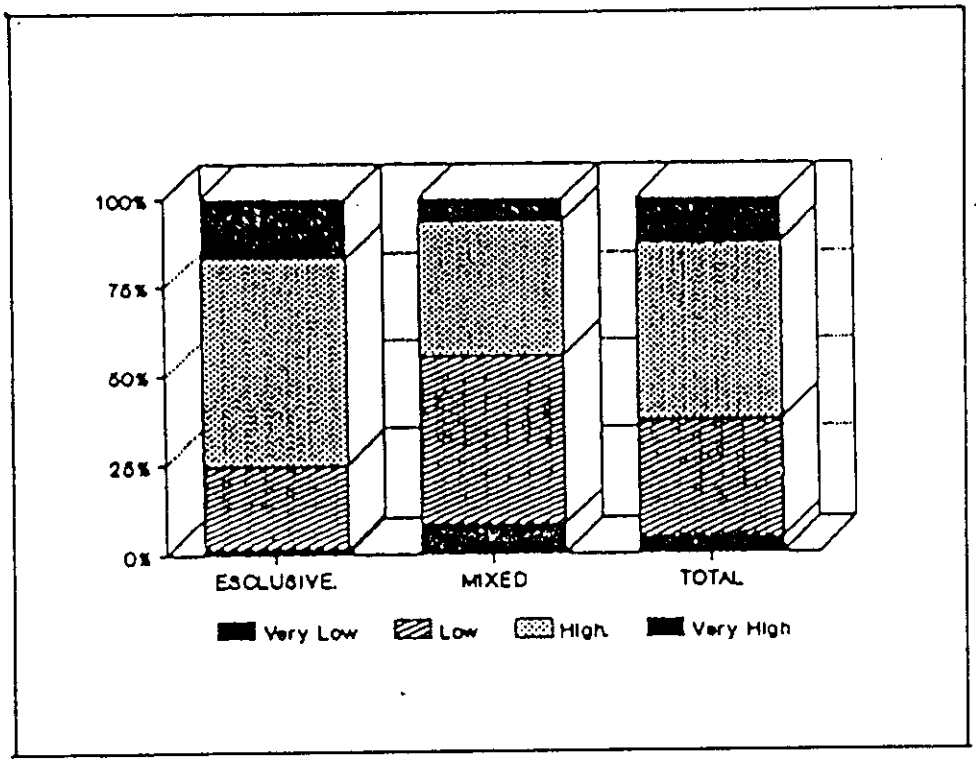

Fig.12: Score of Practice of studied mothers

Table XVI: Mean, standard deviation & P value of actual score of practice of studied mothers

	Exclusive	Mixed
Mean	57.7	49.9
Standard deviation	± 9.5	±10.4
P value	< 0.001 very highly significant.	

Table XVII: The determinants of the score of practice of studied mothers

1- Time of initiation of breast feeding

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Immed.	389	69.5	171	30.5	560	100
1st day	113	54.3	95	45.7	208	100
2nd day	47	52.8	42	47.2	89	100
3rd & more	53	36.6	92	63.4	145	100
Total	602		400		1002	

$X^2_{(3)}$ = 58.89 <0.05 (significant)

2-Breast preparation during pregnancy

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Yes	188	66.7	94	33.3	282	100
No	414	57.5	306	42.5	720	100
Total	602		400		1002	

$X^2_{(1)}$ = 7.11 <0.05 (significant)

3-Breast preparation in between feedings

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Yes	107	63.7	61	36.3	168	100
No	495	59.3	339	40.7	834	100
Total	602		400		1002	

$X^2_{(1)}$ = 1.1 >0.05 (Insignificant)

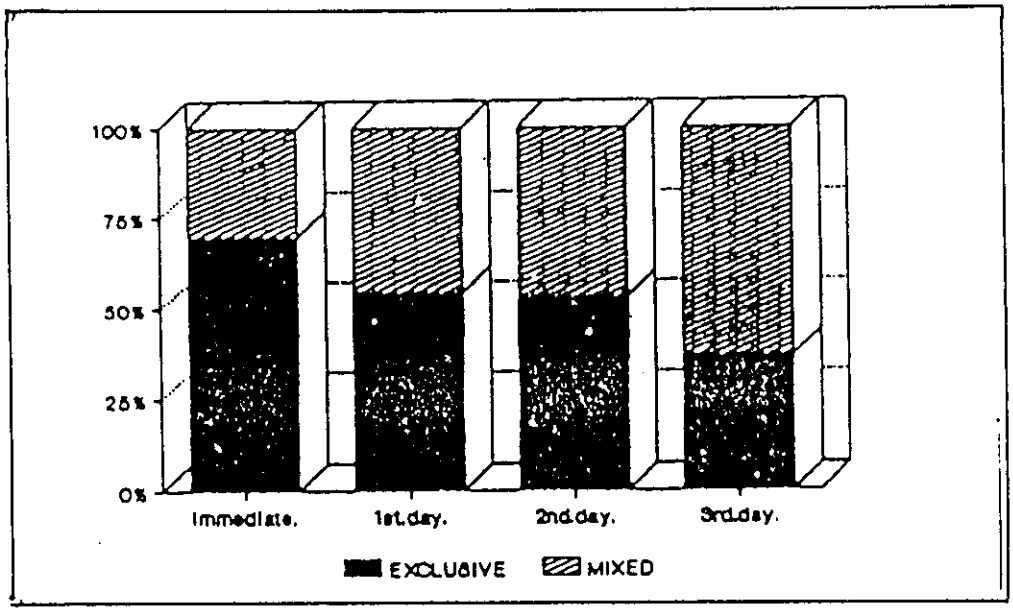

Fig.13.a: Time of initiation of B.F

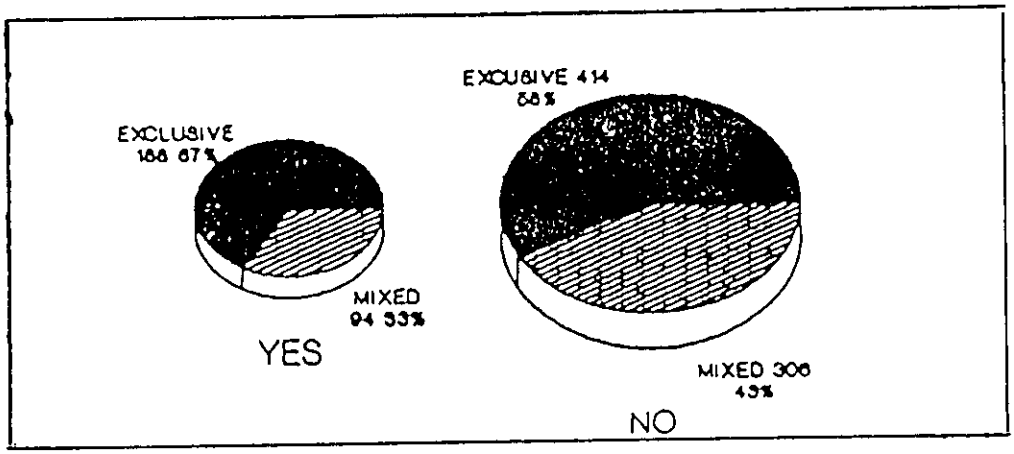

Fig.13.b: Breast preparation during pregnancy

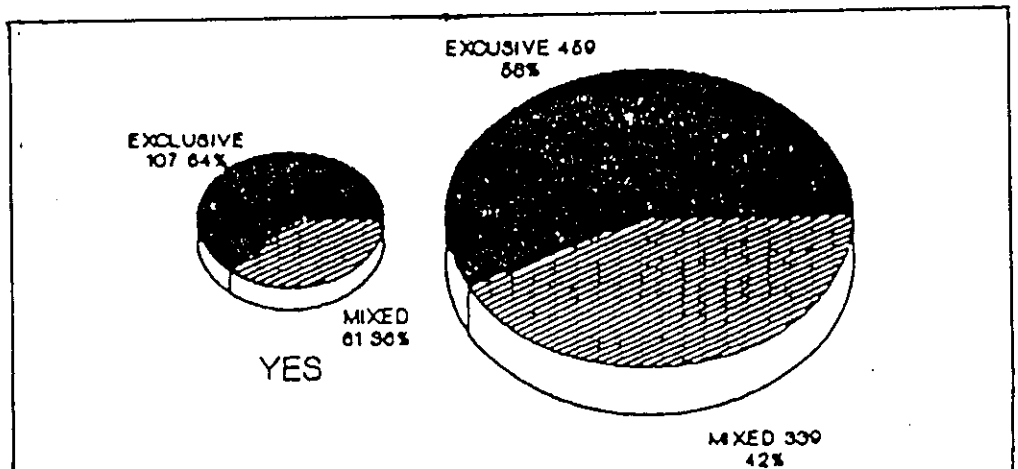

Table XVII "Cont."

