

Türkiye’de Emzirme Konusunda Yapılan Hemşirelik Lisansüstü Tez Çalışmalarının İncelenmesi

Investigation of Nursing Graduate Theses on Breastfeeding in Turkey

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Amaç:

Bu çalışma, Türkiye’de son beş yılda emzirme konusunda yapılmış hemşirelik alanındaki lisansüstü tez çalışmalarını incelemek amacıyla yapılmıştır.

Yöntem:

Çalışmada verilerin toplanması amacıyla alan yazın taraması yapılmış, daha sonra Yükseköğretim Kurulu Ulusal Tez Merkezi Veri Tabanı’nda “emzirme” anahtar kelimesi ile tarama yapılmıştır. Tarama sonunda 52 lisansüstü tez belirlenmiş ve bu tezlerin künye bilgilerine ulaşılmıştır.

Bulgular:

Ulusal Tez Merkezi Veri Tabanı’nda tüm bilim dalları incelendiğinde emzirme konusunda yapılan tezlerden %44.1’inin hemşirelik alanında yapıldığı görülmüştür. Hemşirelik alanında yapılan tezlerden 44’ü yüksek lisans, 8’i doktora düzeyinde yapılmıştır. Bu araştırmalardan 51’inde nicel, 1’inde nitel yöntem kullanılmıştır. Nicel yöntemle yapılan tezlerin 18’i yarı deneysel/deneysel, 28’i tanımlayıcı/kesitsel, 4’ü metodolojik, 1’i olgu-kontrol çalışmasıdır. En çok araştırılan konular; hemşireler tarafından verilen emzirme eğitimi ve emzirme danışmanlığının emzirme üzerine etkileri (%25), farklı gruplarda (adölesan, obez, sezaryen doğum yapan, vb.) emzirme öz yeterliliği ve emzirme başarısı (%23.07), emzirme öz yeterliliğini etkileyen faktörler (%15.4) ve emzirme ile ilgili ölçeklerin Türkçe’ye uyarlanma çalışmalarıdır (%7.7). Bu çalışmaların sadece biri babalar ile yapılmış olup, diğer bütün çalışmalarda anneler çalışmaya dahil edilmiştir.

Sonuç:

Araştırma sonuçlarına göre; hemşireler tarafından verilen emzirme eğitimi ve danışmanlığının annelerin emzirme özyeterlilik algısını, emzirme başarısını, emzirmeye yönelik olumlu uygulamalarını arttırdığı, sadece anne sütü ile beslenme süresini uzattığı, doğum sonu depresyon riskini düşürdüğü ve yaşam kalitesini yükselttiği belirlenmiştir. Emzirme eğitimlerine ve emzirme danışmanlığına gebelik döneminde başlanması ve bu eğitimlere babalarında dâhil edilmesinin önemli olduğu vurgulanmıştır. Emzirme öz yeterliliğinin anne bebek bağlanması, uyku düzeni, eşler arasındaki ilişki, evlilik uyumu, doğum sonu konfor, annenin sosyal desteği gibi faktörlerden etkilendiği saptanmıştır. Ayrıca farklı gruplardaki bireylerin ihtiyaçlarının belirlenmesi ve bu ihtiyaçlara göre emzirme danışmanlığının planlanması gerektiği belirtilmiştir.

Emzirme konusundaki lisansüstü tez çalışmalarının büyük çoğunluğunun hemşireler tarafından yürütülmüş olması, hemşirelerin bu konuda önemli rolü olduğunu ortaya koymaktadır. Bu konuda kanıtların geliştirilmesi için hemşirelik alanında randomize kontrollü çalışmaların artırılması ve babaların da çalışmalara dahil edilmesi önerilmektedir.

Anahtar kelimeler: Emzirme, hemşirelik, bebek beslenmesi.

Aim:

This study was conducted to examine the postgraduate nursing theses done on breastfeeding in the last five years in Turkey.

Method:

To collect the study data, the literature was reviewed, and then a search was performed on the Higher Education Council National Thesis Center Database using “breastfeeding” and “nurse” keywords. At the end of the review, 52 graduate theses were identified, and the tag information about these theses was obtained.

