

# **THE RELEVANCE OF BREASTFEEDING TO 21ST CENTURY MOTHERS**

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## **ABSTRACT**

The study adopted explanatory research design, the research strategy used was cross-sectional survey, the research approach used was qualitative research approach, the source of data collection was primary source, the method of data collection was research, the population of the study was 8 authors, sampling design were surveyed papers published by academic journals and papers published at the various websites. The thesis statement of the study was "The relevance of breastfeeding to 21st century mothers". The background of the study was brief introduction to breastfeeding and the objectives of the study were achieved. With the literature review the study considered what other authors had written about the subject under study. The study found out the Importance of breastfeeding to babies, mothers, the composition of breasts, breast milk, functions of breasts, nipples, causes of large breasts, breasts sagging, significance of breasts sucking by adult males, breasts development, found out if breastfeeding caused breasts sagging, problems associated with large breasts; the danger of refusing to breastfeed babies.

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**KEY WORDS:** Relevance, Breastfeeding, Century, Mothers, Breasts, Development, Large, Causes, Sagging, Composition, Functions, Babies, Associated, Adult, Males, Nipples, Study

## **BACKGROUND OF THE STUDY**

### **Introduction**

Breastfeeding is the act of giving breast milk to a baby by a nursing mother directly from her breast. American Academy of Pediatrics and American College Of Obstetricians and Gynecologists recommend nursing mothers to breastfeed their babies for 6 months without formula, juice or water. After giving food to a baby, they recommend them to breastfeed their babies throughout the babies' first year of life. How nursing mothers ought to breastfeed their babies depends on the demand of babies. This will affect the baby's growth but the decision to breastfeed their babies depends on the mothers (webmd,n.d).

## **OBJECTIVES OF THE STUDY**

To find out the importance of breastfeeding to babies

To find out the importance of breastfeeding to mothers

To find out the composition of breasts

To find out Importance of breast sucking by adult males

To find out the functions of nipples

To find out causes large breasts and breasts sagging

To find out composition of breast milk

To find out if Breastfeeding causes breasts sagging

To find out how breasts development and the functions of breasts

To find out problems associated with large breasts

## **IMPORTANCE OF BREASTFEEDING**

### **TO BABIES**

- The breast contains all the food nutrients in the right proportions.
- It protects the baby from getting infections like ear infections.
- It is easily to be digested and prevent constipation, diarrhea or stomach upset.
- It prevents the baby from getting disease such as diabetes
- Breast milk protects the baby from infections, allergies, chronic diseases, childhood cancer; sudden infants death syndrome.

- Breastfeeding creates eye-to-eye contact and build strong bond between the mother and the baby.
- Breastfeed babies have high IQ.

## **TO MOTHERS**

- Breastfeeding reduces stress and creates positive mood.
- It assists in post-pregnancy recovery.
- It prevents obesity, osteoporosis, breast and ovarian cancer.
- As the babies grow, they gain healthier weight
- It makes mothers to loss weight faster after birth about 500 calories a day to build and to produce milk.
- It stimulates the uterus to contract and return to normal size.
- It minimizes postpartum bleeding
- It prevents urinary tract infections
- It saves the mothers from getting anemia.
- It prevents postpartum depression

**THESIS STATEMENT:** The problem statement of the study was "The relevance of breastfeeding to 21st century mothers". The study found out the importance of breastfeeding to babies, mothers,, the composition of the breast,

composition of the breast milk, development of the breast, functions of the breast, significance of breast sucking by adult males, functions of the nipples, causes of large breasts, causes of breasts sagging, found out if Breastfeeding causes sagging, problems associated with large breasts; the danger of refusing to breastfeed babies.

## **DANGER OF REFUSING TO BREASTSFED BABIES**

- Babies are prone to diseases like diarrhea, pneumonia
- Suffer from malnutrition
- High rate of death
- Lack of natural protection from illness

## **DEVELOPMENT OF BREASTS**

Women's breasts begin to develop during puberty and coincide with the beginning of menstruation. It is part of women and girls growth and play main role in body image. Women become worried and anxious of their breasts size but many girls think that their breasts are small and others are worried about their large breasts. With respect to the development of breasts, milk ducts expand but estrogen hormone release into the body causes breasts to develop. The breasts start to grow from 5years to 6years during puberty. The breasts can

reduce in size when a woman put on weight and becomes pregnant. The development of breasts depend on a lot of factors such as nutrition and genetics (India,2017).

