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2. Dissertation Protocol

Title:-Association of emotional intelligence of primigravida mothers with breastfeeding self efficacy in the early postpartum period and exclusive breastfeeding rates up to 6 months.

Dr Priyanka Reddy P ,Junior Resident
Dr Suchetha S Rao ,Additional Professor
Department of Paediatrics
Kasturba Medical College Mangalore
Manipal Academy of Higher Education, Manipal
Karnataka 575001,India

Abstract

Background

Breastfeeding is one of the most effective strategy to prevent disease and improve health, especially in the first 6 months of life. Various factors determine the success of breast feeding among the mothers. Emotional Intelligence implies the ability, perception capacity or skill, access and manage emotions in oneself and others. Breastfeeding self-efficacy has been documented as a strong determinant of breastfeeding behavior of women. We aimed to study the association of emotional intelligence of primigravida mothers to breastfeeding self-efficacy in early postpartum period and exclusive breastfeeding rates up to 6 months.

Patients and Methods

185 Primigravida mothers paired with their neonates would be compared between september 2020 to september 2022. Study will be carried out after institutional ethics committee approval Primigravida admitted for space confinement will be enrolled after informed consent. Breast feeding self-efficacy and emotional intelligence scale questionnaire will be administered by the investigator. Repeat breast feeding self efficacy questionnaire will be administered to these mothers between 24 to 48hr postnatal. Follow up Infant feeding pattern at 2 months, 4 months & 6 months will be done.

Results: Awaited

Conclusions: Awaited

Keywords:- Breastfeeding self Efficacy scale; Emotional intelligence , Exclusive breastfeeding; Primi gravida