4- Demand feeding

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Yes	461	66.5	232	33.5	693	100
No	141	45.6	168	54.4	309	100
Total	602		400		1002	

$X^2_{(1)}$ = 43.72 <0.05 (significant)

5- Night feedings

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Yes	532	60.2	351	39.8	883	100
No	70	58.8	49	41.2	119	100
Total	602		400		1002	

$X^2_{(1)}$ = 0.08 >0.05 (Insignificant)

6- Difficulties faced during the period of lactation

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Yes	237	50	237	50	474	100
No	365	69.1	163	30.9	528	100
Total	602		400		1002	

$X^2_{(1)}$ = 38.14 <0.05 (significant)

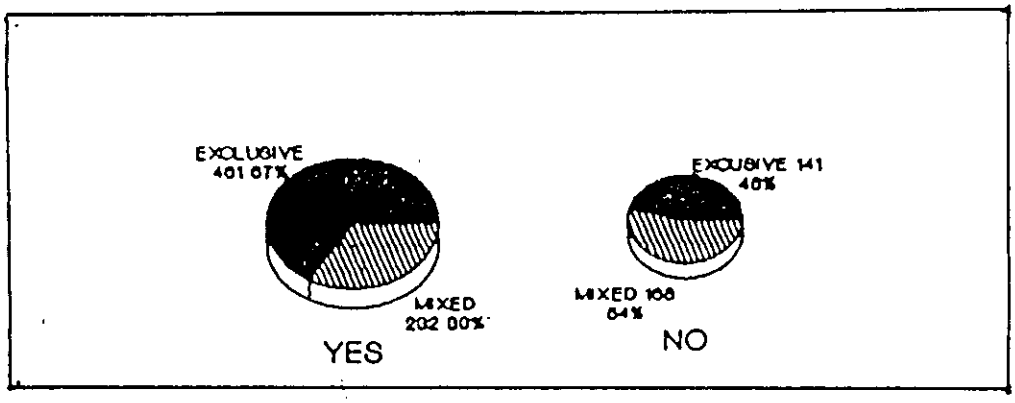

Fig.13.d: Demand feeding

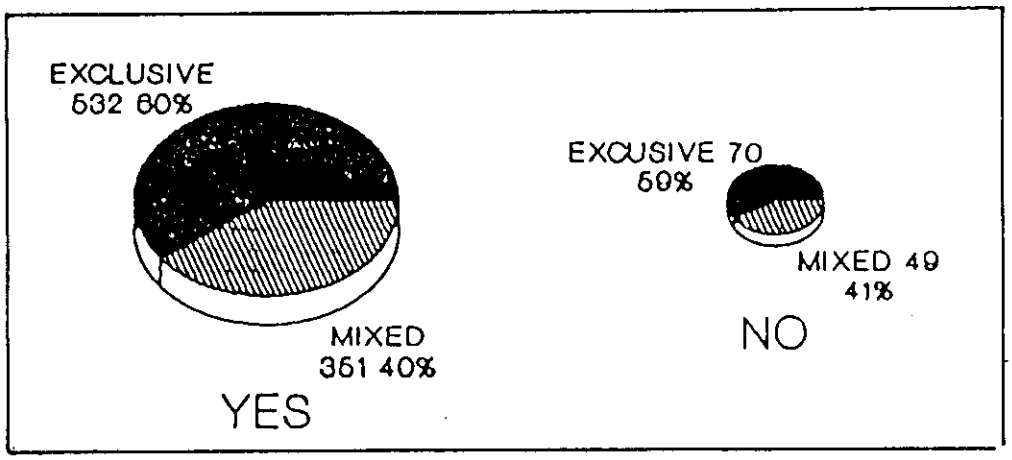

Fig.13.e: Night feeding

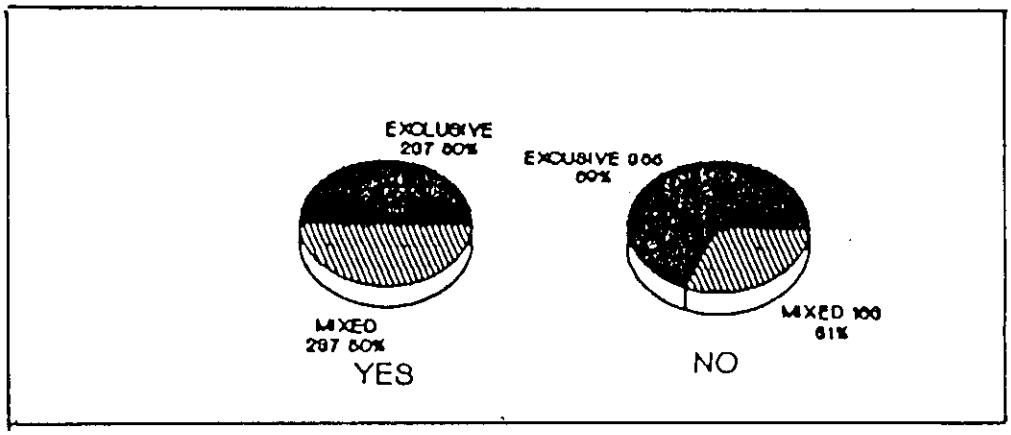

Fig.13.f: Difficulties in B.F.

Table XVII "CONT."

7- Way of administration of other foods

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Bottle	199	44.2	251	55.8	450	100
Cup & spoon	347	72.3	133	27.7	480	100
Others	56	77.7	16	22.3	72	100
Total	602		400		1002	

$X^2_{(2)}$ = 86.41 <0.05 (significant)

8- Time of stoppage of breast feeding

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
< 6 m	_	0	30	100	30	100
6 m	2	8	23	92	25	100
9 m	8	30.8	18	69.2	26	100
12 m	12	28.6	30	71.4	42	100
15 m	20	33.3	40	66.7	60	100
18 m	33	86.8	5	13.2	38	100
24 m+	26	100	_	0	26	100
Total	101		146		247	

$X^2_{(6)}$ = 92.45 <0.05 (significant)

