

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

VLOGA IN POMOČ OČETA PRI DOJENJU

A FATHER`S ROLE AND ASSISTANCE BY BREASTFEEDING

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IZVLEČEK

Uvod: Za dojenčka je materino mleko najprimernejša hrana v prvih mesecih življenja, saj mu zagotavlja za zdravje, rast in razvoj idealno ravnovesje hranilnih in obrambnih snovi, ki so prilagojene le njemu. Predvsem očetova podpora in pomoč sta pogostokrat ključnega pomena za vzpostavitev uspešnega in dolgotrajnega dojenja.

Namen: Namen diplomskega dela je predstaviti dojenje kot najprimernejšo obliko prehrane dojenčka ter prikazati pomen očetove podpore pri dojenju tako za mater kot za otroka. S pomočjo anketnega vprašalnika smo želeli pridobiti informacije o ozaveščenosti očetov o pomenu dojenja, njihovi podpori in vlogi pri dojenju ter kako starost, izobrazba in okolje, v katerem živijo, vplivajo na njegovo zavedanje o pomenu dojenja.

Metode dela: V teoretičnem delu smo uporabili metodo pregleda strokovne literature. V empiričnem delu smo uporabili metodo zbiranja podatkov s pomočjo anonimnega vprašalnika, ki smo ga razdelili med očete otrok, ki so obiskali Ambulanto za otroke v Zdravstvenem domu Šentjur. Zbrane vprašalnike smo analizirali in dobljene podatke predstavili s pomočjo računalniškega programa Microsoft Excel 2010.

Rezultati: V raziskavi je sodelovalo 38 očetov otrok, povprečen anketiranec je oče, star od 30 do 35 let, ima srednješolsko izobrazbo in enega otroka, ki je uspešno dojen, živi na podeželju, partnerko spodbuja k dojenju in ji pri tem nudi ustrezno pomoč. Rezultati ankete so pokazali, da so očetje, ki so sodelovali v anketi, dobro informirani o pomenu dojenja in svoji vlogi pri tem, ter da v večini primerov tvorno sodelujejo pri vzpostavitvi dojenja in nudijo ustrezno podporo doječim materam.

Razprava in sklep: Menimo, da bi bilo koristno, da bi v šolo za starše vključili tudi temo Vloga in pomoč očeta pri dojenju ter pomen njegovega aktivnega vključevanja v nego in vzgojo otroka. Ocenjujemo, da bi bilo primerno, da bi to temo predstavil diplomirani zdravstvenik kot predstavnik moške populacije, s katero se očetje lažje poistovetijo.

Ključne besede: dojenje, prednosti dojenja, vloga in pomoč očeta pri dojenju.

ABSTRACT

Introduction: Breast milk is the primary source of nutrition for new borns. It contains an ideal balance of nutritional and protective substances therefore it offers health, growth and development benefits for the baby. What is more, successful and long-lasting breastfeeding depends on the father's support as well.

The aim: The thesis introduces breastfeeding as the most adequate way of nutrition for new borns and emphasizes the importance of the father's support at breastfeeding. The information has been gathered through a research with a questionnaire, which included questions on the fathers' awareness of the importance of breastfeeding, on their support, on their role at breastfeeding, and, finally, what effect do the age, education and environment have on the fathers' awareness of the importance of breastfeeding.

The methods: For the theoretical part of the thesis, professional literature has been studied. In the empirical part, the information has been gathered with a questionnaire, which was given to fathers while visiting The Pediatric Clinic at The Health Centre in Šentjur. The results have been analysed and presented with the computer program Microsoft Excel 2010.

The results: In the research participated 38 fathers aged from 30 to 35, with completed high school education and one successfully breastfed child on average. They lived in the countryside and supported their partners at breastfeeding. The results show that the fathers are well-informed about the importance of breastfeeding and of the role they play in the process. Furthermore, they support their partners at breastfeeding.

The conclusion: In our opinion, the courses for parents should include classes on the father's role and support at breastfeeding and also about the importance of his participation in the child's care and education. The classes should be led by an educated male representative of the health personnel, since it would be easier for the fathers to identify themselves with him.

The key words: breastfeeding, benefits of breastfeeding, a father's role and assistance by breastfeeding.