



THE COUNSELLOR

Volume 36 (1), 2017



Supported by:
TERTIARY EDUCATION TRUST FUND
Plot 433, Zambezi Crescent, Off Aguiyi Street, Maitama, Abuja.
Tel: 09-4139111, 4139112, 4139101

THE COUNSELLOR

OFFICIAL PUBLICATION OF THE COUNSELLING ASSOCIATION OF NIGERIA.

Volume 36 (1), 2017

- Dimensional Perspectives to Conflict and Counselling Intervention **Bakare Avezee Oluwatoyin, Ph.D**
- Adolescents Risky Behaviour as Inhibiting Factors in National Integration and Stability: The Influence of Socio-psychological variables **Dr. A. E. Awoyemi**
- Assessment of Senior Secondary School Teachers' Skills in Using ICT for instructional Delivery for National Integration in Ibadan Metropolis, Nigeria **Terhemba Godwin Atsua, Umaru Abdullahi, Bintu Mustapha**
- Students' Perception on Media Use in Curbing HIV/Aids in Uyo Metropolis of Akwa Ibom State. **Gertrude Anthony Archibong**
- Problems of Retirement as Perceived By Retired Secondary School Teachers in Imo State: Implication for Counselling and Family Stability **Nwankwo, Stella Obioma**
- Counselling for National Stability: The Panacea for Conflict Resolution, Peace-building and Integration **Prof. Osiki, Jonathan Ohiorenuan**
- Communal Conflicts as Impediments to Transformation Agenda on Food Security in Nigeria **Tor-Anyiin, S. Apeon Ph.D., Ruth Adamu**
- Consequences of Stress among Married Female Sandwich Undergraduates in Southwest Nigeria **Joyce Olufunke Ogunsanmi. Ph.D.**
- Counselling Youths for National Stability and Integration through Assertiveness Training **Amede Lucky (Ph.D)**
- Relationship between Counselling, Youth Restiveness and National Security in Secondary Schools in Port Harcourt Metropolis **Dr. (Mrs.) Ijeoma, Regina Ernest-Ehibudu, Obikoya, Oluwatoyin Gladys, Ezems-Amadi Cecilia**
- Influence of Personality Types on peer Victimization and Aggression among Students: Implications for Conflict Resolution **Dr. (Mrs.) Ijeoma, Regina Ernest-Ehibudu, Ezems-Amadi Cecilia**
- Influence of Social Media Usage, Religiosity and Anxiety on Marital Stability of Newlywed Couples in Owerri, Imo State Nigeria **Okoie Ojoga Emmanuel Ph.D, Ukah, Petronilla Ngozi Ph.D, Nwoga, Anayo N.**
- Team Approach Peace Education Counselling in Secondary Schools As an Enzyme for National Peace Building **Dr Amaka B. Ikehukwu-ilomuanya, Dr Kay C. Onyechi, Prof. Paul N. Onwuasoanya**
- Effectiveness of Peer Conflict Resolution Counselling in Improving Peaceful Behaviour among Adolescents **Dr. (Mrs.) Betty-Ruth Ngozi Iruloh, Williams Elsie, Ngozi Ibeawuchi**
- Enhancing Conflict Resolution in Secondary Schools through Psychological Approaches **Ipem, J.N. (Ph.D), Paul-Cookey (Ph.D), Opara C. Zita (Ph.D)**
- Effect of Cognitive Behaviour Therapy on Reducing Bullying on Secondary School Students in Ikwere Local Government Area, Rivers State, Nigeria **Dr. (Mrs.) C.J. Ugwu, Mrs. Ichechi Olatunbosun**
- Impact of Divorce on the Social Behaviour of Secondary School students in Edo State: Implications for Conflict Resolution **Dr. (Mrs.) Audu Vivian E.I.**
- Essential Elements of Marital Stability as Perceived by Master Education Students of Bayero University, Kano-Nigeria **Dr. Kabir Bello Dungurawa, Mcasson, Ccn**
- Linguistic aspect of Counselling and Conflict Resolution for National Stability **Muhammad Sani Umar Kulumbu, Yusuf Tajudeen Muhammed**
- Psychological and Social Variables Predisposing Adolescents in Nigeria Universities to Facebook Addiction **Ojo, Yetunde Abiola, Ph.d**
- Exploring Community-based Counselling Approaches in Combating Communal Conflict in Nigeria **Dr. Halima Sa'adiya Abubakar, Dr. Murtala Akanbi Yusuf**
- Counselling as a Means for Resolving Conflict Behaviours among the Youth: A Study of Substance Abuse Among Students in Katsina State **Shehu Yahaya Tsagem Ph.D, Prof. M. U. Tambawal**
- Empowering Women for National Stability and Integration: Challenges and Counselling Implications **Dr. Bello Ladan Kaura, Aishatu Indo Abubakar**
- Causes and Consequences of Youths' Involvement in Conflict in Borno State, Nigeria: Implication for Counselling **Prof. Ali Mburza, Ngozi Bukar Umar, Malam Bulama Kobre and Dr. Domiya G. Ali**
- Academic Hardiness as determinant of achievement in Measurement and Evaluation among College of Education Students in Ogun State **Oke Tunde Dayo, Ph.D & Odule, Christopher Yemi**
- Perceived Stress, Work-Family Conflict and Work Engagement as Correlates of Psychological Well-being of Working Nursing Mothers in Ibadan Metropolis **Adebunmi Oyebisi Oyekola (Ph.D)**
- Effect of Class Size on Academic Performance of Biology Students in Somolu Local Government Area of Lagos State **Okoye, P.C.N. & Madueke, L. I.**
- Influence of Family Commitment on the Level of Maternal Conflict Experienced by Educated Stay-at-home Mothers **Stella Chinwe Anyama, Ph.D**
- Influence of Technophobia on the Career Choice of Senior Secondary Students in Lagos State, Nigeria. **Dr. Tolu Ogunleye**
- The Need to Integrate Guidance and Counselling Services in Secondary Schools **Ngwakwe Chinyere (Mrs.)**
- The Effect of Cognitive Behaviour Therapy in fostering Social Intelligence of Socially Incompetent in-School Adolescents for National Stability and Integration **Dr. (Mrs.) Womiloju Ayodele Olubunmi (MCASSON)**
- Relationship Between Attitude and Practice of HIV Voluntary Counselling Among Secondary School Adolescents in Edo State **Obaze Agbonluae Osumah, Ph.D, Austine I. Ojugo, Ph.D & Oyaziwo Aluede, Ph.D**
- Peace Education as a Counselling Strategy for Inculcating Non-Violence Value in Children Living in Conflict Areas **Grema Alhaji Mustapha, Hajia Maryam B. Petrol and Kelechukwu I. Nwachukwu**
- Susceptibility to Frequent Sickness and Academic Performance of young School-age Children from Dual and Non-Dual Earner Parents in Southwestern in Nigeria **Adeola Ayodeji Shobola, Adeniyi Michael Omoyemiju**



