



Applicant Information

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Abstract Details

Title:

Breaking Barriers: Understanding Socio-Cultural Challenges to Breastfeeding among Lactating Mothers in the Hohoe municipality

Category:

Maternal and child health

Authors:

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Objectives:

The study explored the knowledge and sociocultural barriers affecting breastfeeding practices among lactating mothers in Hohoe Municipality, Ghana. While early initiation, exclusive breastfeeding for six months, and continuation up to two years are recommended, understanding external factors influencing breastfeeding practices is essential for improving infant health and reducing mortality.

Method:

The study adopted an ethnographic approach, collecting in-depth face-to-face data from 20 purposively selected lactating mothers at the Volta Regional Hospital. Audio recordings obtained were transcribed verbatim and transferred into ATLAS.ti v7.5.7 for thematic analysis, employing both a priori and emergent codes to identify themes and their interrelations.

Results:

All the participants had fair knowledge of breastfeeding and its importance to mother–infant dyads. Some behaviors from family members impeded optimum breastfeeding, leading to early introduction and inappropriate complementary feeding. Negative beliefs and misconceptions, such as the idea that the baby is still hungry or continues crying after breastfeeding, are potential barriers to exclusive breastfeeding. Maternal and infant dietary choices are influenced by family members and have implications for lactogenesis. Some mothers uneased breastfeeding in public, which altered their breastfeeding patterns.

Conclusion:

Overall, these findings provide the necessary evidence for continuous education and support to promote breastfeeding and dispel misconceptions. Interventions should provide accurate information about colostrum and exclusive breastfeeding and address the influence of family members to promote optimum breastfeeding

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