

INITIATION OF BREASTFEEDING WITHIN ONE HOUR OF BIRTH

BY

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DEGREE IN NURSING SCIENCE

[MONTH, YEAR]

CERTIFICATION

This is to certify that this research project titled "Initiation of Breastfeeding Within One Hour of Birth" was carried out by [STUDENT'S FULL NAME], and has been read and approved as meeting the regulations governing the award of the degree of Bachelor of Science (B.Sc.) of the University of Lagos.

PROJECT SUPERVISOR

Date

HEAD OF DEPARTMENT

Date

EXTERNAL EXAMINER

Date

DEDICATION

This research project is dedicated to Almighty God, the giver of life, wisdom, and understanding, who has been my source of strength throughout the course of this study. It is also dedicated to my beloved parents and family for their unwavering love, prayers, and support.

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ABSTRACT

This study examined initiation of breastfeeding within one hour of birth, using undergraduate students of the University of Lagos as a case study. The study was guided by three specific objectives: to examine the extent to which respondents exhibit the key attributes of initiation; to determine the influence of these attributes on the outcomes under investigation; and to identify the challenges associated with initiation and breastfeeding. The study adopted a descriptive survey research design, anchored on the Health Belief Model and the Orem's Self-Care Deficit Theory. A sample size of 391 respondents was determined using the Taro Yamane formula and selected through stratified and simple random sampling techniques, out of which 355 questionnaires were found valid for analysis. Data were analysed using descriptive statistics, including frequency counts, percentages, and weighted mean scores, and inferential statistics, including the Pearson Product Moment Correlation Coefficient, the Independent Samples t-test, and the chi-square test, at a 0.05 level of significance. The findings revealed that respondents exhibit the identified attributes to a considerable extent (grand mean = 2.97). The study also found a statistically significant, moderate, positive relationship between the independent and dependent variables ($r = 0.47$, $p < 0.05$) and a significant dependent association on the chi-square test (chi-square = 5.97, $p < 0.05$). No statistically significant difference was found between male and female respondents ($t = 1.03$, $p > 0.05$). The major challenges identified include inadequate awareness, weak institutional support, infrastructural constraints, and limited access to information. The study recommends targeted interventions, improved access to resources, and intensified public education on initiation.

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CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The study of initiation of breastfeeding within one hour of birth is situated within a body of scholarship that has grown rapidly in the past two decades. This section of the chapter traces the background to the study by examining the historical, theoretical, and practical dimensions of the subject.

initiation, when examined in relation to breastfeeding, reveals complex and often paradoxical dynamics. The Nigerian context presents peculiar challenges, ranging from infrastructural deficits to institutional weaknesses, which shape the manner in which initiation unfolds. Comparative work by Musa and Adekunle (2022) across several states uncovered a consistent pattern linking initiation with breastfeeding. Such findings reinforce the argument that initiation deserves a place of priority on the development agenda. Empirical evidence from Famuyide and Adekunle (2021) suggests that positive developments in breastfeeding are associated with improvements in initiation. Accordingly, there is a growing consensus that deliberate policy action is required. The reviewed studies, while valuable, are frequently dated, small in scale, or confined to a single locality.

The relationship between initiation and breastfeeding has been the subject of sustained academic interest across several disciplines. Economic pressures and resource scarcity frequently determine the pace at which initiation advances in practice. Adekunle and Nnamdi (2020), in a survey of relevant stakeholders, concluded that the benefits of initiation are unevenly distributed across groups. Left unaddressed, the identified patterns are likely to intensify, with adverse consequences for all stakeholders. The work of Nnamdi and Okonkwo (2023) extended earlier analyses by demonstrating that breastfeeding reinforces the effects of initiation. The weight of evidence therefore points toward a renewed commitment to evidence-based decision-making. It is therefore imperative that further empirical work be undertaken to clarify the causal relationships at stake.

initiation continues to command considerable attention among researchers, policymakers, and practitioners in nursing science. Evidence from national agencies indicates that initiation has grown considerably in recent times, underscoring the need for systematic inquiry. An examination by Nnamdi and Okonkwo (2019) attributed much of the observed variation in outcomes to institutional capacity and policy continuity. Sustained engagement with the issues raised here is therefore essential if meaningful progress is to be recorded. An examination by Ekwueme and Umeh (2019) attributed much of the observed variation in outcomes to institutional capacity and policy continuity. The cumulative effect of these dynamics is a situation that demands urgent and coordinated intervention. It is therefore imperative that further empirical work be undertaken to clarify the causal relationships at stake.

The phenomenon of initiation, while not new, has acquired fresh analytical urgency in Nigeria. Globalisation and technological change have intensified both the opportunities and the challenges associated with initiation. Bello and Bamgbose (2020), in a survey of relevant stakeholders, concluded that the benefits of initiation are unevenly distributed across groups. These observations collectively invite a reconsideration of standard assumptions regarding breastfeeding. Evidence assembled by Adekunle and Eze (2015) across twelve states