

Jordan University of Science and Technology

Knowledge, attitudes and future intentions towards breastfeeding among undergraduate students at a Jordanian public university

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Abstract: Background. The rates of breastfeeding in Jordan have decreased during the last few years, according to the last two Jordanian population and family health surveys. This decrease indicates a potential risk to the health of the infant and increases in the cost of healthcare for babies with more risk of infections. Studying the factors that affect intentions toward breastfeeding among young people who will become future parents may help to determine factors that impact on their decision making. Aim. To describe students' knowledge, attitude, previous exposure and future infant feeding intentions. Study design. A descriptive cross-sectional design was used. Data were collected using a structured self-administered questionnaire. Participants. A sample of 418 undergraduate students attending a large university in the north of Jordan with a student population of 20,000. Findings. The results of this study showed that students have adequate knowledge, a positive attitude and a high level of intent to breastfeed. Significant differences between males and females were reported, with males having more knowledge and a more positive attitude towards breastfeeding than females. Students of health majors had a higher knowledge about breastfeeding, and there was a significant correlation between attitude and knowledge toward breastfeeding among undergraduate nonhealth major students in the Jordan University of Science and Technology. Implication. The results of the study provide new information about breastfeeding knowledge and attitudes among Jordanian higher education students. Further exploration of these attributes is necessary among the general population.