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A Comparative Study Between Teenagers and Adult Mothers' Knowledge Towered Breast Feeding of Infants at Baghdad Teaching Hospitals

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ABSTRACT

Background: *The ideal approach for a mother's health and a baby's healthy development and growth is breastfeeding. According to the World Health Organization, infants should only be breastfed in the initial half-year of life. The literature has extensively documented the advantages of nursing for both mothers and their offspring. Breastfeeding causes the mother to release the chemicals oxytocin and prolactin, which encourage intimacy and tenderness with the child.* ***Objective:*** *to identify the effect of Age Variable of Mothers towered Breastfeeding of Infant.* ***Methods and Materials:*** *An assessment of young mothers' knowledge regarding nursing was done by a descriptive research on the topic between November 1, 2024, until September 1, 2025. The Pediatric Teaching Hospital and Medical City/Baghdad Teaching Hospital served as the study's sites. 100 moms from Medical City/Baghdad Teaching Hospital and Pediatric Teaching Hospital were included in the purposive sample. The mother was chosen during the same time frame as the data collecting. The Statistical Program for Social Sciences (SPSS) version 26.0 was used to evaluate the data, with an emphasis on standard deviation, mean score, frequency, and percentage. The associations between mothers' demographic traits—such as their age, schooling, and occupation—and their knowledge were ascertained using the chi-square test. Based on the mean score, the knowledge was divided into three levels: 1.68-2 = High, 1.34-1.67 = Moderate, and 1.1-33 = Low.* ***Findings:*** *Adult mothers ranged in age from 32.24 to 9.120 years, with 86% of them being housewives and 32% having college degrees. Teenage mothers were 17.48±1.474 years old, all of them owned a home, and 26% of them couldn't read or write. The respondents' ages were 35.28±3.078 during their first pregnancy, 20.24±5.081 during their marriage, and 21.44±5.269 during their first pregnancy. In contrast to the survey's sample of adult mothers, 46% of the respondents used a combination of foods during the previous feeding, 52% had a pregnancy lasting one to three months, and 62% possessed a delivery lasting one to three months. Young mothers reported that 40 percent of them had previously used advertisement feeding, and 98 percent had a pregnancy lasting one to three months, a birth lasting one to three months, and an age of 17.23±4.251 during the pregnancy, 14.940±1.391 during the wedding celebration, and 15.62±1.105 through the first delivery.*

Conclusion*: The vast majority of the moms in this study are well-versed in breastfeeding. The understanding of older mothers regarding breastfeeding was higher than that of teenage mothers.*

Keywords: Teenagers, Adolescent Mothers, Knowledge, Breastfeeding Practices, Infants.

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INTRODUCTION

A crucial aspect of the newborn and infant stages is breastfeeding. Breastfeeding or nursing offers complete nutritional support and encourages the baby's emotional reliance on the mother's breast parental. Effective breastfeeding extension is facilitated by an effective emotional connection [(1)]. During delivery until at least six months of age, breast milk is advised as the best and only source of early nutrition for all newborns. Childhood growth depends on the milk that mothers produce [(2)]. The hypothalamic-pituitary tract and the hormonal substances that are linked to it control the manufacturing of milk. The primary hormones involved in milk production and the withdrawal reflex that follows are oxytocin and prolactin. Manufacturing happens in phases, the first of which often starts prior to the baby's birth. Colostrum is the first milk that is accessible following childbirth. Sometimes pre-colostrum occurs before to the postmenopausal phase. Colostrum is a substance that has a low lactose content and a high protein, salt, and immunoglobulin content [(3)].

An increase in lactose concentration characterizes the milk makeup 30 to 40 hours after delivery; the extra amount of newborn milk causes other ingredients to become diluted. A variety of substances found in human breast milk (HBM) play important functions in promoting a child's early growth and development [(4)]. HBM components that are representative are macronutrients. Over the years, the variables influencing those macronutrients but the positive effects of HBM macro nutrients for the health of babies have already been thoroughly examined, and they continue to get a lot of study interest. It has been shown that variations in HBM occur depending on the lactation stage, race, the nursing mother's nutrition, ambient pollutants particular to the area of interest, distribution, and treatment [(5, 6)].

