

Scoping Review: Antenatal Knowledge on Breastfeeding Preparation Among Pregnant Women

Desiy Fitriani^{*1}, Siti Rukmana²

^{1,2} Sekolah Tinggi Ilmu Kesehatan Al-Ma'arif Baturaja, Indonesia

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ABSTRACT/ ABSTRAK

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ABSTRACT. Pregnant women play a vital role within the community in assessing the factors that influence future breastfeeding success. Breast milk is the most optimal source of nutrition for infants and provides significant health benefits for both mother and child. According to the World Health Organization (WHO), exclusive breastfeeding is recommended for the first six months of life, followed by the introduction of complementary foods between five and seven months. However, breastfeeding practices often do not align with these recommendations. A mother's success in exclusive breastfeeding is strongly influenced by family support, which can significantly enhance her confidence. Objective: This study aims to analyze breastfeeding patterns among primiparous mothers in order to improve the forms of support provided to them. Methods: This scoping review was conducted using the framework developed by Arksey and O'Malley. Results: Based on five selected articles, two used cross-sectional designs, one was a descriptive study, one used qualitative data, and one employed Chi-square analysis. The findings revealed that comprehensive prenatal knowledge significantly improves maternal self-efficacy in the breastfeeding process. Conclusion: Pregnant women's knowledge and attitudes toward breastfeeding remain insufficient, as does their intention to breastfeed optimally. These findings highlight the need for culturally tailored interventions to improve knowledge, attitudes, and intentions regarding breastfeeding, thereby supporting better future breastfeeding practices for their children.

Kata kunci:

Pengetahuan, Sikap, Ibu
Hamil, Menyusui

ABSTRAK. Ibu yang sedang hamil menjadi bagian penting dari komunitas dalam menilai faktor-faktor yang berpengaruh terhadap keberhasilan menyusui di masa mendatang. ASI adalah sumber nutrisi paling optimal untuk bayi, sekaligus memberikan manfaat signifikan bagi kesehatan ibu dan anak. Berdasarkan rekomendasi WHO, ASI eksklusif sebaiknya diberikan hingga bayi berusia enam bulan, lalu dilanjutkan dengan MPASI pada usia 5–7 bulan. Sayangnya, praktik menyusui sering kali tidak sesuai dengan rekomendasi tersebut. Keberhasilan ibu dalam menyusui secara eksklusif sangat dipengaruhi oleh dukungan keluarga yang dapat meningkatkan keyakinan diri ibu. Tujuan Penelitian: Studi ini dilakukan untuk menganalisis pola menyusui pada ibu primipara guna meningkatkan bentuk dukungan yang diberikan. Metode: Penyusunan scoping review menggunakan *framework* dari Arksey dan O'Malley. Hasil: Berdasarkan 5 artikel terseleksi 2 dengan desain *cross-sectional*, 1 Studi deskriptif, 1 Data kualitatif, dan 1 *Chi-square*. Hasil penelitian Pengetahuan komprehensif sebelum persalinan secara signifikan meningkatkan efikasi diri ibu dalam proses menyusui. Simpulan: Pemahaman dan sikap ibu hamil terhadap menyusui masih tergolong kurang memadai, begitu pula dengan niat mereka untuk menyusui secara optimal. Kondisi ini menunjukkan pentingnya pengembangan intervensi yang sesuai dengan konteks budaya guna meningkatkan pengetahuan, sikap, dan niat menyusui, sehingga praktik menyusui di masa depan dapat lebih baik bagi anak-anak mereka.

Corresponding Author:

Desiy Fitriani

Sekolah Tinggi Ilmu Kesehatan Al-Ma'arif Baturaja, Indonesia

Email: desiyfitriani123456@gmail.com

INTRODUCTION

Babies should receive exclusive breastfeeding for the first six months according to Health recommendations (Abebe et al., 2022). The MDGs include two targets that are closely related to midwifery practice, namely reducing maternal mortality rates and improving maternal welfare (Kartini dan Hikmah, 2024). Proper breastfeeding is one of the most effective public health interventions globally to ensure optimal infant health and growth (Abebe et al., 2022). Breastfeeding has long-term impacts, one of which is reducing the risk of being overweight and type 2 diabetes mellitus (Oberfichtner et al., 2023). The benefits include reducing a child's likelihood of developing serious illness and its severity, as well as the highest potential for saving lives, by preventing hundreds of thousands of infant deaths and the majority of child deaths worldwide (Abebe et al., 2022). Providing colostrum to babies plays an important role in forming an optimal immune system, thereby reducing the risk of illness and death in babies (farida.2024). Inappropriate infant feeding patterns can have a negative impact on the child's health and nutritional condition, especially in the first year of life (Abebe et al., 2022).

