

## CONTENTS

	Page
Acknowledgement	iii
Abstract in English	v
Abstract in Thai	vii
List of Tables	xi
Chapter 1 Introduction	1
Background and Significance of the Research Problem	1
Objectives of the Study	9
Research Questions	9
Definition of Terms	9
Chapter 2 Literature Review	11
Breastfeeding Practice	12
Influencing Factors on Breastfeeding Practice	22
Breastfeeding Practice Among Adolescent Mothers in Nepal	24
Breastfeeding Self-Efficacy	29
Breastfeeding Self-Efficacy and Breastfeeding Practice	32
Conceptual Framework	34
Chapter 3 Methodology	35
Research Design	35
Population and Sample	35
Research Setting	36
Research Instruments	36
Validity and Reliability of the Research Instruments	37
Protections of Human Subjects	38
Data Collection Procedure	39
Data Analysis	40

## CONTENTS (continued)

	Page
Chapter 4 Findings and Discussion	41
Findings	41
Discussion	49
Chapter 5 Conclusions, Implications, and Recommendations	54
Conclusion	54
Implication for Maternal and Child Health Nursing	57
Recommendations for Future Research	57
References	59
Appendices	86
Appendix A Research Questionnaire	87
Appendix B Permission Letter to Use Instrument	90
Appendix C Ethical Approval from the Research Ethics Review Committee, the Faculty of Nursing, Chiang Mai University, Thailand	92
Appendix D Permission from Paropakar Maternity and Women's Hospital	94
Appendix E Information Sheet for Nurses or Volunteers	95
Curriculum Vitae	101

## LIST OF TABLES

	Page
Table 1 Demographic Characteristics of Nepalese Adolescent Mothers	43
Table 2 Breastfeeding Practice Within 6 Months of Postpartum Period	45
Table 3 The Breastfeeding Self-Efficacy Score of Nepalese Adolescent Mothers Within Six Months Among Mothers Who Provided the Different Types of Breastfeeding at Three Time Points	46
Table 4 Results of Analysis of Variance for Breastfeeding Self-Efficacy and Types of Breastfeeding Practice at Six Weeks	47
Table 5 Comparison of Breastfeeding Self-Efficacy at Six Weeks Among the Groups of Mothers with Different Types of Breastfeeding Practice at Six Weeks	47
Table 6 Analysis of Variance for Breastfeeding Self-Efficacy and Types of Breastfeeding Practice at Three Months	48
Table 7 Comparison of Breastfeeding Self-Efficacy at Six Weeks Among the Groups of Mothers with Different Types of Breastfeeding Practice at Three Months	48
Table 8 Results of Analysis of Variance for Breastfeeding Self-Efficacy and Types of Breastfeeding Practices at Six Months	49
Table 9 Comparison of Breastfeeding Self-Efficacy at Six Weeks Among the Groups of Mothers with Different Types of Breastfeeding Practices at Six Months	49