Abstract:

This Bachelor thesis is focused on the breastfeeding and its issues. This thesis includes theoretical and practical part.

The aim of the theoretical part is to widen the educaion of the public and the valid information about breastfeeding. This part consists of the anatomy of breast and physiology of lactation, emphasizes the value of breastfeeding for mother, baby and the whole society and also the Agenda for Sustainable Development 2030 is mentioned. It also recommends the ideal nourishment of breastfeeding women, describes the rules and correct techniques of breastfeeding, specifies the ideal growth and progress of the baby. It decribes the main complications during breastfeeding and offers their solution. It offers also the alternatives of nourishment and rules for its uses. It shows the support of breastfeeding and sums up the results of foreign studies about socioeconomical status and its influence on the length of breastfeeding.

The practical part follows the theoretical part and research the influence of socioeconomical status on ways and length of breastfeeding. The set hypothesis presumed that there will be no difference in the form of breastfeeding depending on the education of women in the period of 14th day, 1st month, 3rd month and 5th month of baby's life. With those set aims and hypothesis data were collected. Socioeconomical status is set by the grade of education, the women were divided into 3 groups. By 4 electronic questionnaires the period of the first 5 months from the birth of the child was mapped.

The data were collected by Microsoft Excel and were analyzed by software SPSS 26. The differences between those groups were separately observed in contingency table 3x3 with the help of Chi-square and proportional z-test in each followed time period.

Although the difference in the form of breastfeeding between individual groups of women is also evident in the period of the 14th day and the 1st month after childbirth, it is statistically significant only in the 3rd and 5th month. The main result is that in the period of 3rd and 5th month there were significantly less exclusively breastfeeding mothers (thus significantly more non-breastfeeding mothers) with elementary school and high-school education without maturita than mothers with high-school education with maturita or a university degree. The women with elementary school or high school without maturita show up as a risk group for full breastfeeding in the period of 3rd nad 5th month after the childbirth. On this basis, it is appropriate to put certain interventions into practice and pay more attention to this group of women.

The goal of the Bachelor thesis was fulfilled. Half of the hypotheses were confirmed and the other half refuted. Due to the initial research set with a low number of respondents and certain limitations of the Bachelor's thesis, it is not possible to draw completely clear conclusions. Therefore, the following results serve primarily as a call for more extensive and detailed research.

Keywords:

breastfeeding, socioeconomical status, education, breastfeeding support, breastfeeding duration