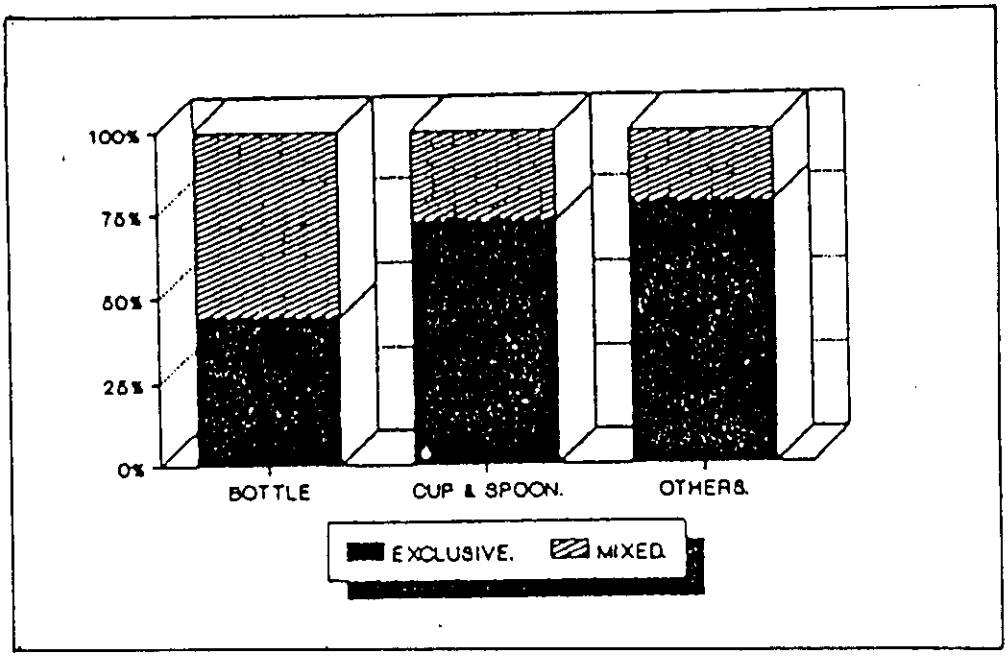

Fig.13.g: Ways of other food administration

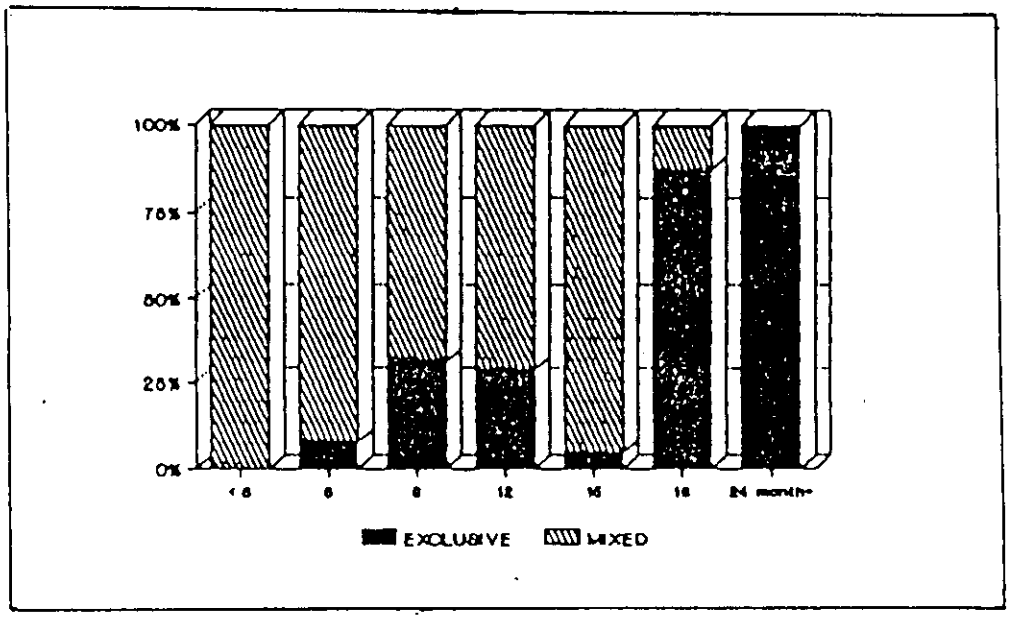

Fig.13.h: Time of stoppage of B.F.

Table XVIII : Different ways of preparation of breasts used by studied mothers

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Wash é water & soap	35	15.6	29	22.7	64	18.1
Pulling the nipple	70	31.1	41	32	111	31.4
1 & 2	58	25.8	40	31.3	98	27.8
Apply a paint	9	4	10	7.8	19	5.4
2 & 4	53	23.5	8	6.2	61	17.3
Total	225	100	128	100	353	100

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
*	225	37.4	128	32	353	35.2
**	377	62.6	272	68	649	64.8
Total	602	100	400	100	1002	100

* Mothers who prepare their breasts for feeding practice

** Mothers who do not prepare their breasts for feeding practice.

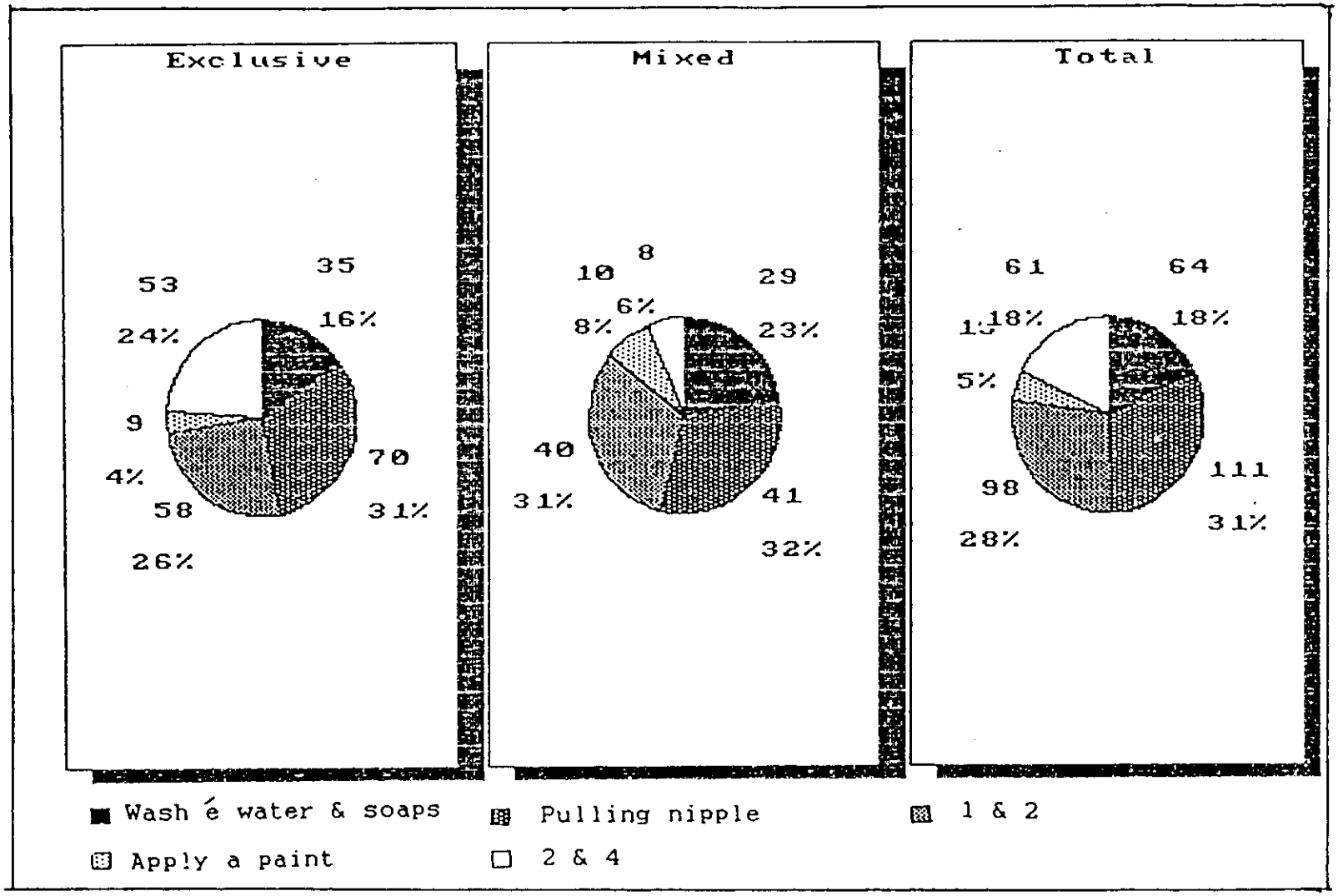

Fig.14: Ways of breast preparation for lactation used by studied mothers

Table XIX :Different causes of difficulties faced by studied mothers during the period of lactation.

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Local, child	37	15.6	15	6.3	52	10.9
General, child	25	10.5	16	6.8	41	8.6
Local, maternal	114	48.1	61	25.7	175	36.9
General, maternal	31	13.1	36	15.2	67	14.1
Scanty milk flow	24	10.1	77	32.5	101	21.3
Others	6	2.6	32	13.5	39	8.2
Total	237	100	237	100	474	100

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
*	237	39.4	237	59.2	474	47.3
* *	365	60.6	163	40.8	528	52.7
Total	602	100	400	100	1002	100