## **COMPOSITION OF BREAST MILK**

The breast milk consist of water, carbohydrates, lipids and proteins. The water in the breast milk is 90 percent and the carbohydrates in the breast milk is milk sugar called lactose and oligosaccharides. The lipids in the breast is 4 percent of breast milk but the lipids are the main source of energy. Cholesterol; important fatty acids like DHA. These nutrients are vital for the development of the baby's brain, nervous system and vision. Proteins in the breast milk makes easy for babies to digest and the proteins are needed in every stages of life cycle for humans to live (verywellfamily,2020).

## **COMPOSITION OF THE BREAST**

Women's breast is a tissue lying on the pectoral muscles. Women's breasts consist of specialized tissues known as glandular tissue that produce milk and the breast is also made up of fatty tissue. The proportion of the fat determines the size of the breast. The milk-producing part of the breast is 15-20 sections called lobes. In each lobes are smaller structures called

lobules which produce milk. The milk passes through network of tiny tubes called ducts. The ducts link and become larger ducts. The dark part of the skin covering the nipple is known as areola. Connective tissue and ligaments hold the breast and give shape to the breast. Nerves give sensation to the breast and the breast contains blood vessels, lymph vessels and Lymph nodes (webmd,2021).

## **FUNCTIONS OF BREASTS**

Women's breasts produce milk for breastfeeding. They enhance sexual pleasure. At the time of pregnancy the hormone "Prolactin" stimulate milk production and the hormone oxytocin is responsible for the release of milk from the glands (medicaltoday,2021).

## **LITERATURE REVIEW**

There are countless papers which educate the public about breastfeeding but the study investigated into the relevance of Breastfeeding to 21st century mothers. Because of this, the study considered authors who have written papers concerning the subject under study. In reference to ([www.who](http://www.who)) a paper entitled "Breastfeeding" states that Breastfeeding is one of the means to ensure the health and survival of a child. About 2 out of 3 infants were not Breastfeeding for 6

months. This rate has not progressed about 2 decades. Breast milk is a nutritious food for infants because it is safe, clean and contains antibodies which protect them from childhood diseases. Breastfeeding children are good at intelligent tests. Breast milk gives infants energy and nutrients for the first months of their lives and provides them nutritional needs in the second half of the first year up to one third during the second year of their lives. In reference to (cdc.gov) an article written entitled "What are the benefits of breastfeeding?" stated the benefits of breastfeeding to infants and mothers. The importance Breastfeeding to infants are:

- Breastfeeding prevents Asthma
- It protects them from getting type 1 diabetes
- It saves them from severe lower respiratory diseases
- It hinders gastrointestinal infections

Significance of Breastfeeding to mothers:

- Breastfeeding protects mothers from getting type 2 diabetes
- It save them from getting high blood pressure

With respect to the views of the above mentioned authors, the study investigated

into Importance of Breastfeeding to babies, mothers, breasts development, composition of the breasts milk, the breasts, functions of breasts, nipples, causes of large breasts, significance of breasts sucking by adult males, causes of sagging, found out if Breastfeeding causes sagging; problems associated with large breasts.

## **SIGNIFICANCE OF BREASTS SUCKING BY ADULT MALES**

Women's breasts are stimulated when they are touched because they contain hypersensitive nerve endings. The women's breast increase adult's immunity. When a woman's breast is sucked for a long time, it increases her heart beat rate to 110 beat per minute. That is very good exercise for the heart. It improves blood flow in the skin and helps women to reach orgasm in order to enjoy sex. It improves cross immuno-therapy resulting in the production of antibodies that prevent viruses. At the time of sucking the breast the breathe of a woman is more faster than 60 times per minute which prevents lungs diseases. According to research sucking and massaging the breast reduce the chances of getting breast lumps which develops into cancer. It assists the flow of hormones and hinders lumps in the breast (gbcghanaonline,2019).