The success of breastfeeding is properly influenced by a number of psychosocial aspects such as the mother's knowledge, attitude and commitment to breastfeeding (Abebe et al., 2022). Although current rates of early initiation and exclusive breastfeeding are high compared to overall global rates, both are still below the 2020 national targets of 90% and 72%, respectively (Abdulahi et al., 2021). Women's knowledge and attitudes about feeding babies are usually formed over a long period of time, as a result of passive learning in social, cultural and environmental interactions in which they grow up (Abebe et al., 2022). Several studies have revealed that common reasons for early termination of breastfeeding include cracked nipples, pain during breastfeeding, and the perception that milk production is insufficient (Oberfichtner et al., 2023). Breastfeeding intention is seen as a key factor influencing a woman's breastfeeding behavior. In general, health behaviors, including breastfeeding practices, are less likely to occur without the desire or determination to do so (Abebe et al., 2022). Understanding the level of knowledge and attitudes of mothers, as well as the underlying factors, is essential for developing contextual interventions to improve effective breastfeeding practices (Abdulahi et al., 2021). Between the ages of 6 months and 1 year, breast milk remains the main source of energy and nutrition, contributing around 50%, and around 33% in the second year, because its nutritional content is superior to MPASI (Oberfichtner et al., 2023). Determining the intention to breastfeed in prospective mothers usually occurs before the pregnancy process begins, in accordance with the social and cultural values that they have adhered to since the beginning (Abebe et al., 2022). Lack of understanding about the importance of breastfeeding causes some women to be reluctant or not to practice breastfeeding (Abdulahi et al., 2021).

Several studies have highlighted aspects of knowledge, attitudes, and intentions regarding breastfeeding among pregnant women worldwide (Abebe et al., 2022). This recommendation is based on research evidence showing that exclusive breastfeeding significantly reduces child morbidity and mortality compared to partial or complete breastfeeding (Oberfichtner et al., 2023).

RESEARCH METHOD

Scoping review is an approach used to map literature or information sources that are relevant to a research topic, covering various research designs and methods (Arksey and O'Malley, 2005). In preparing a scoping review, there are several important steps that researchers need to take. Referring to the framework of Arksey dan O'Malley (2005). These stages include: Formulating research questions that are in line with the objectives of the study to be conducted, Tracing and identifying relevant literature sources from various databases or trusted references, Carrying out a selection process for the literature that has been collected based on its suitability to the research topic, Organizing and mapping information from the selected literature, to see existing patterns or trends, Writing and presenting the results of the analysis of the literature that has been analyzed systematically, Consulting with experts or competent parties, to ensure the accuracy and relevance of the study being conducted.

Identify scoping review questions

The initial step in a scoping review is to formulate a research question aligned with the study's objectives. At this stage, researchers develop a primary question that will guide the search for articles or literature sources. It is important for researchers to consider key elements in the research question, such as the population, type of intervention or exposure, and expected outcomes, to obtain relevant and high-quality references. In this scoping review, the question framework used is the PEOS (population, exposure, outcome, and setting). Based on the above, the research question is "What is antenatal knowledge about breastfeeding preparation among pregnant women?"

Table 1. PEOS Framework for Scoping Review Question

Component	Description
Population	Pregnant Women
Exposure	Breastfeeding Attitudes, Education, Decisions
Outcome	Knowledge, Breastfeeding, Experience, Perception, Views
Setting	Pregnant Women, Breastfeeding Mothers

Identifying Relevant Literature Sources

In conducting a review, researchers identify relevant articles by establishing 2 criteria, namely inclusion and exclusion.

Table 2. Inclusion and Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
a. Published between 2021 and 2025 (less than 5 years)	a. Report documents/draft policies/guidelines from WHO/certain formal organizations
b. Published in English	b. Articles discussing breastfeeding preparation
c. Articles discussing antenatal knowledge about breastfeeding preparation in pregnant women	c. Articles discussing knowledge of pregnant women
d. Articles discussing antenatal knowledge about breastfeeding preparation in pregnant women	d. Articles discussing breastfeeding success rates

Literature Selection

The scoping review used literature sources obtained through online electronic search engines, namely: 1) Pubmed; 2) Google Scholar. The search was conducted using the initial filter of the text availability checklist “Free full text” and publication date “5 years”; in database 2 using the initial year filter “since 2021”; in database 5 using the initial filter “filter by year from 2021 to 2025”.