* Mothers who faced difficulties during period of lactation

** Mothers who did not face difficulties during period of lactation.

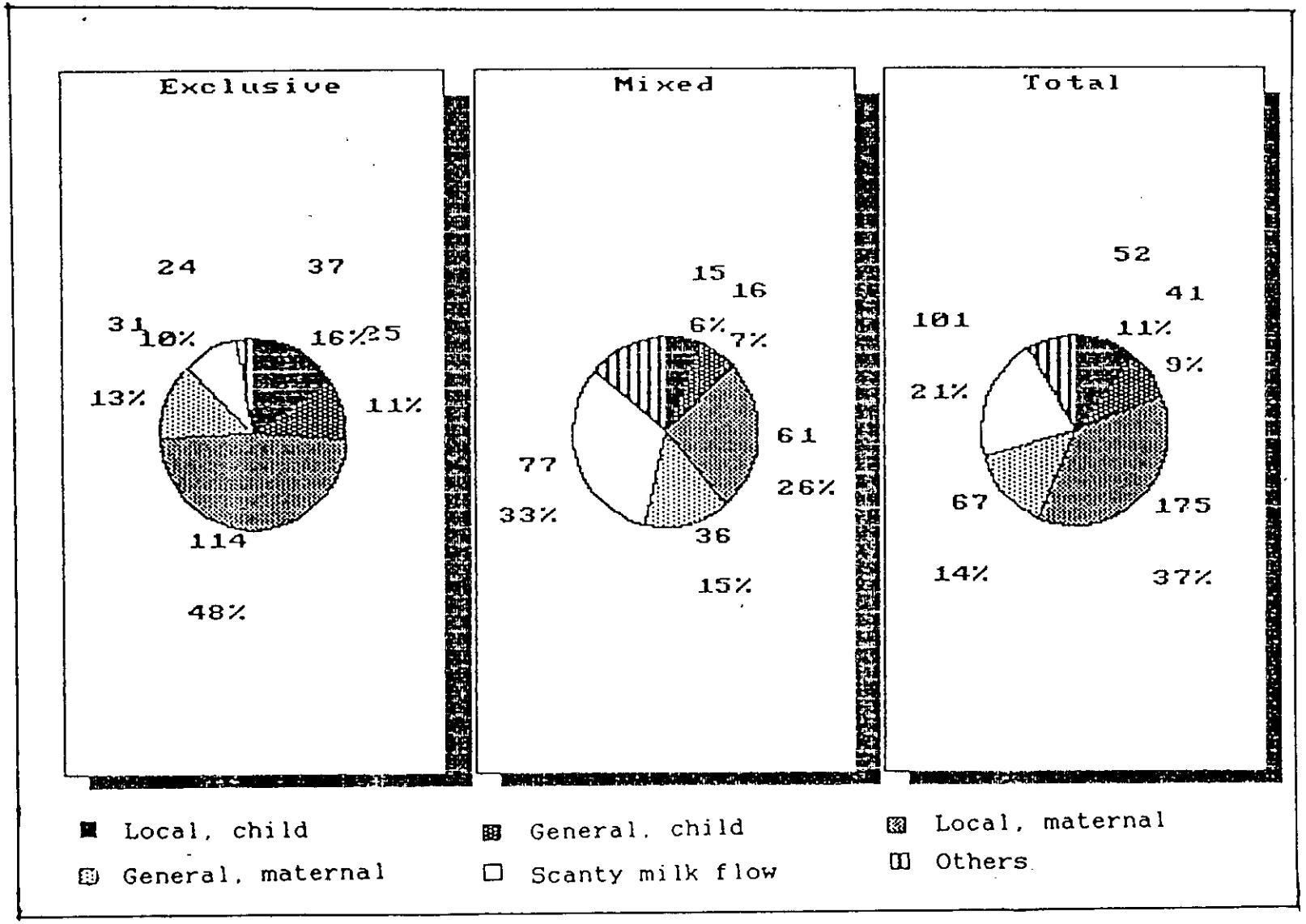

Fig.15: Difficulties faced by lactating mothers

Table XX:Different causes of stoppage of breast feeding among studied mothers.

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Local, child	1	1	4	2.7	5	2
General, child	4	4	6	4.1	10	4
Local, maternal	15	14.9	8	5.5	23	9.3
General, maternal	5	4.9	6	4.1	11	4.5
No milk flow	22	21.8	56	38.4	78	31.7
Medical advice	1	1	4	2.7	5	2
Age of weaning	31	30.7	16	11	47	19
Pregnancy	17	16.8	41	28.1	58	23.5
Others	5	4.9	5	3.4	10	4
Total	101	100	146	100	247	100

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
*	101	16.8	146	36.5	247	24.7
* *	501	83.2	254	63.5	755	75.3
Total	602	100	400	100	1002	100

* Mothers who stopped B.F at period of study

** Mothers who still lactating at period of study

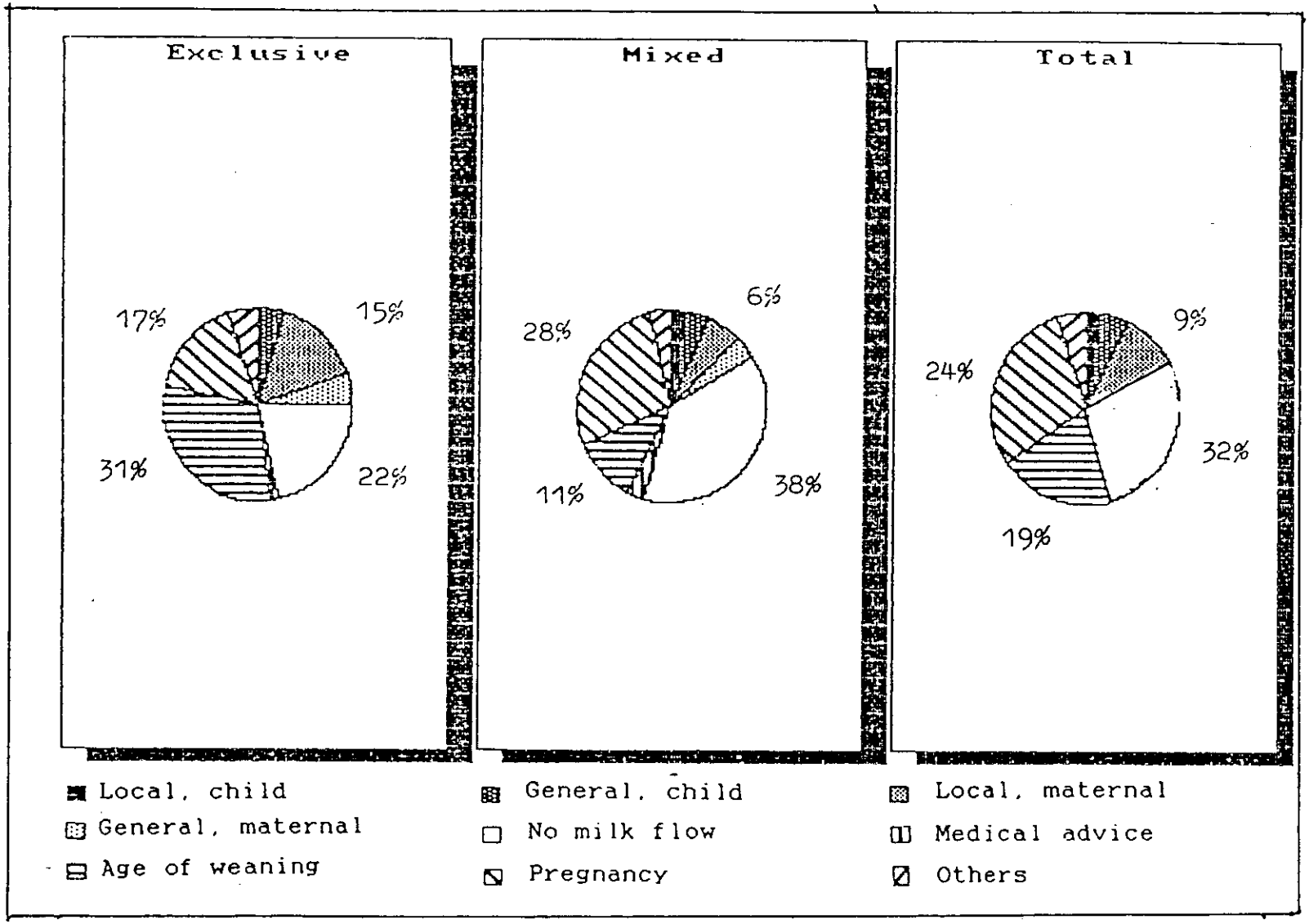

Fig.16: Cause of B.F. stoppage among studied mothers

Table XXI: Grades of the score of attitude of studied mothers towards breast feeding.

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Very low	25	4.2	21	5.3	46	4.6
Low	225	37.3	187	46.7	412	41.1
High	310	51.5	174	43.5	484	48.3
Very high	42	7	18	4.5	60	6
Total	602	100	400	100	1002	100
% of high		57.5		48		

