

A STUDY ON INFANT FEEDING PRACTICES OF MOTHERS IN THE BATTICALOA DISTRICT

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Registration Number: EU/05/PGDM/39



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A Project Report submitted to the Faculty of Commerce and Management, Eastern University, Sri Lanka as a partial fulfillment of the requirements of the Postgraduate Diploma in Management.

**Postgraduate Diploma in Management Programme
Faculty of Commerce and Management
Eastern University, Sri Lanka**

April 2007

ABSTRACT

Even though Breast-feeding is the best for the baby, mother follow different feeding practices for their babies. The wrong feeding practices lead the baby to illness and unhealthy condition. This wrong feeding practices by some mothers in Batticaloa district have been observed and it is a series issues which made the researcher to choose this topic

Objectives of this study is to find out the factors which contribute to the wrong feeding practices and how much those factors influence the feeding practices of mother in Batticaloa district.

The following factors are being considered as the variable which influences the feeding practices of mothers in Batticaloa District. Age of the mothers, social and educational background, knowledge gain from media, Attitudes and beliefs, Degree of knowledge on nutrition, External sources.

Data collection was made by questionnaire, interviews observation at clinic centers in selected four towns, Batticaloa Kathankuddy Valaicheni and Kaluwanchikudi. Questions were asked to mothers with help of midwives and MOHS at the above mentioned four areas.

The method of Data analysis was done in a way that shows clear picture about which factors affect feeding practices strongly and which factors do not affect strongly the feeding practices.

It has been concluded that age of the Mothers, Social and educational Background and attitude and believes and degree of knowledge and nutrition strongly affect the feeding practices of the mothers in Batticaloa District. And External sources and knowledge gain from media influence the mothers weakly in infant feeding practices. Finally as recommendations, the FCMP usage has to be stopped for the infants who are below one year of age. Mothers have to be educated on proper feeding practices and Nutritional knowledge of Mothers should be enhanced and their feeding practices have to be closely watched and improved by respective authorities.

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