METHODS AND MATERIALS

During the period from November 1, 2024, to September 1, 2025, a descriptive study on breastfeeding among adolescent moms was carried out to evaluate their breastfeeding knowledge.The Iraqi Ministry of Health, Medical City, Baghdad Teaching Hospital, and Pediatric Teaching Hospital granted formal approval.The investigation was carried out at the Pediatric Teaching Hospital and Medical City/Baghdad Education Hospital. A purposeful sample of one hundred moms from the Pediatrics Teaching Hospital and Medical City/Baghdad Teaching Hospital. Mothera was chosen during the same time as the data was being gathered. The expecting mothers who were chosen for inclusion were discovered lying in hospital maternity and obstetric rooms, asking questions regarding lactation.

The tool: The researchers created the questionnaire in order to measure the investigation's fundamental variables. There were two sections to the assessment:

Section One: Demographics Features: This section contains three elements pertaining to determining the socioeconomic makeup of the investigated group, which comprise the variables listed below: job position, age, and educational attainment.

Section Two: Instructions on reproduction This section contains six things that are used to determine the research group's reproduction characteristics. The variables in question comprise the number of pregnancies, the number of births, the current gestation period, the age at marriage, the age at the first pregnancy, and the method of breastfeeding that was used in the past.

Section 3: mother's primary resources and knowledge regarding nursing the baby. It has seven elements that deal with figuring out the

mother's sources of information for nursing the baby.

Section Four: Women's Understanding of Breastfeeding, It included structured questions about the mother's breastfeeding knowledge and included ten items. The s scale was given scores as (1) I Know, (2) Not Sure, and (3) I Don't Know. These items were created using three levels, such as the I Know-I Do Not Know-Not Sure scale.

Score for knowledge: The knowledge portion of the assessment has been rated and scored according to a two-level dichotomous scale, with two points awarded for a yes response and one point awarded for a no response. The threshold for eligibility (0.33) is determined by the scores of 1 and 2, respectfully. The subsequent range of expertise is used to categorize responder scores:

(1-1.33) = low level of knowledge, (1.34-1.67) = moderate level of knowledge and (1.68 - 2.00) = high level of knowledge

Correctness of the study: A panel of nine experts determined the study's validity. The questionnaire format was reviewed by these experts for adequacy, relevance, and clarity of information. According to the opinions of experts, only minor changes were made to the survey's format.

Statistical Data Analysis: Excel from Microsoft Office 2010 and SPSS software version 20 are used to do the statistical evaluation of the information collected in the study.

RESULTS

According to **Table 1** Results, 86% of the total number of adult moms were housewives, 32% had college degrees, and their ages ranged from 32.24 to 9.120 years. Adolescent moms were 17.48±1.474 years old, 26% of whom were incapable of reading or writing, and all of them were homeowners.

Table 1: Prevalence of Mothers' Social and Demographic Features.

Variables		Adults		Adolescents	
		Mean	SD	Mean	SD
Age		32.24	9.120	17.48	1.474
Variables		f	%	f	%
Education	Neither read or write	9	18.0	13	26.0
	Read and write	16	32.0	12	24.0
	Primary school graduate	11	22.0	12	24.0
	Intermediate graduate	8	16.0	11	22.0
	Preparatory school graduate	2	4.0	2	4.0
	Institute graduate	1	2.0	0	0
	College graduate	3	6.0	0	0
	Total	50	100.0	50	100
Occupation	Government employee	5	10.0	0	0
	Free profession	2	4.0	0	0
	Housewife	43	86.0	50	100
	Total	50	100.0	50	100

SD= standard deviation, F=frequency, %=percent.