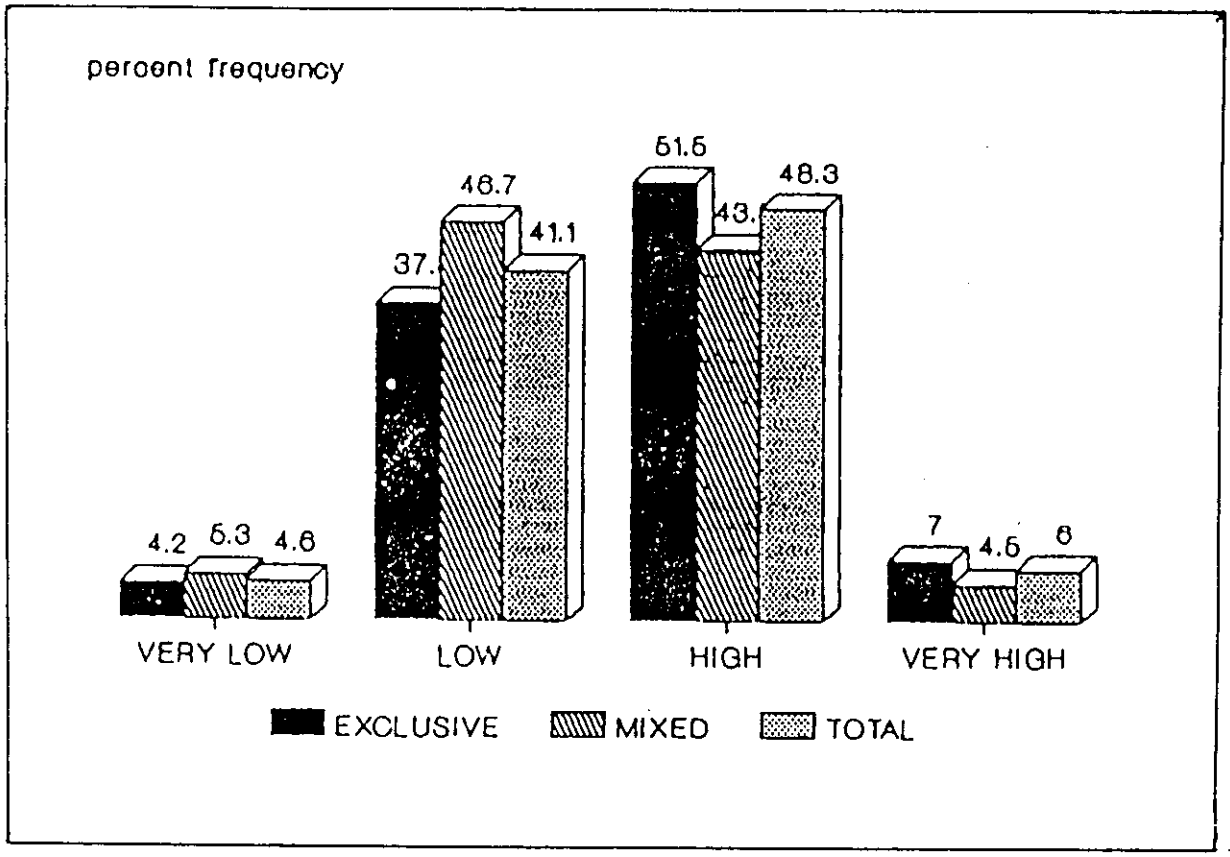

Fig.17: Maternal attitude towards B.F.

Table XXII: Mean, standard deviation & P value of actual score of attitude of studied mothers towards breast feeding.

	Exclusive	Mixed
Mean	4	3.4
Standard deviation	± 3.2	± 3.1
P value	< 0.01	significant.

Table XXIII: Grades of the score of attitude of the fathers towards breast feeding

	Exclusive		Mixed		Total	
	No.	%	No.	%	No.	%
Very low	9	1.5	6	1.5	15	1.5
Low	189	31.4	110	27.5	299	29.8
High	337	56	230	57.5	567	56.6
Very high	67	11.1	54	13.5	121	12.1
Total	602	100	400	100	1002	100
% of high		67.1		71		

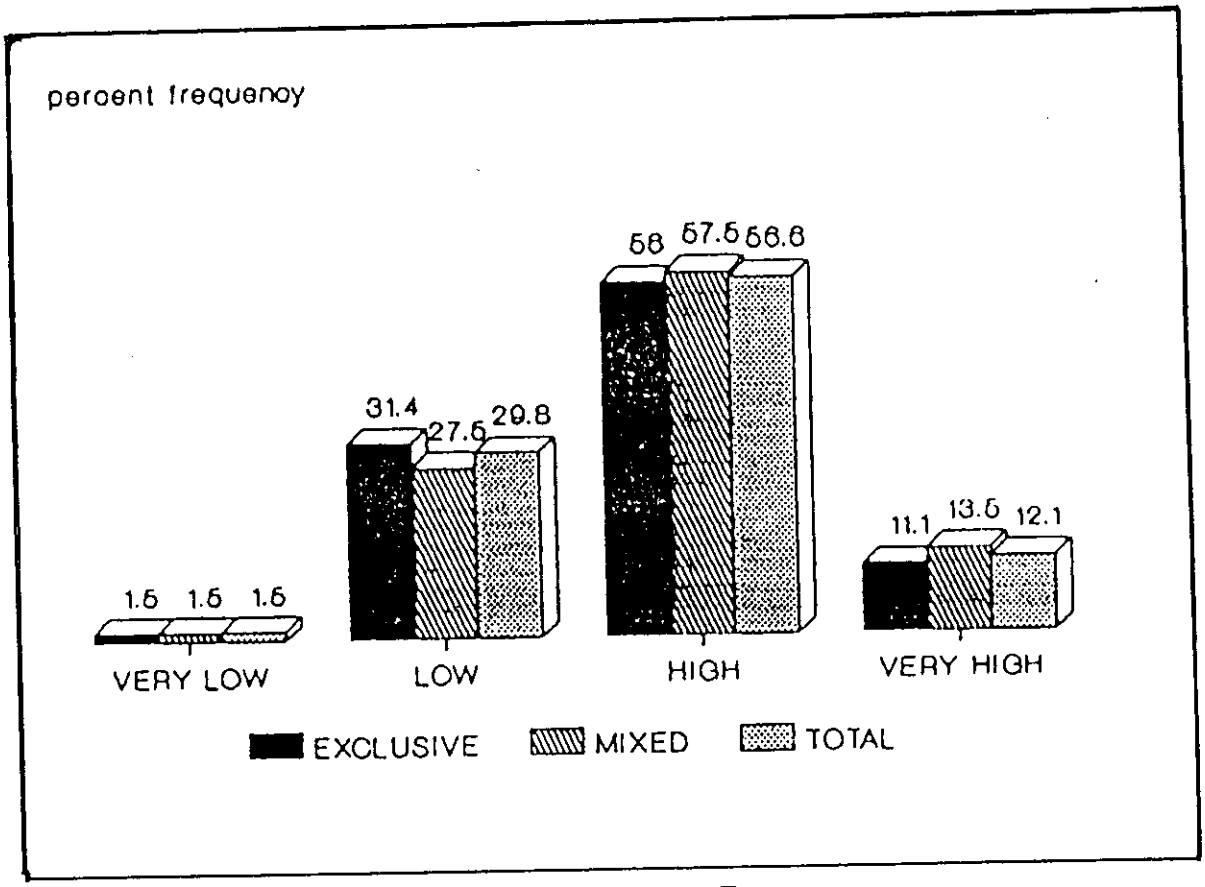

Fig.18: Paternal attitude towards B.F.

Table XXIV: Mean, standard deviation & P value of actual score of attitude of fathers towards breast feeding.

	Exclusive	Mixed
Mean	7.1	7.5
Standard deviation	± 3.7	± 3.8
P value	> 0.05	Insignificant.

III- THE AFFECTIVE TRAIT OF THE STUDIED MOTHERS ACCORDING TO MIDDLESEX TEST: (Table XXV & Figure 19)

The table showed the different affective features of studied mothers including:

1- Anxiety: Percentage of high score of anxiety (>8) among exclusive breast feeders (18.2%) was less than that among mixed feeders (28.2%).

2- Phobia: Percentage of high score of phobia (>8) among exclusive group (40.3%) was more than that among mixed group (26.1%).

3- Obsession: 42.2% of the mothers belonged to the exclusive group having high score of absession (>8) in comparison to 34.8% of the mothers belonged to the mixed group.

4- Psychosomatic: Percentage of high score of psychosomatic tendency (>8) among mixed group was 41.3% while it was 37% among exclusive one.

5- Depression: 57.1% of the studied mothers among the exclusive group having high score of depression (>8) in comparison to 47.8% among the mixed group.

6- Hysteria: It was more common among mixed group than among exclusive one as, the percentage of high score (>8) of hysteria among the mothers of the mixed group was 21.7% in comparison to only 7.8% among those of the exclusive group.

In general, percentage of high score of the different affective features differed from one feature to another. Depression was the commonest (55%), followed by obsession (40.5%), psychosomatic (38%), phobia (37%), anxiety (20.5%) and lastly hysteria (11%).