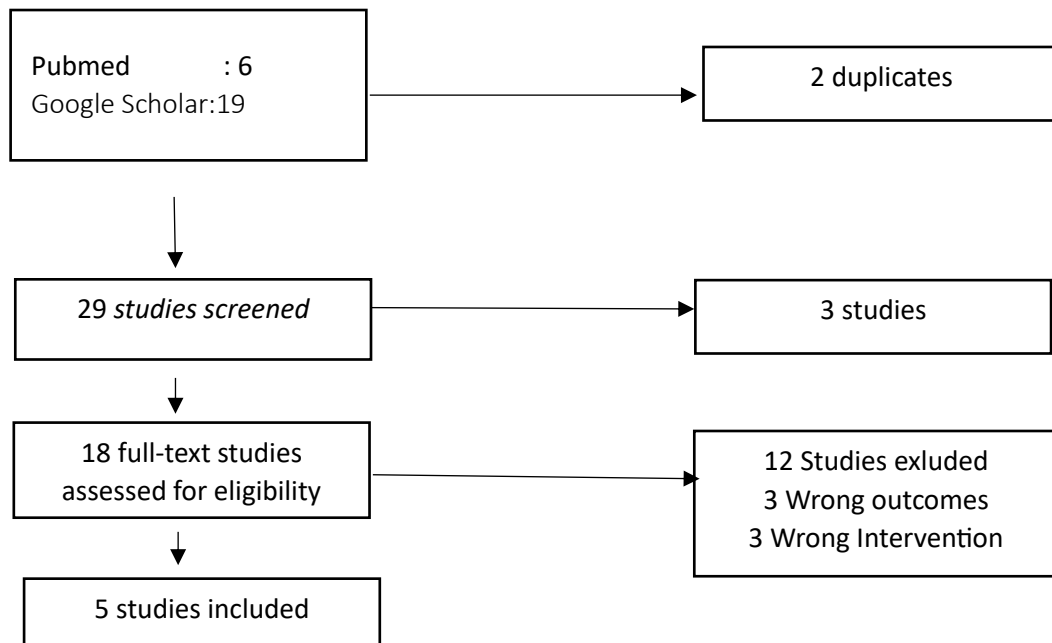


Image 1. Prisma Flowchart

RESULTS

Data Charting

After seven articles were selected, the next step was to chart the data, or group important information from each article. The classified data included the research title, study objectives, research design, methods used, and results obtained.

Tabel 3. Data Charting

No	Title/ Year	Author/ Year	Objective	Types of research	Method	resulth
1	(Abebe et al., 2022)	Levels and Determinants of Prenatal Breastfeeding Knowledge, Attitude, and Intention Among	This study aims to assess the level and determinants of knowledge, attitudes, and intentions of breastfeeding in pregnant women.	cross-sectional	A hospital-based cross-sectional study was conducted with 422 pregnant women from January 18 to February 27, 2022, at Debre Tabor Comprehensive	A total of 422 participants completed the questionnaire and participated in this study. The mean (\pm SD) age of respondents was 30.1 \pm 5.02 years, with an age range of

	Pregnant Women: A Cross-Sectional Study in Northwest Ethiopia		Specialized Hospital (DTCSH) in Northwest Ethiopia. Data were collected through face-to-face interviews with participants selected using a convenience sampling technique.	18 to 51 years. Most participants were Orthodox Christians (408/96.7%), married (412/97.6%), and of Amhara ethnicity (416/98.6%). The largest proportion of respondents had primary education (167/39.6%), and most were housewives (187/44.3%) and urban residents (273/64.3%).	
2	Abdulahi et al. (2021) Determinants of Knowledge and Attitude towards Breastfeeding in Rural Pregnant Women Using Validated Instruments in Ethiopia	to examine the level and determinants of knowledge and attitudes towards breastfeeding using validated instruments in pregnant women in rural Ethiopia.	cross-sectional	A total of 468 pregnant women were interviewed using the Afan Oromo version of the Breastfeeding Knowledge Questionnaire (BFKQ-AO) and the Iowa Infant Feeding Attitude Scale (IIFAS-AO). We standardized breastfeeding knowledge and attitude scores and fitted multiple linear regression models to identify the determinants of knowledge and attitudes.	Most respondents reported low levels of knowledge, and the majority of women expressed neutral attitudes toward breastfeeding practices. These findings can be used by policymakers and program implementers to design educational interventions aimed at improving breastfeeding behavior.
3	Kartini dan Hikmah, (2024) Knowledge Of Pregnant Women In The Third Trimester About The Initiation Of Early Breastfeeding (Iebf)	The aim of this study is to determine whether successful exclusive breastfeeding (ASI) is an early indicator of success. This is crucial given the low rate of exclusive breastfeeding (ASI).	Deskriptif	This research is a descriptive study. The population of this study were third trimester pregnant women who visited the Ngampilan Community Health Center, Wirobrajan Community Health Center, Mergangsan Community Health Center, Tegalrejo	Respondent characteristics show that the majority of pregnant women are within the ideal reproductive age range. The most common educational level is high school. Most mothers have also received information about exclusive breastfeeding. However, these characteristics do not

