



A survey on the knowledge of proper breastfeeding practice and the existence of galactagogue food in routine diet: A comparison between health science and non-health science female students



UNDERGRADUATE

Nurul Afifah Mohd Sukri, Muhammad Muzaffar Ali Khan Khattak

Department of Nutrition Sciences, Kuliyyah of Allied Health Science, International Islamic University Malaysia

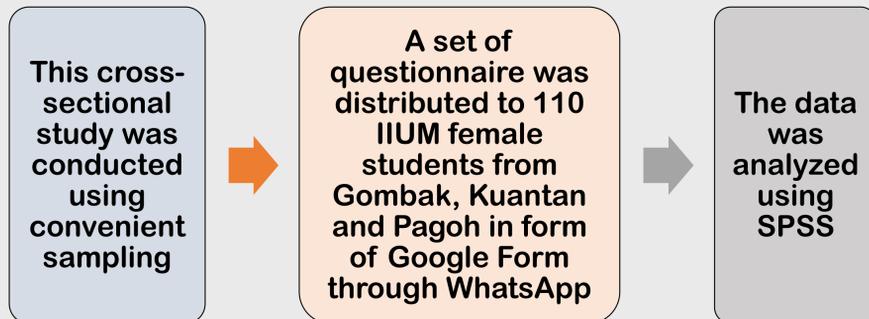
INTRODUCTION

Stunting is one of the malnutrition issues that affect 21.3% of global population below 5 years old in 2019.⁶ Stunting is defined as lower-than-average height for a child's age, which is more than two standard deviations below the World Health Organization (WHO) Growth Standard median.⁶ Stunting can be associated with many factors such as poorly educated mothers, poor nutrition intake and low socioeconomic status. Breastfeeding is one of the practices that contributes to the reduction in rate of stunting prevalence.⁴ Galactagogue food can be the alternatives to stimulate breast milk supply and prevent early cessation of breastfeeding.

OBJECTIVES

1. To evaluate the knowledge on the proper breastfeeding practice and the existence of galactagogue food among IIUM female students.
2. To compare the level of knowledge on breastfeeding practices among health and non-health sciences female students.
3. To assess the level of awareness on galactagogue food among health and non-health sciences female students.

METHOD



RESULTS

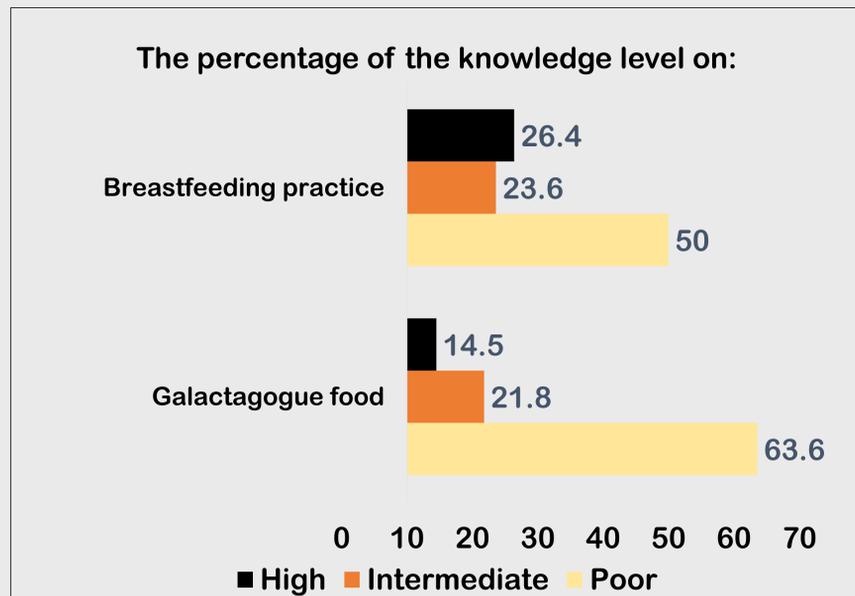


Figure 1: The bar chart of knowledge level on breastfeeding practice and galactagogue food among IIUM female students

Variable	Health science (n = 54)		Non-health science (n = 56)		Mean differences (95% CI)	t-statistics (df)	p-value
	Mean	SD	Mean	SD			
Knowledge score on the breastfeeding practice	7.65	0.329	5.64	0.269	2.005 (1.165, 2.845)	4.732 (108)	< 0.001

Table 1: Comparing knowledge score of female students on breastfeeding practice between health science and non-health science (Independent samples t-test)

Variable	Health science (n = 54)		Non-health science (n = 56)		Mean differences (95% CI)	t-statistics (df)	p-value
	Mean	SD	Mean	SD			
Knowledge score on the galactagogue food	4.15	2.736	4.70	2.456	-0.548 (-1.530, 0.434)	-1.107 (108)	0.271

Table 2: Comparing knowledge score of female students on galactagogue food between health science and non-health science (Independent samples t-test)

DISCUSSION

1. 68.2% of the participants were not aware on the duration of exclusive breastfeeding which is 6 months.^{1, 4, 5}
2. 79.1% of them were not aware that expressed breast milk cannot be warmed in a microwave which can destroy essential nutrients and antibodies content.^{2, 3}
3. Both health science and non-health science poorly aware on the galactogenic properties of fenugreek, banana blossom, green leafy vegetables, soy product, barley and oat.
4. However, they aware on the galactogenic properties of Nigella Sativa and dates probably due to the prophetic food.

CONCLUSION

1. Health science female students have better knowledge on breastfeeding practice as compared to non-health science. No evidence in this study shows the dissimilarities of their awareness of galactagogue food.
2. Study believed that prior-exposure of breastfeeding practice and the overview on galactagogue food needs to be introduced to female students.

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