Findings:

The review of all branches of science on the National Thesis Center Database revealed that 44.1% of the theses about breastfeeding were conducted in the field of nursing. Of the theses carried out in the field of nursing, 44 were master's theses, and 8 were doctoral theses. Also, 51 of these studies were found to employ quantitative methods, while 1 used qualitative methods. Besides, 18 of the theses using quantitative methods were quasi-experimental / experimental, 28 were descriptive/cross-sectional, 4 were methodological, and 1 was case-control studies. Most frequently studied topics were effects of nursing education and nursing counseling on breastfeeding (25%), breastfeeding self-efficacy and success in breastfeeding in different groups (adolescents, obese, caesarean section, etc.) (23.07%), factors affecting breastfeeding self-efficacy (15.4%), and the Turkish adaptation studies of breastfeeding-related scales (7.7%). Only one of these studies was conducted with fathers, while the rest included mothers.

Conclusion:

According to the results of the study, the breastfeeding training and counseling given by nurses were determined to increase mothers' perception of breastfeeding self-efficacy, breastfeeding success, and positive practices for breastfeeding, to prolong the duration of feeding with only breast milk, to decrease postpartum depression risk, and to enhance the quality of life. Starting breastfeeding training and breastfeeding counseling during pregnancy and also including fathers in these training programs were emphasized to be important. Breastfeeding self-efficacy was determined to be influenced by factors such as mother-infant attachment, sleep patterns, the relationship between spouses, marital adjustment, postpartum comfort, and mother's social support. Moreover, the study emphasized that the needs of individuals in different groups should be identified and breastfeeding counseling should be planned according to these needs.

The fact that the majority of the postgraduate theses on breastfeeding were carried out by nurses shows that nurses play an important role in this area. To develop evidence on this topic, it is recommended that randomized controlled studies in the field of nursing should be increased and that fathers should be included in the studies.

Keywords: *Breastfeeding, nursing, infant nutrition*

INTRODUCTION

Breast milk is the most suitable nutrient that contains all the nutrients needed for the growth and development of the newborn. Breastfeeding and feeding with breast milk that has high bioavailability have numerous benefits for maternal and infant health (...). According to the 2018 TNSA data, 98% of newborns were breastfed for some time, 71% were introduced to breastfeeding within the first hour, and 42% were given another nutrient before breastfeeding (1). Also, the rate of breastfeeding during the first six months was reported to be still very low. According to these data, breastfeeding is an issue that needs to be primarily addressed in our

country (1). Nurses have an active role in the initiation and maintenance of breastfeeding with their caregiver, treatment, information, training, and consultancy provider, advocacy, and researcher roles. The analysis of scientific theses in the field of nursing is important to reveal how much nurses deal with breastfeeding, which subjects are examined in the field of nursing, and which aspects of breastfeeding should be addressed. This study aimed to examine the postgraduate theses about breastfeeding in the field of nursing in our country and was thought to guide other studies to be conducted in this area.

METHOD

To collect data, first, the literature was reviewed, and then the Higher Education Council National Thesis Center Database was searched using “breastfeeding” and “nurse” keywords. At the end of the study, 52 theses conducted in the Nursing between 2014- (October) 2019 were determined, and the tag information about these theses was obtained. The tag information of all of the theses was adequate, and the full text copy of 45 of them was reached. Since the full text of 7 was not reached, the abstract was used. Since sufficient information was reached in the summary part, it was included in the study. Five theses were made in the midwifery department but were included in the study as they were recorded in the database as nursing.