Supported by:
TERTIARY EDUCATION TRUST FUND
 Plot 433, Zambezi Crescent, Off Aguiyi Street, Maitama, Abuja.
 Tel: 09-4139111, 4139112, 4139101

CONTENTS

GENDER IMBALANCE IN LEADERSHIP POSITIONS IN THE UNIVERSITY OF ILORIN: IMPLICATIONS FOR COUNSELLING <i>Prof. (Mrs.) M. G. Fajonyomi, O. K. Ogungbade, Mrs. A. P. Kolawole and J. O. Isarinade & Dr. (Mrs.) F. N. Bolu-Steve</i>	1
DEMYSTIFYING THE NEGATIVE IMPACT OF UNWELCOMED BODY IMAGE AMONG MARRIAGEABLE UNIVERSITY LADIES IN SOUTH WESTERN NIGERIA THROUGH PSYCHOTHERAPEUTIC INTERVENTION PROGRAMMES <i>Professor Osiki, J.O. & Dr. Obi, Sabina N.</i>	15
MENTAL HEALTH OF NIGERIAN WOMEN ACADEMICS, GENDER ROLES' PERSPECTIVES AND COUNSELLING INTERVENTIONS <i>Dr (Mrs) B. O. Ajidahun</i>	30
SELF-ESTEEM, EMOTIONAL INTELLIGENCE AND SEXUAL JEALOUSY AS CORRELATES OF EXPRESSED DOMESTIC VIOLENCE AMONG MARRIED WOMEN SEEKING DIVORCE IN OWERRI, IMO STATE, NIGERIA <i>Okoie, Ojaga Emmanuel PhD, Ukoha, Callista Akunma PhD, Okezie, Nkiruka E. PhD & Best-Njoku Marice</i>	41
CONTEXTUAL FACTORS AS CORRELATES OF FAMILY PLANNING PRACTICES AMONG MARRIED WOMEN IN GOMBE STATE, NIGERIA <i>Muraina Kamilu Olanrewaju (PhD) & Hauwa Abdullahi Muhammad</i>	54
ENTERPRISES ENGAGED IN BY RETIRED WOMEN IN MAIDUGURI METROPOLIS, BORNO STATE, NIGERIA: IMPLICATIONS FOR COUNSELLING <i>Professor Ali Mburza and Ngohi, Bukar Umar</i>	67
PERCEPTION OF KOGI STATE WORKERS ON WOMEN LITERACY LEVEL AND POLITICAL PARTICIPATION IN KOGI STATE, NIGERIA: IMPLICATIONS FOR COUNSELLING <i>Suleiman Femi Hafiz (Ph.D)</i>	78
ROLE OF WOMEN IN ENTREPRENEURIAL LEADERSHIP AS PERCEIVED BY EDUCATED WOMEN IN ONDO METROPOLIS, ONDO STATE, NIGERIA <i>Dr. (Mrs.) C. B. Obasoro and Dr. M. F. Dada</i>	91
EFFECTIVENESS OF TRANSACTIONAL ANALYSIS AND LOGOTHERAPY ON SEXUAL SATISFACTION AND MARITAL MALADJUSTMENT OF EDUCATED MARRIED WOMEN IN KONTAGORA, NIGER STATE, NIGERIA <i>Dr. Oniemola, R. F., Dr. Makinde, B. O. and Prof. Olusakin, A. M.</i>	101

