

**INFLUENCE OF MATERNAL FACTORS ON DURATION OF
BREASTFEEDING: CASE STUDY OF PYAY DISTRICT
OF MYANMAR**

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ABSTRACT

This study examines the breastfeeding practices of mothers who have at least one child under-five years old in Pyay District of Myanmar. Data from a survey on family and community practice of newborn and child care of five selected townships of that district of Myanmar, collected in 2004 by the Department of Health and Department of Medical Research (Lower Myanmar), was used for the study. Descriptive statistics have been used for breastfeeding practices. To estimate the median and mean duration of breastfeeding, survival analysis method has been used. For multivariate analysis, Cox regression analysis was used to know the effect of maternal factors on duration of breastfeeding.

Among the total sample 1068, 94.4% (1008) of mothers breastfed their children. Exclusive breastfeeding rate for one month is 35.3% and 83.2% of mothers gave colostrum to their babies. The initiation time of breastfeeding within half an hour was practiced by 67.5% of mothers. The mean and median duration of breastfeeding by survival analysis is 24 months and 22 months respectively. Among the breastfed mothers, 63.7% of mothers practiced untimely introduction of complementary food.

The findings also show that the older mothers were less likely to breastfeed longer than younger mothers. Mothers with a secondary level of education were less likely to breastfeed than illiterate mothers. Working mothers were more likely to breastfeed longer than housewives. Effect on education and occupation is changed after controlling for household factors and health service factors, except for mothers with primary level education and mothers who are farmers.

Therefore, these findings recommend improvement in breastfeeding practices related to exclusive breastfeeding and timely introduction of food. The target population should include older mothers and housewives. Intervention for health providers to improve knowledge of mothers on breastfeeding practices is needed.

**KEY WORDS : MATERNAL FACTORS / DURATION / BREASTFEEDING/
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