Result of **Table 2** Compared to the survey of grownup moms, 46% of the respondents used a combination of foods throughout the previous feeding, 52% experienced a pregnancy lasting one to three months, 62% had a delivery lasting one to three months, and their ages were 35.28±3.078 at the time of pregnancy, 20.24±5.081 at the time of getting married, and 21.44±5.269 at the time of their initial pregnancy. According to the mothers of teenagers, 40 percent of them used commercial feeding during the previous period of feeding, and 98% of them had a pregnancy that lasted between one and three months, a birth that lasted between one and three months, and an age of 17.23±4.251 during the pregnancy, 14.940±1.391 throughout the wedding ceremony, and 15.62±1.105 during the first delivery.

Table 2: Examination of the reproduction data of moms.

Variables		Adults		Adolescents	
		f	%	f	%
Number of pregnancies	**1-3**	26	52	49	98
	4-6	13	26	1	2
	7 and more	11	22	0	0
	Total	50	100	50	100
Number of deliveries	**1-3**	31	62	49	98
	4-6	14	28	1	2
	7 and more	5	10	0	0
	Total	50	100	50	100
Variables		Mean	SD	Mean	SD
Age of pregnancy		35.28	3.078	17.23	4.251
Age at marriage		20.24	5.081	14.940	1.391
Age at 1st pregnancy		21.44	5.269	15.62	1.105
Variables		f	%	f	%
Type of previous feeding	**Breastfeeding**	9	18.0	13	26.0
	Mixed	23	46.0	17	34.0
	Industrial	18	36.0	20	40.0
	Total	50	100.0	50	100.0

Results of **Table 3** indicated that with an average rating of 1.916, the results showed that adult mothers knew a lot about nursing. At a mean score of 1.746, teenage moms demonstrated a high level of nursing competence.

Table 3: Contrast of mums' breastfeeding knowledge.

Items	Adults						Adolescents					
	Yes		No		MS	Ass.	Yes		No		MS	Ass.
	f	%	f	%			f	%	f	%		
1 Did you know that breast milk is the most important nutritional source for the baby?	50	100	0	0	2	H	50	100	0	0	2.00	H
2 Breastfeeding begins within the first hour after birth.	44	88.0	6	12.0	1.88	H	32	64.0	18	36.0	1.64	M

Items	Adults						Adolescents					
	Yes		No		MS	Ass.	Yes		No		MS	Ass.
3 Your baby should be breastfeed every two hours.	42	84.0	8	16.0	1.84	H	32	64.0	18	36.0	1.64	M
4 Breast milk is better than formula milk.	50	100	0	0	2.00	H	46	92.0	4	8.0	1.92	H
5_breast milk reduces health problems.	48	96.0	2	4.0	1.96	H	42	84.0	8	16.0	1.84	H
6_Breast milk reduces the child's risk of intestinal disease's.	45	90.0	5	10.0	1.90	H	33	66.0	17	34.0	1.66	M
7 Breast milk is easy to digest.	48	96.0	2	4.0	1.96	H	38	76.0	12	24.0	1.76	H
8 Formal milk causes health problems, such as Obesity.	43	86.0	7	14.0	1.86	H	28	56.0	22	44.0	1.56	M
9 Breastfeeding creates an emotional bond between the mother and the child.	48	96.0	2	4.0	1.96	H	45	90.0	5	10.0	1.90	H
10 Breastfeeding reduces the possibility of a mother developing breast cancer.	40	80.0	10	20.0	1.80	H	27	54.0	23	46.0	1.54	M
Overall mean score	**1.916**		**Assessment**		**High**		**1.746**		**Assessment**		**High**	

The results of **Table 4** indicated that Teenagers' prior feeding and their understanding of it have a statistically significant correlation, with a p-value of 0.001.

Table 4: Association between teenage understanding and reproductive characteristics.