PSYCHO - SOCIAL PREDICTORS OF BREAST CANCER HEALTH - SEEKING BEHAVIOUR OF REPRODUCTIVE AGE WOMEN IN SOUTH-WEST, NIGERIA <i>Dr. Lovelyn Ikejiaku and Prof. C. B. U. Uwakwe</i>	114
ADDRESSING RURAL WOMEN'S HEALTH NEEDS IN NIGERIA THROUGH NON-FORMAL EDUCATION AND COUNSELLING <i>Dr. Murtala Akanbi YUSUF and Dr. Halima Sa'adiya ABUBAKAR</i>	123
IMPACT OF COGNITIVE BEHAVIOUR THERAPY ON TRAUMATISED AND CRISIS RIDDEN CLIENTS TOWARDS RESOLVING WOMEN AND GENDER BASED VIOLENCE IN KANO STATE, NIGERIA <i>Dr. Ahmed Iliyasu, SSHE, Mcasson, CCN</i>	135
ATTITUDE OF NURSING MOTHERS TOWARDS EXCLUSIVE BREAST FEEDING IN ILORIN METROPOLIS, KWARA STATE, NIGERIA <i>Mustapha, M. L. A. (Phd), Muhammad, S. A., Abdulkareem, S. I. and Isiaka, G.</i>	145
WOMEN INVOLVEMENT IN DRUG ABUSE AS PERCEIVED BY STUDENTS OF TERTIARY INSTITUTIONS IN KANO STATE, NIGERIA: COUNSELLING IMPLICATIONS <i>Dr. Mujtaba LAWAN and Halima S. FAROUQ</i>	157
ASSESSMENT OF VOCATIONAL TRAINING AND EMPOWERMENT PROGRAMMES OF INTERNALLY DISPLACED WOMEN IN ADAMAWA STATE, NIGERIA: COUNSELLING INTERVENTION <i>Prof. (Mrs) Roseline E. Tawo</i>	168
PERCEIVED IMPACT OF AGE, M-LEARNING AND FACE-TO-FACE COUNSELLING ON AWARENESS OF MENOPAUSE SYMPTOMS AMONG WOMEN IN YABA METROPOLIS, LAGOS, LAGOS STATE, NIGERIA <i>Adebawale ADEBAGBO, Ph. D, Gabriel ENAMUDU and Solomon OLUGBENRO</i>	182
WOMEN LITERACY LEVEL IN JOS LOCAL GOVERNMENT AREA OF PLATEAU STATE, NIGERIA AND THEIR PARTICIPATION IN POLITICS: IMPLICATIONS FOR COUNSELLING <i>Dr. (Mrs) Grace O. Momoh</i>	193
EFFECTS OF RATIONAL EMOTIVE BEHAVIOUR THERAPY ON REDUCTION OF EXTRAMARITAL AFFAIRS AMONG MARRIED WOMEN IN ABEOKUTA, OGUN STATE, NIGERIA <i>OLAOSEBIKAN, Olusola Isaac Ph.D.</i>	201

DISCRIMINATION AGAINST WOMEN IN POLITICS, WOMEN RIGHTS TO EDUCATION AND COUNSELLING IMPLICATIONS <i>Matthew O. Achigbe</i>	213
CONSEQUENCES OF FEMALE GENITAL MUTILATION ON WOMEN'S HEALTH AND REPRODUCTIVE NEEDS IN LAGOS STATE, NIGERIA <i>Nwokeji, Rosaleen Oyibo Ituah, Ph.D</i>	222
IMPACT OF PSYCHOLOGICAL DISPLACEMENT ON WOMEN IN INTERNALLY DISPLACED PERSONS (IDPs) CAMP IN BUKURU, JOS SOUTH, LOCAL GOVERNMENT AREA, PLATEAU STATE, NIGERIA: IMPLICATIONS FOR COUNSELLING <i>Dr. (Mrs) Grace O. Momoh & Mr. Gideon Simon Mafuyai</i>	231
A REVIEW OF SEXUAL AND GENDER BASED VIOLENCE AGAINST WOMEN IN NIGERIA: IMPLICATIONS FOR COUNSELLING <i>Dr Dorcas Oluremi FAREO</i>	241
CAUSES AND CONSEQUENCES OF SCHOOL DROPOUT ON FEMALE SECONDARY SCHOOL STUDENTS IN NIGER STATE, NIGERIA: COUNSELLING IMPLICATIONS <i>Dr. (Mrs.) Roseline Olufunke Bukoye</i>	252
PSYCHOSOCIAL FACTORS OF THE CLASSROOM ENVIRONMENT AS DETERMINANT OF ACHIEVEMENT OF WOMEN IN MATHEMATICS FOR CHANGE IN ABIA STATE, NIGERIA <i>Dr. Uroko Jonas Ejike</i>	267
BALANCING WOMEN'S WORK AND FAMILY ROLE IN AN ENTREPRENEURIAL SOCIETY: IMPLICATIONS FOR COUNSELLING <i>Afunugo Dorothy Mmaegbunam (Ph.D)</i>	280
NURSING MOTHERS' AWARENESS AND ACCEPTANCE OF THE BENEFITS OF EXCLUSIVE BREASTFEEDING IN ABUJA, NIGERIA: COUNSELLING IMPLICATIONS <i>Chiaka Patience Denwigwe PhD and Henry E. Ezekwe PhD</i>	291

ATTITUDE OF NURSING MOTHERS TOWARDS EXCLUSIVE BREAST FEEDING IN ILORIN METROPOLIS, KWARA STATE, NIGERIA

By

Mustapha, M. L. A. (Phd), Muhammad, S. A., Abdulkareem, S. I.
and Isiaka, G.

