



Breastfeeding Self-Efficacy and breastfeeding whiting an hour of birth among Brazilian adolescent mothers

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BACKGROUND

Maternal age is one of the factors that influence breastfeeding, as adolescent mothers may have greater difficulty in initiation and maintenance of this practice. Breastfeeding Self-Efficacy (BSE) is another factor that influences breastfeeding since it is related to the beginning, adhesion and maintenance of breastfeeding. However, a small number of Brazilian researches have been conducted to analyze the BSE among adolescent mothers.

AIMS

The aims of this study were:

- to identify the BSE among adolescents;
- to identify the prevalence of breastfeeding whiting an hour of birth;
- to verify the association between those variables.

METHODS

A cross sectional and descriptive study was undertaken in a public maternity hospital in Ribeirão Preto, São Paulo State, Brazil.

Data collection was conducted from January 2014 to June 2015.

Data was undertaken using a questionnaire on identification information and the Breastfeeding Self-Efficacy Scale. Data were analyzed using the SAS® 9.0.

RESULTS

- ✓ **Participants:** 160 adolescent mothers
- ✓ 60.60% had completed Elementary School
- ✓ 66.90% were religious
- ✓ 45.60% had a partner
- ✓ 98.80% reported that someone would help them to take care of the baby.
- ✓ **53.10% reported that they breastfed whiting an hour of birth.**

✓ Level of Breastfeeding self-efficacy:

- low : 8.10%,
- moderate: 35.0%,
- high : 56.90%.

✓ There was no significant association between breastfeeding self-efficacy and the breastfeeding whiting the first hour ($p=0.2551$).

CONCLUSIONS

The high level of BSE was not a predictor of the breastfeeding whiting an hour of birth. Nevertheless, it is important to know what are the needs and demands of adolescent mothers, in order to encourage them during the breastfeeding initiation and maintenance.

REFERENCES

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