

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

OSVEŠČENOST BODOČIH MATER O POMENU DOJENJA

**AWARENESS OF FUTURE MOTHERS ABOUT THE IMPORTANCE
OF BREASTFEEDING**

Študentka: AMADEJA PETKOVIĆ

**Mentorica: pred. IVANKA LIMONŠEK, dipl. m. s., univ. dipl. org.
Somentorica: doc. dr. ZLATA FELC, dr. med., spec. ped.**

**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI
PROGRAM ZDRAVSTVENA NEGA**

CELJE, 2014

IZVLEČEK

Uvod: Osveščенost bodočih mater o pomenu dojenja je v veliki meri odvisna od njihove volje in angažiranosti pri iskanju informacij. Kljub temu, da se v veliki večini odločajo za dojenje svojega otroka, prihaja do razlik pri njihovem znanju. Zato je še toliko bolj pomembna zdravstvena vzgoja medicinskih sester in drugih usposobljenih sodelavcev, ki s svojim delom skušajo spodbujati in vzdrževati dojenje.

Namen: Namen diplomskega dela je predstaviti osveščенost bodočih mater o pomenu dojenja.

Metode dela: V raziskavi smo uporabili deskriptivno metodo dela s študijem domače in tuje literature. Izvedli smo anonimno anketo, ki je vsebovala 21 vprašanj odprtega in zaprtega tipa. Anketa je bila izvedena s pomočjo spletnega vprašalnika in v dispanzerju za ženske v Termah Dobrna. Anketiranih je bilo 50 bodočih mater, podatke iz vprašalnikov pa smo statistično obdelali s pomočjo računalniškega programa Microsoft Excel.

Rezultati: Ugotovili smo, da 38 % bodočih mater ne pozna pomena izključnega dojenja, niti niso seznanjene s priporočili, do kdaj naj bi svojega otroka dojile. Kot največjo prednost dojenja jim predstavlja prihranek denarja (ocena 4,86 od 5), čeprav se največkrat odločijo za dojenje zaradi zdravja otroka. Pri osveščanju bodočih mater o pomenu dojenja imajo medicinske sestre veliko vlogo, vendar se kažejo razlike med posameznimi področji, pri čemer imajo največjo vlogo šole za starše. Bodoče matere dobivajo dovolj informacij o pomenu dojenja iz različnih virov, vendar so te informacije velikokrat nasprotujoče. Kot glavni vir informiranosti o pomenu dojenja jim predstavlja internet.

Razprava in sklep: Odločitev bodoče matere o prehrani njenega otroka je odvisna od njene osveščенosti in informiranosti. Kljub številnim nacionalnim pobudam in delu zdravstvenih delavcev, ki prihajajo v stik z nosečnicami, je potrebna podpora dojenju v miselnosti širše javnosti, ki nedvomno vpliva na odločitev vsake bodoče matere.

Ključne besede: pomen dojenja, prednosti dojenja, osveščенost o dojenju, promocija dojenja.

ABSTRACT

Introduction: Awareness of future mothers about the importance of breastfeeding is largely dependent on their willingness and commitment in finding information. Despite the fact, that the majority choose to breastfeed their baby, there are differences in their knowledge. Therefore, the health education from nurses and other trained associates is very important in promoting and maintaining of breastfeeding.

Purpose: The purpose of the thesis is to present the awareness of future mothers about the importance of breastfeeding.

Work methods: In the research we used descriptive method by studying domestic and foreign literature. We conducted an anonymous survey that included 21 open and closed type questions, via an online questionnaire and in the Obstetrician/Gynecologist office in Terme Dobrna. The survey included 50 prospective mothers and the collected data was statistically analyzed in Microsoft Excel.

Results: According to the research, 38 % of prospective mothers do not know the importance of exclusive breastfeeding nor are they familiar with the recommendations of how long to breastfeed their child. According to them, the highest advantage of breastfeeding is in saving money (score 4,86 out of 5) although most choose to breastfeed because of their child's health. In raising awareness of future mothers about the importance of breastfeeding, nurses have an important role. But there are differences between different areas of their working posts, where the most important role have schools for parents. The future mothers receive adequate information about the importance of breastfeeding from various sources, but this information is in many cases conflicting. As the main source of information available, the prospective mothers, in most cases, turn to internet.

Discussion and conclusion: The maternal decision regarding child feeding depends on her awareness and on her being informed. Despite a number of national initiatives and the work of health care workers, who come into contact with pregnant women, it is important to change the mind of the general public, that undoubtedly affect the decision of a future mother.

Keywords: the importance of breastfeeding, benefits of breastfeeding, awareness about breastfeeding, promotion of breastfeeding.