Department of Counsellor Education, University of Ilorin, Nigeria
abshakiru@gmail.com

Abstract

Infant feeding methods are major determinant of infant nutritional status. Among the feeding methods, breast feeding is common and of particular importance. This study investigated the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding. The study examines whether or not moderating variables such as of educational attainment and occupational status would influence the respondents view of exclusive breast feeding. Descriptive design was adopted for the study. A total of 300 respondents were drawn from the target population using purposive random sampling techniques. A researcher developed questionnaire on attitude of nursing mothers in Ilorin Metropolis towards exclusive breastfeeding (ANURMTEB) was used to collect data for the study and the data was analysed using Analysis of Variance (ANOVA) at 0.05 alpha level of significance. The findings of the study revealed that 80% of the respondents had negative attitude towards exclusive breast feeding while 20% had positive attitude towards exclusive breast feeding in Ilorin Metropolis. The result of the study also showed that there was a significant difference in attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the basis of educational attainment and occupational status. Based on the findings, recommendations were made that, nursing mothers should be educated on the benefits of exclusive breast feeding, employers of labour should make also working atmosphere conducive for working mothers.

Keywords: Attitude, Exclusive Breast, Feeding, Infant, Nursing Mothers.

Introduction

Infant feeding methods are a major determinant of infant nutritional status, which in turn, affects infant morbidity and mortality. Among feeding methods, breastfeeding is of particular importance because this practice is fundamental for

growth, development, health and survival of infants. Breastfeeding therefore has been classified by scientists and health workers as the best natural way of feeding babies which provides all the necessary nutrients for the healthy growth of the child. The benefits of breastfeeding are

numerous ranging from providing the infant with antibodies, to helping ward off risks of illnesses and providing the baby with all his/her nutritional needs (Mundi 2008).

World Health Organization (WHO) (2004), stated that breast milk provides all the energy and nutrients that the infant needs for the first six months of life, and it provides about half or more of a child's nutritional needs during the second half of the first year, up to one third during the second year of life. Furthermore, breast milk not only protects the infant against infectious and chronic diseases, but also promotes sensory and cognitive development in addition to contributing to the health and well-being of mothers, helping in birth spacing, reducing the risks of ovarian and breast cancers as well as increasing family and national resources (WHO, 2004).

Generally, breast feeding is practiced all over the world, though with variation in duration. Considering the fact that introduction of other food supplements at an early age often increase the risks of infections to the infant which may at times lead to life-threatening conditions such as diarrhea, the WHO and United Nations Children's Fund (UNICEF) (2003), recommended that infants be exclusively breastfed for six months and, thereafter, up to 24 months, introducing other supplements to support the infant's growth and development. In view of the many benefits afforded by mothers and infants in breastfeeding, governments have also set goals and rates for breastfeeding practices.

The Nigerian government has earmarked six University Teaching

Hospitals as Baby Friendly Hospital Initiative (BFHI) centres, in Benin, Enugu, Maiduguri, Lagos, Jos, and Port-Harcourt, with the objective of reducing infant malnutrition, morbidity and mortality, as well as promoting the health of mothers. Since the inception of BFHI in 1991, a series of programmes, seminars, workshops and conferences aimed at promoting breastfeeding practices have been organized. The BFHI itself has proved to be an effective method of improving breast feeding practices worldwide (Salami, 2006). To further strengthen the practice of exclusive breast feeding, government also approved a breast feeding policy in 1998. The code on the marketing of substitutes of breast milk was reviewed and amended in May, 1999, to further introduce stiffer fines and a clearer definition of breast milk substitutes. These measures are aimed at increasing the rate of exclusive breast feeding as well as the early initiation of breast feeding so as to achieve the World Summit on Children 1990 goal of universal exclusive breast feeding for infants up to six months of age (Mundi 2008). These measures notwithstanding, evidence showed that the practice of exclusive breast feeding (though fast improving) is still low in many parts of the world.

In Nigeria, the rate increased from 2% to 20% in infants 0-3 months and from 1% to 8% in infants 4-6 months between 1990 and 1999 (National Planning Commission (NPC)/UNICEF, 2001). Researchers such as (Bass & Green, 1997; Scott & Binns, 1999 and Goksen, 2001) have conducted research to identify variables that influence infant feeding decisions. Many demographic factors

as maternal age, education, employment, socioeconomic and cultural factors, have been shown to influence women's decision to either exclusively or non-exclusively breast feed their infants (Bass & Groer, 1997, Scott & Binns, 1999 and Goksen, 2002).