Table XXV: The affective trait of studied mothers

		Very low 0 - 4		Low 5 - 8		High 9 - 12		Very high 13 - 16		Total		% of high >8	
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Anxiety	Exclusive	79	51.3	47	30.5	20	13	8	5.2	154	100	28	18.2
	Mixed	20	43.5	13	28.3	10	21.7	3	6.5	46	100	13	28.2
	Total	99	49.5	60	30	30	15	11	5.5	200	100	41	20.5
Phobia	Exclusive	20	13	72	46.7	48	31.2	14	9.1	154	100	62	40.3
	Mixed	13	28.3	21	45.6	11	23.9	1	2.2	46	100	12	26.1
	Total	33	16.5	93	46.5	59	29.5	15	7.5	200	100	74	37
Obsession	Exclusive	22	14.3	67	43.5	51	33.1	14	9.1	154	100	65	42.2
	Mixed	3	6.5	27	58.7	12	26.1	4	8.7	46	100	16	34.8
	Total	25	12.5	94	47	63	31.5	18	9	200	100	81	40.5
Psychosomatic	Exclusive	31	20.1	66	42.9	50	32.5	7	4.5	154	100	57	37
	Mixed	4	8.7	23	50	15	32.6	4	8.7	46	100	19	41.3
	Total	35	17.5	89	44.5	65	32.5	11	5.5	200	100	76	38
Depression	Exclusive	13	8.5	53	34.4	67	43.5	21	13.6	154	100	88	57.1
	Mixed	1	2.2	23	50	21	45.6	1	2.2	46	100	22	47.8
	Total	14	7	76	38	88	44	22	11	200	100	110	55
Hysteria	Exclusive	66	42.9	76	49.3	9	5.8	3	2	154	100	12	7.8
	Mixed	18	39.1	18	39.1	9	19.5	1	2.2	46	100	10	21.7
	Total	84	42	94	47	18	9	4	2	200	100	22	11

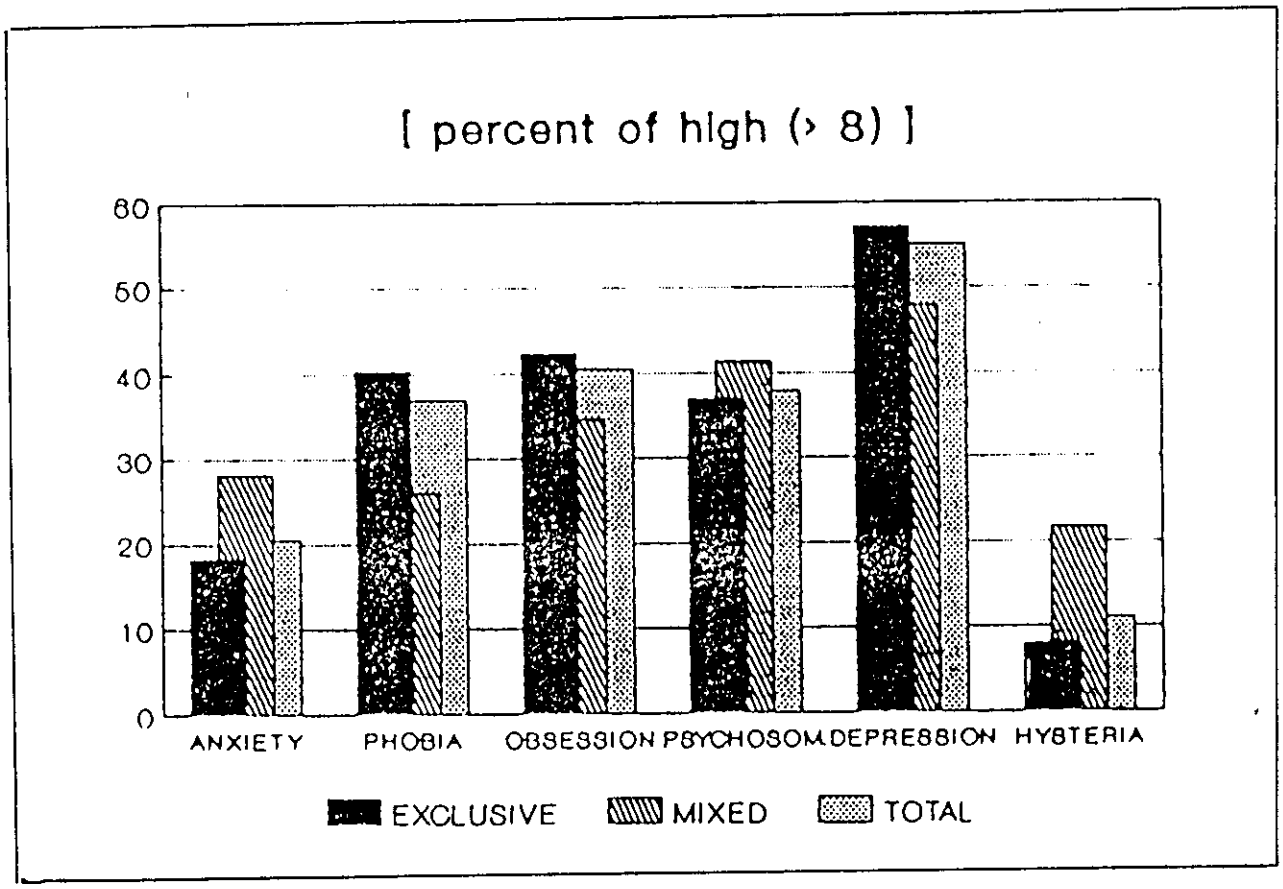

Fig.19: Affective trait of studied mothers

IV- FOLLOW UP STUDY OF THE CHILDREN FROM BIRTH TILL THE AGE OF SIX MONTHS (TABLE XXVI - XXXI & FIGURE 20-24)

Table XXVI & Figure 20:

Showed the mean, standard deviation and corresponding percentile of a longitudinal follow up of the length of studied children during the first six months of life. The mean birth length was 50.2±1.8 Cm. Children belonging to the exclusive group gained 8 percentiles of length for age throughout the first six months (51-59) while those belonging to the mixed group lost 10 percentiles of length for age (50-40) throughout the same period. Within the exclusive group those fed breast milk only lost 6 percentiles (44-38) of length for age while those fed breast milk with some other solid food supplementation gained 14 percentiles (57-71) of length for age throughout the first six months of life.

Table XXVII & Figure 21:

Showed the mean, standard deviation and corresponding percentile of a longitudinal follow up of the weight of studied chidren during the first six months of life. The mean birth weight was 3.3±0.38 kg. Children belonging to the exclusive group gained 13 percentiles (55-68) of weight for age throughout the first six months, while those belonging to the mixed

group lost 18 percentiles (45-27) of weight for age throughout the same period. Within the exclusive group, those fed breast milk only lost 14 percentiles (53-39) of weight for age, while those fed breast milk with some other solid food supplementation gained 24 percentiles (55-79) of weight for age thoughout the first six months of life.

Table XXVIII & Figure 22:

Showed the mean, standard deviation and corresponding percentile of a longitudinal follow up of the head circumference of studied children during the first six months of life. The mean birth head circumference was 34.6±1.1 Cm. Children belonging to the exclusive group maintained percentile of head circumference for age throughout the first six months; while those belonging to the mixed group lost about 8 percentiles (43-35) of head circumference for age during the same period. Within the exclusive group, those fed breast milk only gained about 3 percentiles (47-50) of head circumference for age, while those fed breast milk with some other solid food supplementation gained about 6 percentiles (59-65) of head circumference for age throughout the first six months of life.

Table XXIX & Figure 23:

Showed the mean and standard deviation of a logitudinal follow up of mid-arm circumference of

Table XXXI & Figure 24:

Showed the mean and standard deviation of a single test feeding of studied mothers. The mean at the first month was 100±16 gm, increased to 108±17 gm at the second month, 105±18 gm at the third month, sudden drop to 97±15 gm, 90±16 gm and 87±16 gm at the fourth, fifth and sixth months respectively.

Table XXVI: Mean, standard deviation & corresponding percentile of a longitudinal follow up of the length of studied children during the first six months of life.

		No. of cases	Birth			1st mo.			2nd mo.			3rd mo.			4th mo.			5th mo.			6th mo.		
			M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.
Exclusive	B.M only	96	49.8	1.8	44	54	1.8	38	57.6	1.9	40	60.7	2.1	38	62.9	2.2	37	64.9	2.3	36	66.6	2.4	38
	B. M + foods	58	50.5	1.6	57	54.8	1.8	56	58.6	2.5	65	62	2.4	63	64.7	2.6	71	66.8	2.7	72	68.7	2.8	71
	Both	154	50.2	1.6	51	54.4	1.8	48	58.1	1.9	48	61.3	2.2	50	63.8	2.4	55	66	2.7	59	67.8	2.8	59
Mixed		46	50.1	1.9	50	54	2.2	38	57.7	2.2	40	60.6	2.7	38	63.1	2.8	43	65	2.7	39	66.7	2.7	40
Total		200	50.2	1.8		54.3	2.2		58	2.3		61.1	2.5		63.6	2.6		65.7	2.5		67.5	2.4	

