



The Socioeconomic and Cultural Factors influencing Breastfeeding in Trinidad

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ABSTRACT

Objectives To investigate the breastfeeding habits of mothers in northwestern Trinidad who belong to various cultural and socioeconomic backgrounds and to determine if any barriers exist that prevent these mothers to breastfeed.

Design/subjects A cross-sectional study of 79 women who are nulliparous or is pregnant, primiparous or those who gave birth for the first time and multiparous, women who gave birth more than 2 times.

Statistical Analysis performed Statistical Package for the Social Sciences (SPSS) 12.0 was used to determine correlations between mothers who breastfed and dependant variables such as income; religion; spousal support and education

Results Income had a small inverse relationship with breastfeeding (-.117). Mothers who belong to the Roman Catholic Faith tended to breast feed their children and it was also found that breastfeeding is more popular among mothers who graduated from university (80%). Women who breastfed also had a high level of spousal support.

Conclusion Some barriers that were identified in this study included a lack of time to breastfeed, pain from nursing, higher income levels and concerns of breast deformation after breastfeeding.