Many studies have shown that one of the barriers to breast feeding is work status. With increased urbanization and industrialization, more and more women have joined the work force. An estimated 50% of women employed in the workplace are of reproductive age and return to work within one year of their infants' births (Wyatt, 2002). The Bureau of Labour Statistics reported that in 2002, 51% of women with children under 1 year of age were employed outside the home (Libbus and Bullock, 2002), and according to the Ross Mother's Survey, only 22% of women employed full-time breastfed their infants compared to 35.4% of mothers who were not employed (Libbus & Bullock, 2002).

However, it was observed that breastfeeding women who returned to work weaned their infants earlier compared to breastfeeding women who did not work. The negative association between employment and duration of breastfeeding was strongest in developed countries, and duration of maternity leave was significantly associated with duration of breastfeeding (Visness & Kennedy, 1997). Female education has severally been described as one of the strongest determinants of the practice of exclusive breastfeeding. Many studies have found significant influence on the practice of exclusive and non-exclusive breastfeeding.

According to Shealy, Li, Benton &

Grummer (2005), mothers who are college graduates were more likely to breastfeed their infants than mothers with lower levels of educational attainment. For infants born in 2007, 60% of mothers with a college education breastfed their infant at six months, compared with 41% with some college education, 31% with a high school degree, and 37% with less than a high school degree. In a study of 179 mother child pairs, conducted in NAUTH, education of the respondents had no influence on the practice of exclusive breastfeeding as there was no statistically significant difference between those with formal education and informal with regards to the practice of exclusive breastfeeding (Oche, 2011). Mundi (2008), however, found mother's level of education to be positively correlated with the act of exclusive breastfeeding. Mundi concluded that formal education had a positive influence on the practice of EBF. In a study by Ojofeitmi (2000), indicated that higher education of nursing mothers were associated with higher EBF rates

Statement of the Problem

Breast feeding is an unsurpassed method of providing ideal food for the healthy growth of and development of infants. It is also a fundamental part with imperative of the reproductive process with imperative implications for the health of mothers. Breast feeding served and continues to serve as an appropriate method through which newborns are offered essential nutrient necessary for optimal growth and intellectual development. Inadequate breastfeeding has numerous effects on the child and the mother such as unhealthy growth and

development, chronic diseases, ineffective cognitive development, improper birth spacing, risk of breast cancers as well as decreasing family and national resources (WHO, 2004).

A study by Diallo, Bell, Moutquine and Garrant (2005) showed that about 56 million infants die annually because they do not receive adequate nutrition i.e. exclusive breastfeeding. More so, Ndipuri (2004) worked on breastfeeding knowledge and beliefs regarding breastfeeding in the workplace among students and professionals in health-related fields in United State. Study was conducted to investigate breastfeeding knowledge, attitudes, beliefs, and intentions regarding breastfeeding in the workplace among nutrition students while in school and later while in the workplace. The study revealed that mother's age significantly influenced the practice of exclusive and non-exclusive breastfeeding of babies, indicating high exclusive breastfeeding among mothers of 25 years and above, and low exclusive breastfeeding among younger mothers of 19 years and below.

Also some studies have been carried out in Nigeria on exclusive breastfeeding such as Oniyangi, (2008) and Akosu (2014). Oniyangi (2008) conducted study on utilization of exclusive breastfeeding among nursing mothers in Ilorin-south local government area of Kwara State. The study showed that most of the respondents are not aware of the benefits of exclusive breastfeeding. Akosu (2014) also worked on demographic determinants of exclusive and non-exclusive breastfeeding among nursing mothers in Zaria, Kaduna State. The study

showed that most of the respondents are not aware of the benefits of exclusive breastfeeding. The findings of this study gave an insight into areas where health education campaigns are required to influence and promote the adoption of exclusive breastfeeding. To the best of the researchers knowledge none of the cited previous studies focused on the attitude of nursing mother towards exclusive breastfeeding in Ilorin metropolis. Thus this is the gap the present research intends to fill. Therefore, the study investigated the attitude of nursing mothers in Ilorin metropolis towards exclusive breastfeeding.

Purpose of the Study

The main aim of this study is to examine the attitude of nursing mothers in Ilorin metropolis towards exclusive breastfeeding. Specifically, the study seeks to find out whether or not there will be a difference in the attitude of nursing mothers towards exclusive breastfeeding in Ilorin Metropolis based on educational attainment and employment status.

Research Questions

The following research questions were answered in the study:

1. What is the attitude of nursing mothers in Ilorin Metropolis towards exclusive breastfeeding?
2. Is there any difference in the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the educational attainment?
3. Is there any difference in the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the basis of education background and occupation?

Research Hypotheses

The following are null hypotheses were formulated and tested in this study:

1. There is no significant difference in the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the basis of education background.
2. There is no significant difference in the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the basis of occupation.

Methodology

The research design adopted for this study is a descriptive survey design. Daramola (2006) defined descriptive survey as systematic attempt to describe the characteristics of a given population or area of interest factually. The population for study consists of all nursing mothers drawn from three selected Local Government Areas in Ilorin including the Ilorin east, Ilorin west and Ilorin south. A sample of 300 nursing mothers was drawn from three Local Government Areas in Ilorin Metropolis using the purposive sampling techniques. The respondents were purposively selected from the hospitals, ministries and other government institutions in Ilorin Metropolis.