RESULTS

The review of all theses on the National Thesis Center Database conducted on breastfeeding revealed that 44.1% of the theses were conducted in the field of nursing. The remaining theses were carried out in the field of medicine and nutrition and dietetics. Of the theses conducted in the field of nursing, 84.6% (44) were master's theses, and 15.4% (8) were doctoral theses. Also, 51 of the theses were found to use quantitative methods (98.1%), while 1 (1.9%) employed a qualitative method. On the other hand, 18 of the theses using quantitative methods were quasi-experimental / experimental (35.3%), 28 were descriptive/cross-sectional (54.9%), 4 were methodological (7.5%), and 1 (2.3%) was case-control study. The examination of the top five topics in the theses indicated that the effects of nursing training and breastfeeding counseling on breastfeeding ranked first in the list (25%). In the theses carried out, the breastfeeding training and counseling given by nurses were determined to increase mothers' perception of breastfeeding self-efficacy, successful breastfeeding behaviors, positive practices for breastfeeding, the duration of feeding with only breast milk, and the life quality of mothers, and to decrease postpartum depression risk. Starting breastfeeding training and breastfeeding counseling during pregnancy and continuing them in the postpartum period, planning the content of the training according to individual needs, and also including fathers in these training programs were emphasized to be significant. The second most studied topic in the theses was breastfeeding self-efficacy and success in breastfeeding in different groups (adolescents, obese, cesarean section, etc.) (23.07%). The theses revealed that breastfeeding success of overweight and obese mothers and breastfeeding self-efficacy of mothers with preeclampsia were low, primiparous mothers in risky age group discontinued breastfeeding earlier, and that breastfeeding time was delayed and breastfeeding problems were experienced more in women receiving oxytocin induction. These studies also emphasized that the needs of individuals in different groups should be identified and breastfeeding counseling should be planned accordingly.

The third most studied topic in the theses was determined to be the factors affecting breastfeeding self-efficacy (15.4%). The results of the study indicated that as mother-infant attachment, sleep order, the relationship between spouses, marital adjustment, postpartum comfort, early skin-to-skin contact, and social support of the mother increased, breastfeeding self-efficacy increased as well. On the other hand, fatigue in mothers in the postpartum period

was reported to not affect breastfeeding self-efficacy. Finally, Turkish adaptation studies of breastfeeding scales were conducted (7.7%). One of the theses was conducted with fathers, while the rest 51 were found to include mothers.

DISCUSSION

Breastfeeding is not a process that relates to only the mother and the baby. To initiate and sustain successful breastfeeding, mothers should be supported by the family, society and health care team during pregnancy and in the postpartum period. Nurses play a key role in the initiation and maintenance of breastfeeding among the healthcare team. Breastfeeding training and counseling given by nurses during pregnancy, childbirth, and the postpartum period have positive effects on successful breastfeeding behaviors. Breastfeeding training and counseling provided by nurses have an important role in the protection, promotion, and maintenance of maternal and infant health (1-13).

Breastfeeding self-efficacy of mothers affects breastfeeding success positively. Breastfeeding competence affects the decision of the mother about breastfeeding, efforts to breastfeed, and her thoughts about breastfeeding. Therefore, it is important to determine the breastfeeding self-efficacy of mothers and the factors that affect it. The handling of this issue by nurses is considered to be significant (14-25).

The sample in only one of the thesis consisted only of men. There are very few studies primarily addressing fathers (26). The inclusion of fathers in the breastfeeding process is important. The contributions of theses in the field of nursing to the literature are great (28-53). But there are some aspects that need improvement. The majority of the theses conducted on breastfeeding in the field of nursing in the last five years have been descriptive. Randomized controlled studies are needed in the field of nursing. According to the 2018 TNSA data, our rates for breastfeeding in the first six months are very low. However, this issue has been addressed indirectly in studies carried out in the last five years, but there has not been a study directly investigating the reasons for the low rate and offering a solution. It is suggested that in the new thesis studies on breastfeeding, studies dealing with this problem and producing solutions should be conducted.

CONCLUSION

In conclusion, it can be said that breastfeeding is an important area of interest in nursing research, almost half of the thesis studies on breastfeeding have been carried out by nurses and that nurses give importance to breastfeeding. Also, studies reveal that nurses play an important role in the development of breastfeeding. It is recommended that randomized controlled studies in the field of nursing should be increased and that fathers should be included in the studies so that evidence on this topic can be developed.

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