

Awareness and Compliance with Exclusive Breastfeeding Among Young Adult First-Time Mothers in Selected Barangays in Montalban, Rizal

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Abstract

Exclusive breastfeeding means giving an infant only breastmilk for the first six months of their life. It benefits both the mother and baby. However, factors can impact a mother's ability to continue exclusive breastfeeding and may cause her to stop. This study aimed to determine the level of awareness and compliance with exclusive breastfeeding among young first-time mothers in a selected barangay in Montalban, Rizal. The study utilized descriptive-correlational research conducted in selected barangays in Montalban, Rizal. The study involved 80 young adult working mothers who met the specified criteria and were selected through purposive sampling. The data was collected via questionnaires, and ethical principles were followed throughout the research process. The study results showed that there was no significant difference in the level of competency on exclusive breastfeeding among the participants when grouped according to age and civil status ($F=3.12$, $P=0.71$, $F=3.12$, $P=0.10$). However, there was a significant difference found between the participants' level of competency on exclusive breastfeeding when grouped according to salary/socio-economic status ($F=2.34$, $P=0.09$). Additionally, a significant difference was observed in the level of compliance on exclusive breastfeeding among the participants when grouped according to age ($F=3.12$, $P=0.02$). No significant difference was found between the level of compliance on exclusive breastfeeding and the participants' civil status, work, and socio-economic status ($F=3.12$, $P=0.59$, $F=3.12$, $P=0.22$, $F=2.72$, $P=0.03$). Lastly, the study revealed that there was no significant relationship between the level of competency and compliance with exclusive breastfeeding among working mothers ($T=1.55$, $P=0.13$). This study indicates that young working mothers are knowledgeable, skilled, and compliant with exclusive breastfeeding.

Keywords

Awareness, Compliance, Exclusive Breastfeeding, First-time, Young Adults