A researcher designed questionnaire, titled "Attitude of Nursing Mothers towards Exclusive Breast Feeding (ANURMTEB) was used to collect data for the study. The questionnaire was made up of two (2) sections: sections A and B. Sections A deals with the respondent's personal data such as educational attainment and employment status. The section B contains 20 items on attitude of nursing mothers towards breast feeding. The items were patterned after the four points per items with 4 points as the highest obtainable point and 1 point as the lowest obtainable point. (SA) Strongly Agree (4 points), (A) Agree (3 points), (D) Disagree (2 point), (SD) Strongly Disagree (1 point).

The content validity, of the instrument was ascertained by five lecturers in the Department of Counsellor Education, while the reliability of the instrument was established using the retest reliability method. Person Product Moment Correlation (r) was used in determining the reliability of the instrument and a coefficient of 0.65 was obtained, hence, the instrument was adjudged reliable for the research. The data obtained were analysed using frequency and percentages to the research question while Analysis of Variance (ANOVA) statistical analysis was used to test the null hypotheses formulated.

Results

Table 1: Distribution of Respondents by Education Background and Occupation

Variable	Frequency	Percentages (%)
1. Education Background		
No Formal Education	30	10.0
First leaving Certificate	33	11.0
SSCE	69	23.0
NCE/OND	33	11.0
HND/First Degree	99	33.0
Postgraduates	36	12.0
Total	300	100.0
2. Occupation		
Not working/Full Time House wife	99	33.0
Self Employed	132	44.0
Employed by Govt/Agency/Company	69	23.0
Total	300	100.0

Table 1 indicates that 30 (10.0%) of the respondents had no formal education. (11.0%) were holders of the first leaving certificate, 69 (23.0%) were SSCE holders, (33.0%) were holders of NCE/OND certificate, 99 (33.0%) were not working/full time house wives, 132 (44.0%) were Self-employed, 69 (23.0%) were employed whether Government, Agency or Company.

Research Question: What is the attitude of nursing mothers towards exclusive breast feeding in Ilorin Metropolis?

Table 2: Attitude of Nursing Mothers towards Exclusive Breast Feeding in Ilorin Metropolis

Attitude	Frequency	Percentage %
Positive	60	20
Negative	240	80
Total	300	100

Table 2 shows the percentage of respondents that have positive and it attitude towards exclusive breast feeding in Ilorin Metropolis. The result shows that 60(20%) of the respondents have positive attitude towards exclusive breast feeding while 240(80%) of the respondents have negative attitude towards exclusive breast feeding.

Hypothesis I: There is no significant difference in the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the basis of educational attainment.

Table 3: Analysis of Variance (ANOVA) on Attitude of Nursing Mothers in Ilorin Metropolis on the Basis of Education Background

Source of Variation	Sum of Squares	Df	Mean Squares	Calculated F-value	Critical F-value	P-value
Between Groups	2411.83	5	482.36	8.24	2.21	0.01
Within Groups	17207.29	294	58.52			
Total	19619.12	299	540.88			

Table 3 present data on the Analysis of Variance on the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the basis of educational attainment. The Table shows that the calculated f-value of 8.24 is greater than the critical f-value 2.21 (i.e p- value $0.01 < 0.05$). Therefore, the null hypothesis which states that there is no significant difference in the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the basis of educational attainment is rejected. This means that the respondents of different educational attainment differ on their attitude towards exclusive breast feeding in Ilorin Metropolis. A further examination of the group differences was carried out using Duncan Multiple Range Test (DMRT).

Table 4: Duncan Multiple Range Test Differences on the Attitude of Nursing Mothers towards Exclusive Breast Feeding Based on Education Background

Educational Qualification	Mean	N	Group	Duncan's Group
SSCE	52.96	69	1	A
NCE/OND	55.18	33	2	B
First Leaving Certificate	56.45	33	2	B
Postgraduate	59.83	36	3	C
HND/First Degree	59.94	99	3	C

Table 4 shows Duncan Multiple Range Test (DMRT) result used to determine the groups mean(s) led to the significant difference noted in the Analysis of Variance (ANOVA) results in the Table 5. The Duncan Multiple Range Test (DMRT) indicates that group 1 with mean score of 52.96 differed significantly from group 2 with the mean scores of 55.18 and 56.45 respectively and group 3 with the mean scores of 59.83 and 59.94 respectively. Hence, the significant difference noted in the Analysis of Variance (ANOVA) results in Table 3 was as a result of the fact that all groups differ from one another significantly. Therefore, hypothesis one is rejected.

Hypothesis 2: There is no significant difference in the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the basis of occupation.

Table 5: Analysis of Variance (ANOVA) on the Attitude of Nursing Mothers in Ilorin Metropolis on the Basis of Occupation

Source	Sum of Squares	Df	Mean	Calculated F-value	Critical F-value	P-value
Between Groups	1710.28	2	855.14	14.18	3.00	0.00
Within Groups	17908.84	297	60.29			
Total	19619.130	299				

Table 5 presents the Analysis of variance on attitude of nursing mothers in Ilorin Metropolis towards exclusive breastfeeding on the basis of occupational status. The Table shows that the calculated f- value 14.18 is greater than the critical f-value 3.00 of 0.05 level of significance (i.e. p-value is $0.00 > 0.05$). Therefore, the null hypothesis which states that there is no significant difference in the altitude of nursing mothers in Ilorin Metropolis towards exclusive breastfeeding on the basis of occupational status is rejected. This means that respondents of different occupational status differ significantly.