M = mean S.D = standard deviation P = corresponding percentile

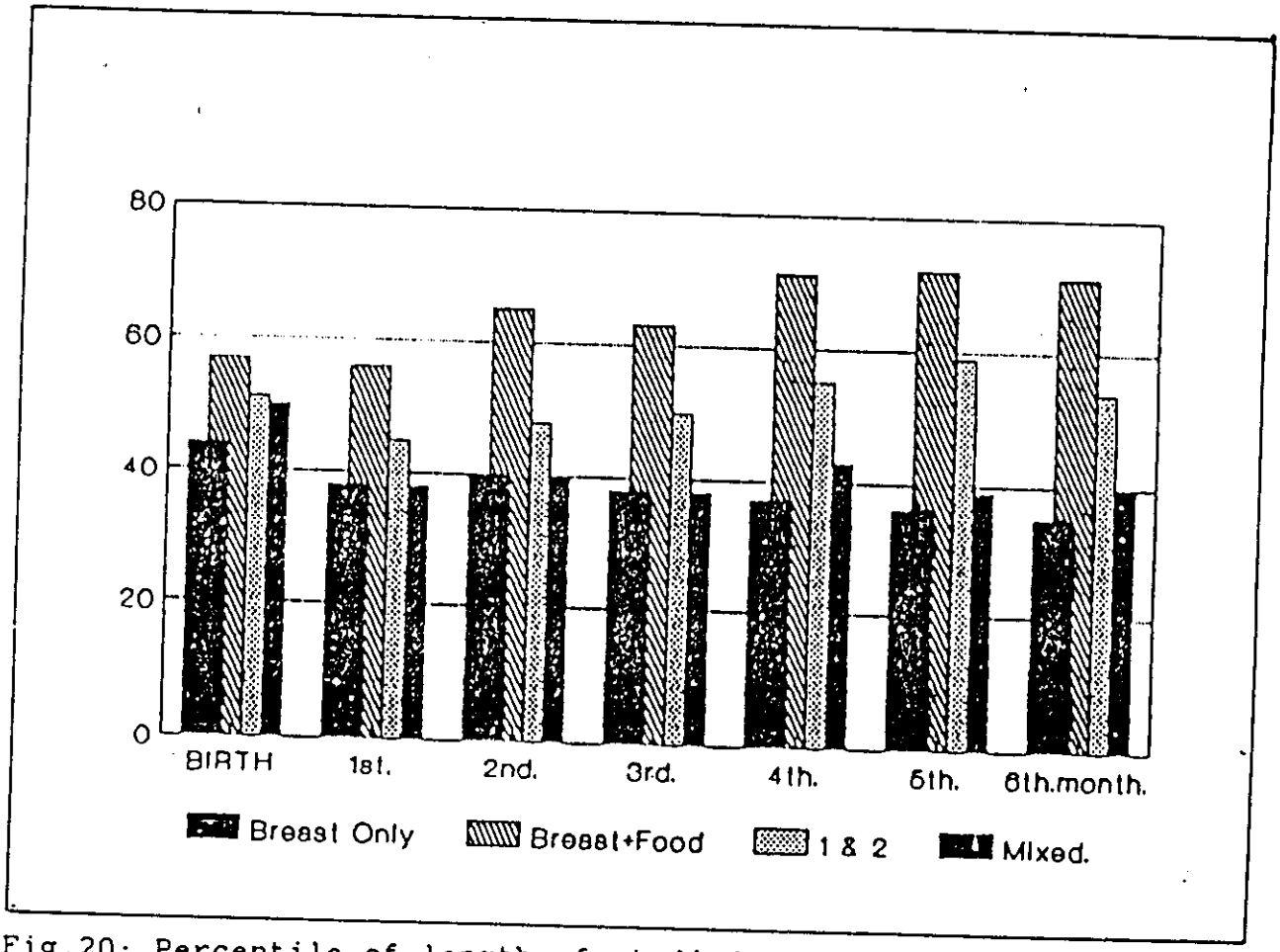

Fig.20: Percentile of length of studied children

Table XXVII: Mean, standard deviation & corresponding percentile of a longitudinal follow up of the weight of studied children during the first six months of life.

		No. of cases	Birth			1st mo.			2nd mo.			3rd mo.			4th mo.			5th mo.			6th mo.		
			M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.
Exclusive	B.M. only	96	3.3	0.42	53	4.2	0.5	44	5.15	0.55	42	5.85	0.65	42	6.4	0.75	39	6.9	0.75	38	7.3	0.8	39
	B. M + foods	58	3.35	0.45	55	4.35	0.45	56	5.45	0.55	65	6.3	0.65	71	7	0.75	75	7.55	0.85	76	8.1	0.95	79
	Both	154	3.35	0.4	55	4.3	0.45	52	5.3	0.55	53	6.1	0.65	56	6.8	0.7	66	7.35	0.7	68	7.8	0.65	68
Mixed		46	3.2	0.35	45	4.15	0.45	41	5.05	0.6	35	5.65	0.7	28	6.2	0.75	29	6.65	0.8	29	7.05	0.85	27
Total		200	3.3	0.38		4.25	0.45		5.21	0.55		5.95	0.65		6.53	0.69		7.07	0.73		7.51	0.78	

M = mean S.D = standard deviation P = corresponding percentile

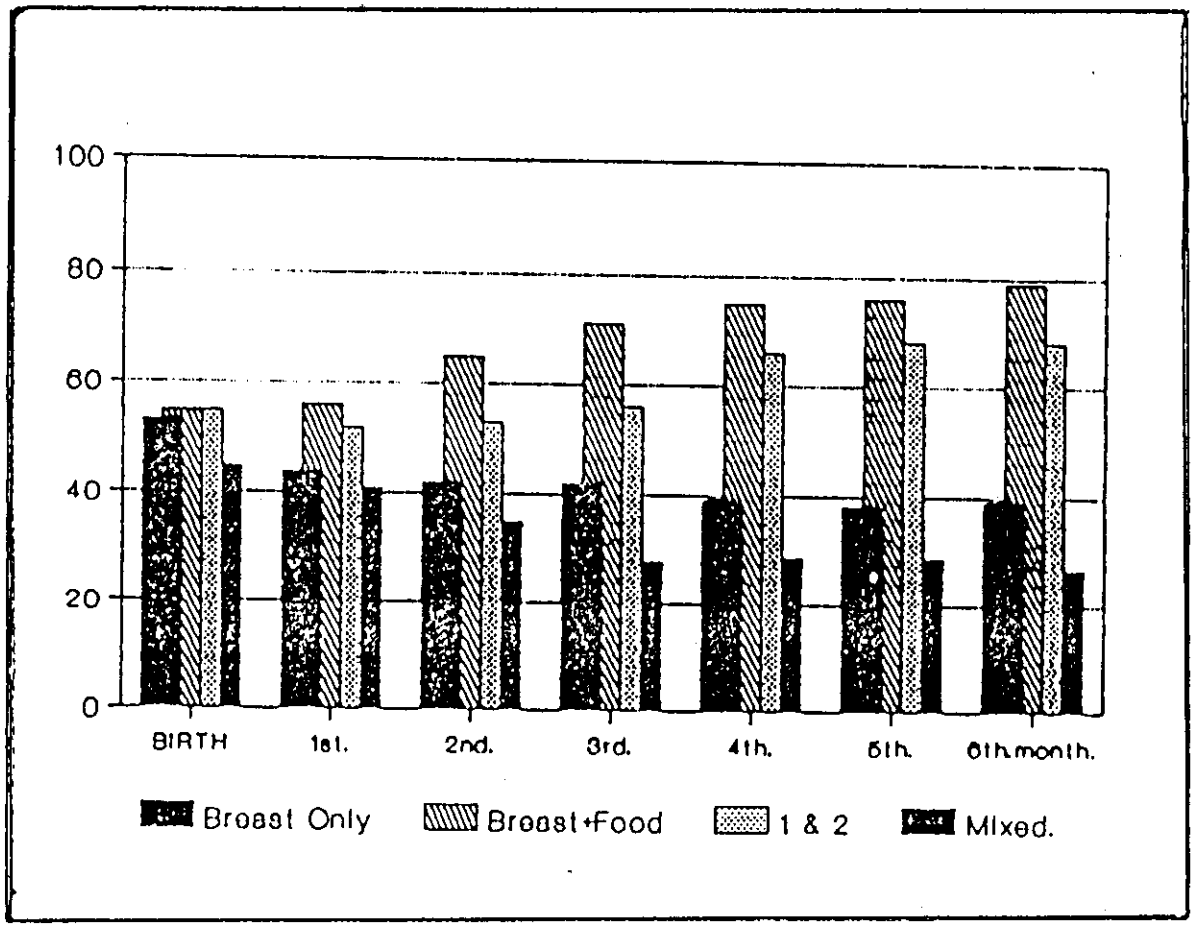

Fig.21: Percentile of weight of studied children

Table XXVIII: Mean, standard deviation & corresponding percentile of a longitudinal follow up of the head circumference of studied children during the first six months of life.