				Community Health Center and Jetis Community Health Center. The sampling period was in October 2013. Pregnant women who were willing to be respondents of the study were 17 pregnant women at Ngampilan Community Health Center, 15 pregnant women at Wirobrajan Community Health Center, 25 pregnant women at Mergangsan Community Health Center, 26 pregnant women at Tegalrejo Community Health Center and 37 pregnant women at Jetis Community Health Center. The sampling technique used was quota sampling. Thus, the number of samples in this study was 121 third trimester pregnant women.	fully contribute to increased knowledge, as many pregnant women in their third trimester still have limited understanding of exclusive breastfeeding practices.
4	(Kartini dan Hikmah, 2024). Knowledge Of Pregnant Women In The Third Trimester About The Initiation Of Early Breastfeeding (Iebf)	This study aimed to In a prospective questionnaire-based study conducted between 2020 and 2022, primiparous women were asked to complete three questionnaires at three defined survey time points (routine antenatal presentation, postpartum	Kualitatif	In a prospective, questionnaire-based study conducted between 2020 and 2022, primiparous women were asked to complete three questionnaires at three defined survey time points (routine antenatal presentation, postpartum hospitalization, and completion of	A total of 140 mothers participated and returned all three questionnaires. Fifty-eight percent of mothers successfully breastfed their babies exclusively until they were at least 6 months old, while 20% stopped breastfeeding before that age. The main factors leading to early cessation were perceived

		hospitalization, and completion of the sixth month of life).		the sixth month of life).	insufficient milk production and suboptimal infant weight gain. Our results found that women who participated in group antenatal care were more likely to adhere to WHO recommendations for exclusive breastfeeding.
5	Lanyo et al., (2024) Effect of Group Antenatal Care on Breastfeeding Knowledge and Practices Among Pregnant Women in Ghana: Findings from a Cluster-Randomized Controlled Trial	The purpose of this study is to provide antenatal care with the opportunity to educate pregnant women about optimal breastfeeding practices.	Chi-square	A cluster randomized controlled trial in Ghana examined the impact of group antenatal care on breastfeeding knowledge and practices. The study involved 1,761 pregnant women from 14 health facilities in Ghana. The intervention group (N=877) received eight group sessions, while the control group (N=884) received routine individual care. Data were collected at baseline and post-intervention.	Our results found that women who participated in group antenatal care were more likely to follow the recommendations for exclusive breastfeeding developed by WHO.

Data Mapping

Tabel 4. Thematic Mapping of Findings on Antenatal Knowledge and Attitudes toward Breastfeeding

Theme	Sub-Theme
Pregnant women make decisions about breastfeeding	Factor Internal (1) (2) (3)(4) Factor Eksternal (1)(2) (3)(4) (5)
Pregnant Women's Attitudes towards Breastfeeding	Emotional (1) (5) Praktical (1) (2) (3) (4) (5) Informational (1) (2) (4) (5)
Level of Knowledge about Breastfeeding in Pregnant Women	a. Lack of knowledge (1) (2) (5) Lack of understanding from pregnant women (2)(5)

DISCUSSION

Based on the analysis of the seven articles, themes were obtained that can be grouped based on the factors influencing success. In order for exclusive breastfeeding to be implemented optimally, pregnant women need to have an adequate understanding of the practice.

Factors that influence pregnant women in making decisions about breastfeeding

Factor Internal

These internal factors are rooted in the mother herself and can influence her intention, readiness, and success in breastfeeding. A woman enters motherhood with knowledge and attitudes about breastfeeding that have developed throughout her life, and she has generally made decisions about breastfeeding even before pregnancy or birth (Abebe et al., 2022). The pregnancy class is a collaborative learning forum held in groups through face-to-face meetings, with the aim of increasing mothers' knowledge and skills regarding pregnancy, care during pregnancy, the birth process, the postpartum period, newborn care, as well as understanding of myths, infectious diseases, and the importance of birth certificates (Kartini dan Hikmah, 2024).

These external factors

Can either support or hinder breastfeeding practices. One component of antenatal care (ANC) services is the delivery of Communication, Information, and Education (KIE), which is carried out by midwives (Faridah 2024). yang berkontribusi terhadap masalah ini termasuk konseling menyusui yang tidak memadai selama kehamilan (Lanyo 2024).