Table 6: DMRT on Differences in the Attitude of Nursing Mothers towards Exclusive Breast Feeding Based on Occupation

Occupation	Mean	N	Group	Duncan's Group
Fulltime House Wife	53.94	99	1	A
Employed by Govt/Agency/Company	57.83	69	2	B
Self Employed	59.39	132	2	B

Table 6 shows Duncan Multiple Range Test (DMRT) result used to determine the groups' mean(s) led to the significant difference noted in the Analysis of Variance (ANOVA) results in Table 6. The Duncan Multiple Range Test (DMRT) indicates that group 1 with mean score of 53.94 differed significantly from group 2 with mean scores of 59.39 and 57.83 respectively. Hence, the significant difference noted in the Analysis of Variance (ANOVA) results in table 5 was a result of the fact that both group differ significantly. Therefore, the hypothesis is rejected.

Discussion

The finding of the study related that 30 (10.0%) of the respondents had no formal education. 33 (11.0%) were holders of primary school certificate, 69 (23.0%) were S.S.C.E holders, 33 (11.0%) were holders of NCE/OND certificates, 99 (33.0%) were HND/First Degree holders while 36 (12.0%) were with other educational qualification. Also, 99 (33.0%) were not working/full time housewives, 132 (44.0%) were self-employed, 69 (23.0%) were employed whether by Government, Agency or Company. The findings of the study also showed that there is negative attitude of the nursing mother in Ilorin Metropolis towards exclusive breast feeding. The result shows that 60 (20%) of the respondent have positive attitude towards exclusive breast feeding while 240 (80%) of the respondents have negative attitude towards exclusive breast feeding. This is in line with Sharma & Petosa (1997) who assured that fathers have less knowledge about and positive attitudes toward breast

feeding while mothers have adequate knowledge but has negative attitude towards exclusive breast feeding.

The findings of the study further revealed that there is a significant difference on the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding on the basis of educational qualification. This means that respondent from different educational background differs significantly in their attitude towards breast feeding. Nursing mothers with no formal education or lower educational qualification in this study showed positive attitude to exclusive breast feeding. This finding is in contrast with the view of Perez-Escamilla (1998) who asserted that "Mothers with secondary school or college education exclusively breast feed for longer duration than mothers with primary education. According to the author the duration of breast feeding and percentage of EBF at six months was significantly more in mothers with higher education than those with lower education. The result of the study may be due to the fact that most of them might not be involve in white collar job that will engage them. Nursing mothers with lower qualification may also find it easy to adhere to cultural instructions passed unto them by their parents, in-laws or elders.

The findings of the study further revealed that there is a significant difference on the attitude of nursing mothers in Ilorin metropolis towards exclusive breastfeeding on the basis of occupational status. The findings of this study is in agreement with Bovell-Benjamin, Benjamin, Ivey, & Simeon (2001) submissions in his study showed that in addition to having inadequate

knowledge about the benefits of EBF, employment was one of the primary factors affecting breastfeeding (Bovell-Benjamin, Benjamin, Ivey, & Simeon, 2001). Wyatt (2002) also said that one of the barriers to breast feeding is work status. The result of this study may be due to the fact that nursing mothers who are not working. Full Time Housewives and those who are self-employed may have enough time to breastfeed exclusively than the respondents who are working as civil servant or as an employee of private company, for instance, based on the civil service rule and other employers terms and condition, nursing mother are to resume work 3 months after delivery and are not allowed to take their children to work probably due to work conditions. These and some other factors may contribute to the reason why respondents view differed significantly.

Conclusion

The study investigated the attitude of nursing mothers in Ilorin Metropolis towards exclusive breast feeding. The results of the study therefore revealed that most of the nursing mothers in Ilorin Metropolis (80%) have negative attitude towards exclusive breast feeding in Ilorin Metropolis.

Recommendations

Based on the result of the findings and all that has been discussed in this study, the following recommendations were made.

- Proper education should be given to all females on the advantages of breast feeding on infants.
- Employers of labour should find a

way to extend nursing mothers maternity leave and make the maternity bonus a bit enticing in order for nursing mothers not to rush back to work.

- Intervention programs should be organized in all child care centres and maternity homes.
- Community health workers, paramedics, nurses and all other medical experts should organize programs for female generally which will enable them talk about their health. By so doing, they will be able to touch relevant areas like breast feeding of infants and others. Bill boards, posters and handbills should portray the advantages and benefits of exclusive breast feeding

References

- Akosu, P. T. (2014). *Demographic determinants of exclusive and non-exclusive breastfeeding among nursing mothers in Benue State*. Unpublished Ph. D thesis. Submitted to Ahmadu Bello Univesity, Zaria.
- American Dietetic Association. (2005). Position of the American Dietetic Association: promoting and supporting breastfeeding. *Journal of the American Dietetic Association*, 105(5), 810-818
- Bass, S.M. & Groer, M.W. (1997). Relationship of Breastfeeding and Formula-Feeding Practices with Infant Health Outcomes in an Urban Poor Population. *Journal of*