Variables		Knowledge			Total	Chi square
		Low	Moderate	High		
Number of pregnancies	**1-3**	2	16	31	49	Chi=0.574 P=0.751 Sig.=NS
	4-6	0	0	1	1	
	Total	2	16	32	50	
Number of deliveries	**1-3**	2	16	31	49	Chi=574 P=0.751 Sig.=NS
	4-6	0	0	1	1	
	Total	2	16	32	50	
Type of previous feeding	**Breastfeeding**	2	8	3	13	Chi=17.83 P=0.001 Sig.=HS
	Mixed	0	6	11	17	
	Industrial	0	2	18	20	
	Total	2	16	32	50	

DISCUSSION

A descriptive research was conducted to evaluate moms' nursing knowledge. One hundred mothers made up the sample size. According to Study of Noora Farhan *et al*. [7], the sociodemographic 30.7% of the study's features fall into the 26–30 age range. According to the study, the majority of moms (28.7%) had completed primary education, which is relevant to their work. In terms of their profession, 94% of moms are housewives. Regarding the husband's occupation, 64.7% are laborers with no training, and 22% of them have completed primary school. The bulk of study samples fall into the age range of 26 to 30 years old.

The sudy of Ayed [8] provided support for this finding, stating that the age of 26 is the predominant age. targeting the research population [8]. In terms of maternal education, the largest proportion of the study sample completed primary education. This outcome is consistent with previous research. In their research, Jha [9] discovered that most of the participants are primary school graduates, which has an impact on moms' breastfeeding expertise.

According to Al-Anazi *et al.* [10], the majority of study participants are housewives, which supports this finding. Therefore, because householders can dedicate enough time to formula feeding, it forms one of their primary concerns. The largest percentage of husbands, based on their levels of education, completed elementary school. According to these findings, which were corroborated by Shaker *et al*. [11], the largest proportion of husbands' educational background includes completing primary school. In terms of the husbands' profession, most of them work as unskilled laborers. This finding is consistent with Perica *et al*. [12], who found that the majority of husbands work in non-professional occupations. The largest proportion of participants belonged to an extended circle in terms of family type. [13], which found that the largest proportion of participants were from extended households, supports this finding. According to the study's findings, mothers' general nursing expertise is evaluated favorably. These findings indicate that the moms who participated in this study are well-informed about nursing. This outcome is consistent with a study conducted by Mbada *et al*. [14], which found that parents' comprehension of nursing was generally evaluated favorably.

Seventy-two percent of moms of adolescents Snuggle with a blanket that prevents excessive skin contact, 54% ask nurses or midwives for advice on how to breastfeed, and 52% of nursing staff offer you any help with the child's proper positioning during breastfeeding, 36% of nursing staff members instructor educate you on manual milk expression, 64% of mothers breastfeed their children, 46% breastfeed their babies normally, 24% choose not to breastfeed due to decreasing manufacturing of milk, 8% do so out of personal desire, and 12% refuse to breastfeed.

According to [7], 70.6% of moms obtain breastfeeding education, and the primary source of breastfeeding education comes from the family, Breast feed infant suffer of acute gastroenteritis is much less common than in bottle feed whereas mother use bottle feeding formula and comes in the first rank item wight 185 due to improper technique preparation from formula contamination and lack of hand hygiene technique [15].

In spite of the benefits of breastfeeding, the mothers showed a low percentage 21% for breastfeeding in the comparison with artificial feeding 33% emphasis was given for breastfeeding used in the feeding of small babies and infants [16].

CONCLUSION

1. The majority of the mothers in this study are well versed in breastfeeding.
2. The knowledge of adult mothers regarding breastfeeding was higher than that of adolescent mothers.
3. Of the adult group, only 46% used mixed feeding in the past
4. Forty percent of adolescent mothers use industrial feeding for their preceding feeding.
5. Just 48% of the adult group seeks advice from midwives and nurses to assist mothers with nursing.
6. Seventy-two percent of adolescent mothers wrap themselves in blankets and cuddle without making excessive skin contact.
7. The majority of teenage moms 54 percent, get information from midwives or nurses to assist them with nursing.

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Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

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Authors' Contributions

All authors equally contribute to this study.

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