## **FUNCTIONS OF NIPPLES**

The nipples of women produce milk out of the ducts in the breast to babies and the nipples are the erogenous zone. The stimulation of the nipples send sensation to the brain like clitoris of the vagina is stimulated. Many women experience orgasm when their nipples are stimulated. Stimulation of the nipples induce labor when women are about to give birth. In 2005 studies proved that a number of women did not experience labor. 63 percent of stimulated pregnant women never went through labor compared to 94 percent of unstimulated pregnant women.

## **CAUSES OF LARGE BREASTS**

Large breasts are caused by two factors namely, genetic and environmental factors. Changes in hormones during pregnancy and when breasts begin to produce milk can make breasts to become large. Large breasts are created by condition called gigantomastia (cadoganclinic,n.d). When estrogen and hormonal levels increase, they cause large breasts. Excessive fat in the breasts because of weight gain and remain in the breasts after weight loss (parvaplasticsurgery,2020).

## **CAUSES OF BREAST SAGGING**

Female breasts consist of fat and ligaments but lack muscles tissue. Because of this, no exercise can strengthen the breasts. The following are the causes of breasts sagging:

**Aging:** When a woman grows old, the ligaments that make up the breasts tissue loss elasticity. The breasts lose elasticity because they lack supportive system of tissue and fat diminishes. This is clearly seen during menopause stage.

**Gravitational pull:** Gravitational pull has effect on women with large breasts.

**Lack of proper supportive:** If women are not wearing a well fitted supportive bra, it causes the breast to stretch.

**Smoking:** The carcinogens in cigarettes makes the skin elasticity to break.

**Sunburn:** Ultraviolet Rays destroys the skin and causes loss of breasts elasticity.

**Weight gain:** Changes in body weight makes the breasts to stretch.

## **DOES BREASTFEEDING CAUSES BREAST SAGGING?**

Breastfeeding never affect the shape and volume of the breast. The ligaments that sustains women's breasts stretch when a

woman becomes pregnant as the breast get heavier. After pregnancy, when a woman fails to breastfeed, the stretch of the ligaments creates breast sagging.

## **PROBLEMS ASSOCIATED WITH LARGE BREASTS**

Women who have large breasts experience problems due to the weight and size of their breasts such as chronic neck and back pain, headache, nerve pain, poor posture, psychological issues upper and lower back pain (spineuniverse,n.d). Other problems like numbness in the fingers, hands and arms, inability to do exercise, shortness of breath, migraine headaches, shoulder pain and wearing large dress (ebergcosmeticsurgery,n.d).

## **METHODOL OGY**

### **Introduction**

This chapter covers research design, research strategy, research approach, sampling design, population of the study, the source of data collection and the method of data collection. The research design used for the study was explanatory research design because the study provided details information about how the objectives of the study were achieved. The study used cross-sectional survey as a research strategy in the sense that the study surveyed various papers published

concerning the subject under study. The study used qualitative research approach. Through this, the study found out the relevance of breastfeeding to 21st century mothers. The population of the study, sampling design, the source of data collection and the method of data collection were thoroughly examined.

**SAMPLING DESIGN:** The study examined papers published by academic journals and papers published at the various websites.

**POPULATION OF THE STUDY:** The study chose 8 authors as a case study. Authors who had published papers about the subject under study.

### **THE SOURCE OF DATA**

### **COLLECTION AND THE METHOD OF DATA COLLECTION**

The source of collecting data for the study was primary source and the method of data collection was research.

### **SUMMARY OF FINDINGS, CONCLUSION AND RECOMMENDATION**

### **SUMMARY OF FINDINGS**

The study found out that breastfeeding was important to babies and mothers. The study found out the composition of the breast, breast milk, causes of large breasts,

functions of the breast, nipples and the significance of breast sucking by adult males, breasts development, found out if Breastfeeding causes sagging, problems associated with large breasts and the danger of refusing to breastfeed babies.

**CONCLUSION:** The study discovered that breastfeeding was important to both mothers and babies.

## RECOMMENDATIONS

**Education:** Nurses should teach mothers to know and understand the need to breastfeed their babies. They must educate them to be aware that breastfeeding is healthy to their bodies.

**Sex education:** Nurses and Doctors ought to create platform for married couples to educate them to understand the need to play on their wives' breasts before sexual intercourse.

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