- Perinatal Neonatal Nursing*;11 (2):1-9.
- Bentley, M.E. Dee, D.L. & Jensen, J.L. (2003). Breastfeeding among Low Income, African- American Women: Power, Beliefs, and Decision Making. *Journal of Nutrition*. 133 (1), 305S-309S.
- Bovell-Benjamin, A.C. Benjamin, W. Ivey, M. & Simeon, D.T. (2001). Breastfeeding Knowledge and Beliefs among Adults in Eastern Tobago. *Journal of Human Lactation*, 17(4):298-303
- Daramola, S.O. (2006). Research and statistical methods in education for students and researchers in tertiary institutions. Ilorin: Bamitex Printing and Publishing
- Diallo, F.B., Bell, L., Moutquin, J. & Garant, A. (2005). *The Effects of Exclusive Versus Non Exclusive Breastfeeding on specific infant Morbidities in Conakry*. Bureau 3374-30
- Earle, S. (2002). Factors Affecting the Initiation of Breastfeeding: Implications for Breastfeeding Promotion. *Health Promotion International Journal*, 17 (3):205-214.
- Finch, C. & Daniel, E.L. (2002). Breastfeeding Education Program with Incentives Increases Exclusive Breastfeeding among Urban WIC Participants. *Journal of American Dietetic Association*. 102(7):981-984
- Goksen, F. (2002). Normative Vs. Attitudinal Considerations in Breastfeeding Behavior: Multifaceted Social Influences in a Developing Country Context. *Journal of Social Science Medical*, 54(12):1743-1753.
- Goldman, A.S. Chheda, S. & Garofalo, R. (1998). Evolution of Immunologic Functions of the Mammary Gland and the Postnatal Development of Immunity. *Journal of Pediatric Resources*, 43(2): 155-162
- Henderson, J.J., Evans, S.F., Straton, J.A., Priest, S.R & Hagan, R. (2003). Impact of Postnatal Depression on Breastfeeding Duration. *Birth Journal*:30(3):175-180.
- Kirkland, V.L. and Fein, S.B. (2003). Characterizing Reasons for Breastfeeding Cessation Throughout the First Year Postpartum Using the Construct of Thriving. *Journal of Human Lactation*, 19(3):278-285.
- Leffler, D. (2000). U.S. high school age girls may be receptive to breastfeeding promotion. *Journal of Human Lactation*. 16 (1):36-40.
- Li, R., Fridinger, F. & Grummer-Strawn, L. (2002). Public Perceptions on Breastfeeding Constraints. *Journal of Human Lactation*, 18(3):227-235.

- Libbus, M.K. and Bullock, L.F. (2002). Breastfeeding and Employment: An Assessment of Employer Attitudes. *Journal of Human Lactation*, 18 (3):247-251.
- Mundi, R. (2008). Analysis of Factors Influencing the Practice of Exclusive Breastfeeding in Nigeria's Federal Capital Territory. *Journal of Zaria Geographer*, 17(1):1-11
- Oche, M.O. Umar, A.S. and Ahmed, H. (2011). Knowledge and Practice of Exclusive Breastfeeding in Kwara State. *Journal of Maternal Child Health*, 14(3):465-475
- Ojofeitimi, E.O. Esima, O.A. Owolabi, O.O. Oluwabusi, Olaobaju, O.F., and Olanuga, T.O., (2 0 0 0) . *Breastfeeding Practices in Urban and Rural Areas*.
- Perez-Escamilla, R. Himmelgreen, D. Segura-Millan, S. Gonzalez, A. Ferris, A.M. Damio, G. and Bermudez-Vega, A. (1998). Prenatal and Perinatal Factors Associated with BreastFeeding Initiation among Inner-City Puerto Rican Women. *Journal American Dietetics Association*, 98(6):657-663.
- Salami, L.I. (2006). Factors Influencing Breastfeeding Practices in Edo State, Nigeria. *AJFAND*;6(2):1-12
- Scott, J.A. and Binns, C.W. (1999). Factors Associated with the Initiation and Duration of Breastfeeding: A Review of the Literature. *Breastfeed Revised*, 7(1):5-16.
- UNICEF (2001). *Evaluation of the Impact of the Baby Friendly Hospital Initiative (BFHI) in Nigeria*. FMOH, Abuja/UNICEF Lagos.
- Velpuri, J (2004). *Breastfeeding knowledge, and attitudes, beliefs, and intentions regarding breastfeeding in the workplace among students and professionals in health-related fields*. Unpublished Ph. D thesis. Submitted to faculty of Virginia Polytechnic Institute and State University.
- WHO (2004). Child and Adolescent Health and Development. Retrieved Htt://Www.Who.Int/Child-Adolescent-Health/Nutrition/Infant-Exclusive.Html
- World Health Organization (WHO)/UNICEF(2003). *Joint Statement-Protecting, Promoting and Supporting Breastfeeding*. WHO, Geneva
- Wyatt, S.N. (2002). Challenges of the Working Breastfeeding Mother: Workplace Solutions. *American Association Occupational Health Nurses Journal*, 50(2):61-66.