

CHAPTER 5

Conclusion, Implications, and Recommendation

Conclusions

This descriptive correlational research was to study attitudes, subjective norm, perceived behavioral control, and intention towards breastfeeding among Bangladeshi primiparous pregnant women. The samples comprised 120 primiparous pregnant women who visited the ANC unit at the Comilla Medical College Hospital, Bangladesh, from April to May 2015. The research instrument was the BAPT questionnaire (Janke, 2008) including attitudes, subjective norm, perceived behavioral control, and intention towards breastfeeding. The researcher performed back translation of the questionnaire of Janke (2008). The overall reliability of the questionnaire, using the Cronbach's alpha coefficient, showed the value of .79. Data were analyzed using descriptive statistics. The results revealed as follows:

1. More than half of the participants (60.8%) were 20 – 24 years old. Most of them (96.7%) were Islam. All of them were married (100%). More than half of them (53.33%) had an educational level of primary school. In regards to employment, all of them (100%) were housewives. More than half of them (56.7%) had monthly incomes of more than 10,000 (BDT) (1USD = 80 Taka, 10,000 BDT = 125 USD). The majority of family types (95.0%) were nuclear families.

2. Among the participants in the sample of primiparous pregnant women, 54.16% of them showed scores of positive attitudes towards breastfeeding higher than the corresponding mean values.

3. Among the participants in the sample of primiparous pregnant women, 81.70% of them reported that the person whose opinions on breastfeeding they valued was “your hospital nurse”. More than half of the women (52.50%) reported “your doctor”, and half of them (50%) indicated “the baby's father”.

4. Among the participants in the sample of primiparous pregnant women, 79.17% of them showed a high level of perceived behavior control.

5. Among the participants in the sample of primiparous pregnant women, all of them (100%) demonstrated the intention towards breastfeeding.

6. Factors of attitudes, subjective norm, and perceived behavioral control failed to show any relationship to intention towards breastfeeding. This is because of all the samples unanimously selected intention to breastfeed.

Limitation of the Study

This descriptive correlational research was to study attitudes, subjective norm, perceived behavioral control, and intention towards breastfeeding among Bangladeshi primiparous pregnant women. The study was conducted during pregnancy; most of the participants were on their first visit to the ANC unit in their third trimester of pregnancy. The third trimester of pregnancy requires visiting the ANC every week. Thus, they should have been exposed to breastfeeding information every time during the visit.

Implication and Recommendation

The findings of the study have several significant implications for nursing practice. The study results showed that primiparous pregnant women valued the opinion of nurses, doctors, and the baby's father. It is necessary for a nurse to emphasize the duration of breastfeeding during health education for pregnant women during the ANC visits. It should also be considered to have the pregnant women's husbands participate in health education at ANC.

Recommendations for Further Study

Based on the findings of this study, future study should focus on repeating the study with a larger sample size. Another study may also focus on multiparous pregnant women.