		No. of cases	Birth			1st mo.			2nd mo.			3rd mo.			4th mo.			5th mo.			6th mo.		
			M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.	M.	S.D	P.
Exclusive	B.M. only	96	34.5	1.2	47	36.9	1.1	47	38.7	1.1	50	39.9	1.1	48	41	1.1	50	41.9	1.2	50	42.6	1.2	50
	B. M + foods	58	34.9	1.1	59	37.2	1	58	39	1.2	58	40.3	1.1	63	41.4	1.2	63	42.3	1.2	65	43.1	1.2	65
	Both	154	34.6	1.1	53	37.1	1	52	38.9	1.1	55	40	1.1	52	41.1	1.1	51	42.1	1.1	56	42.8	1.1	55
Mixed		46	34.4	0.9	43	36.7	0.9	42	38.3	1.1	40	39.6	1.2	40	40.6	1.1	38	41.4	1.1	36	42	1.2	35
Total		200	34.6	1.1		37	1		38.7	1.1		39.9	1.1		40.9	1.1		41.9	1.1		42.6	1.1	

M = mean S.D = standard deviation P = corresponding percentile

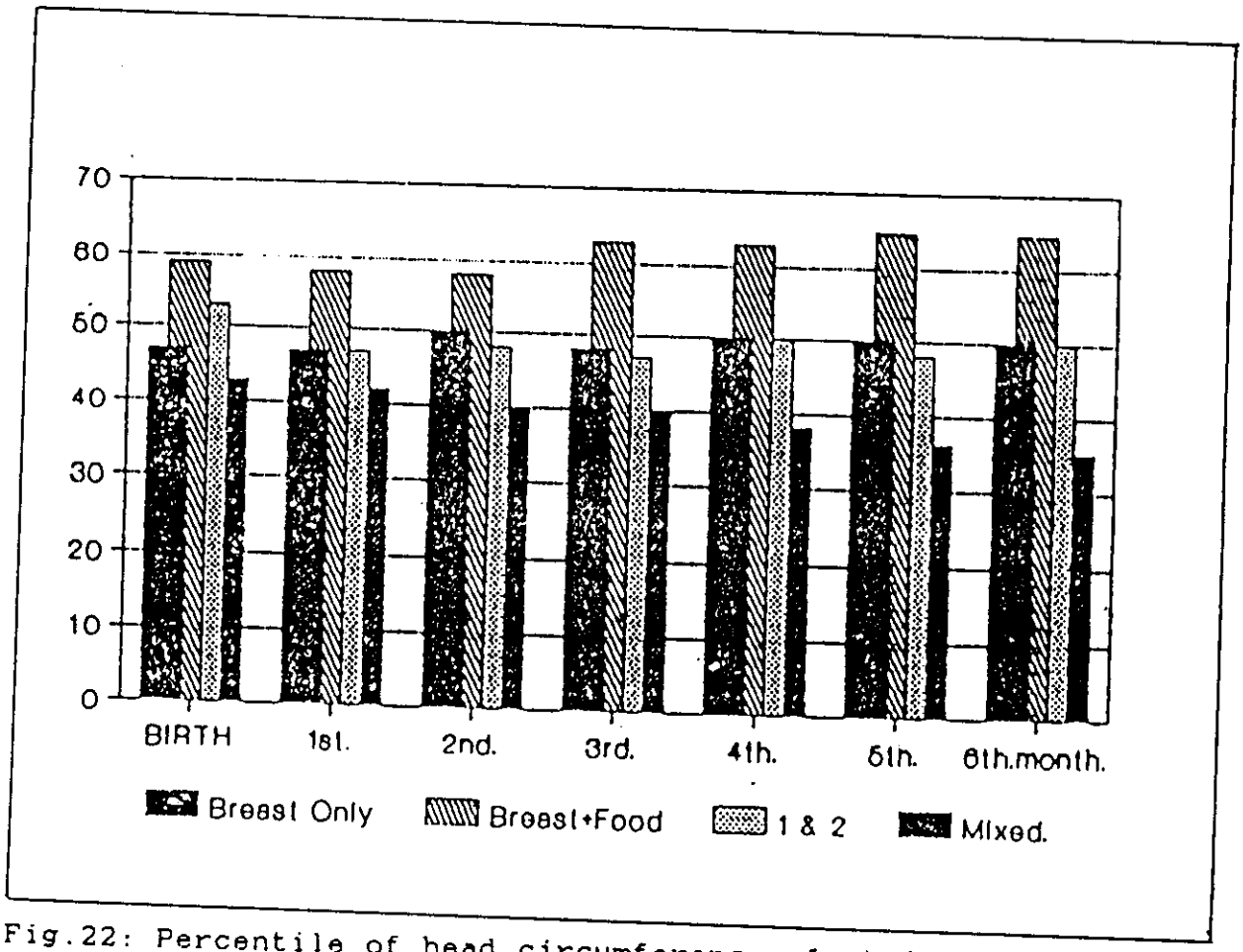

Fig.22: Percentile of head circumference of studied children.

Table XXIX: Mean & standard deviation of a longitudinal follow up of mid-arm circumference of studied children during the first six months of life

		No. of cases	Birth		1st mo.		2nd mo.		3rd mo.		4th mo.		5th mo.		6th mo.	
			M.	S.D	M.	S.D	M.	S.D	M.	S.D	M.	S.D	M.	S.D	M.	S.D
Exclusive	B.M. only	96	10.1	0.8	11.3	0.8	12.1	0.9	12.6	0.9	12.9	0.9	13.1	1	13.1	1
	B.M + foods	58	10.3	0.8	11.5	0.8	12.5	0.9	13.2	1	13.7	1	14	1.1	14.1	1.2
	Both	154	10.2	0.85	11.4	0.8	12.35	0.95	12.8	0.9	13.5	0.95	13.7	1.1	13.75	1.1
Mixed		46	10.1	0.8	11.4	0.9	12.1	0.9	12.5	0.9	12.7	0.9	12.7	0.9	12.8	0.8
Total		200	10.2	0.8	11.4	0.7	12.2	0.8	12.7	0.85	13.07	0.8	13.25	0.9	13.3	0.9

M = mean S.D = Standard deviation. mo. = month

Table XXX: Height per weight per age of followed up children according to MacLaren classification

			Birth		1st mo.		2nd mo.		3rd mo.		4th mo.		5th mo.		6th mo.	
			No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Exclusive	B.M only	O.	12	12.5	21	21.9	25	26	11	11.5	16	16.7	13	13.5	8	8.3
		N.	64	66.7	62	64.5	66	68.7	78	81.2	72	74.9	72	75	72	75
		M.	10	10.4	9	9.4	2	2.1	3	3.1	5	5.2	6	6.3	11	11.5
		a.	8	8.3	2	2.1	2	2.1	2	2.1	1	1.1	3	3.1	3	3.1
		S.	2	2.1	2	2.1	1	1.1	2	2.1	2	2.1	2	2.1	2	2.1
		Total	96	100	96	100	96	100	96	100	96	100	96	100	96	100
	B.M +solid foods	O.	8	13.8	12	20.7	23	39.7	20	34.5	20	34.5	19	32.8	18	31
		N.	41	70.7	46	79.3	35	60.3	37	63.8	37	63.8	37	63.8	38	65.5
		M.	6	10.3	-	0	-	0	1	1.7	1	1.7	2	3.4	-	0
		a.	3	5.2	-	0	-	0	-	0	-	0	-	0	2	3.5
		S.	-	0	-	0	-	0	-	0	-	0	-	0	-	0
		Total	58	100	58	100	58	100	58	100	58	100	58	100	58	100
Both		O.	20	13	33	21.4	48	31.2	31	20.1	36	23.4	32	20.8	26	16.9
		N.	105	68.2	108	70.2	101	65.6	115	74.7	109	70.8	109	70.8	110	71.4
		M.	16	10.4	9	5.8	2	1.3	4	2.6	6	3.9	8	5.2	11	7.2
		a.	11	7.1	2	1.3	2	1.3	2	1.3	1	0.6	3	1.9	5	3.2
		S.	2	1.3	2	1.3	1	0.6	2	1.3	2	1.3	2	1.3	2	1.3
		Total	154	100	154	100	154	100	154	100	154	100	154	100	154	100
Mixed		O.	3	6.5	5	10.9	7	15.2	-	0	2	4.4	1	2.2	-	0
		N.	31	67.4	35	76.1	34	73.9	38	82.6	36	78.2	36	78.2	36	78.2
		M.	11	23.9	3	6.5	2	4.4	4	8.6	4	8.6	5	10.8	5	10.8
		a.	1	2.2	3	6.5	3	6.5	2	4.4	2	4.4	2	4.4	3	6.5
		S.	-	0	-	0	-	0	2	4.4	2	4.4	2	4.4	2	4.4
		Total	46	100	46	100	46	100	46	100	46	100	46	100	46	100