Pregnant Women's Attitudes Toward Breastfeeding

Emotional

Emotional factors represent a critical dimension in shaping pregnant women's attitudes toward breastfeeding practices. Several studies indicate that one of the primary reasons for early cessation of breastfeeding is the perception of insufficient breast milk supply. Biologically, some women indeed face challenges in producing an adequate volume of breast milk, which directly affects the continuation of breastfeeding (Eldomiaty et al., 2025). This study reported that approximately 28.6% of mothers experienced issues related to insufficient breast milk supply, making it a key obstacle in achieving successful breastfeeding. Furthermore, biological factors such as advanced maternal age, high body mass index (BMI), and limited pre-pregnancy breast volume and development were also found to be associated with low milk production (Jin et al., 2024). These findings suggest that, in addition to emotional factors, biological conditions significantly influence mothers' perceptions and attitudes toward their breastfeeding capabilities.

Practical

The decision to breastfeed is a personal choice formed by a mother's understanding of its benefits, along with her experiences and perceptions during pregnancy. However, misperceptions, particularly related to Perceived Insufficient Milk Supply (PIM), have emerged as a major barrier to successful breastfeeding. Nurhayati and Fikawati (2020) reported that 83.1% of mothers experienced PIM, despite objectively having an adequate breast milk supply. This indicates that subjective perceptions are often inconsistent with the

actual physiological condition. Similar findings were presented by Morrison et al. (2019), who affirmed that PIM is the most common reason for early termination of breastfeeding. Although biological challenges must be acknowledged, educational and psychological support interventions are essential to correct misconceptions and enhance maternal confidence in breastfeeding.

Informational

The level of knowledge among pregnant women regarding breastfeeding practices varies significantly and is influenced by various demographic and social factors. Studies have shown that approximately half of the mothers possess adequate knowledge, although this knowledge is significantly associated with the mother's employment status (Indrasari et al., 2024). Non-working mothers tend to have more time and access to information, making them better prepared to adopt optimal breastfeeding practices. In contrast, working mothers often encounter time constraints and limited resources, posing challenges in accessing breastfeeding education (Bautista-Justo et al., 2024).

Other influential factors such as maternal age, parity, and the frequency of antenatal care visits also demonstrate strong associations with breastfeeding attitudes. Older mothers and those with previous breastfeeding experience generally exhibit more positive attitudes toward breastfeeding (Afroz et al., 2024). Regular antenatal care visits offer opportunities for healthcare providers to deliver educational messages that reinforce mothers' understanding and attitudes toward breastfeeding (Srivastava et al., 2024). Adriati and Hidayati (2025) emphasized the importance of comprehensive and continuous breastfeeding education in fostering positive attitudes and supporting effective breastfeeding practices.

Moreover, sociodemographic factors including educational attainment, economic status, and access to breastfeeding education services play a vital role in shaping maternal attitudes and behaviors. A multifaceted approach that integrates education tailored to mothers' characteristics, the provision of workplace lactation facilities, and supportive maternity leave policies holds great potential in enhancing breastfeeding success across diverse population groups (Indrasari et al., 2024; Afroz et al., 2024).

Level of Knowledge About Breastfeeding Among Pregnant Women

Lack of Knowledge

The majority of pregnant women in rural areas in this study demonstrated low levels of knowledge regarding breastfeeding. Therefore, interventions focusing on increasing awareness and understanding of breastfeeding are necessary to encourage mothers to practice it.

Lack of Understanding Among Pregnant Women

Although breastfeeding is a decision made by each individual woman, it is strongly influenced by various factors, such as their level of knowledge and attitudes toward the benefits of breastfeeding.

CONCLUSION

Group-based antenatal care has the potential to serve as an effective intervention to improve the quality of breastfeeding practices. Most pregnant women have a strong desire to breastfeed and to follow WHO guidelines, as well as a good understanding of the benefits of breastfeeding. Comprehensive prenatal knowledge, a good level of education, and postpartum midwifery support positively influence the initiation and continuation of breastfeeding.

To improve breastfeeding practices, additional consultation sessions during pregnancy focused on breastfeeding, with the involvement of expectant fathers, may be considered. Easy access to information, along with clear, understandable, and consistent messaging, is essential. It is also important to strengthen postpartum breastfeeding support by establishing a structured system for long-term guidance. In addition, efforts should be made to enhance social acceptance of breastfeeding in order to address the concerns, barriers, and fears often experienced by women, thereby enabling longer breastfeeding durations.

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