ASSESSMENT OF KNOWLEDGE AND ATTITUDE OF MOTHERS AND SIGNIFICANT OTHERS ON BREASTFEEDING IN TAGUIG PATEROS DISTRICT HOSPITAL: BASIS FOR ENHANCED HEALTH EDUCATION PROGRAM

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Purpose of the Study
Breastfeeding is not merely providing food but it is a time for comfort and nurturing. It unique process for women, but a father's first job is to support. Health Education is care of not only the individual, but also the care of his/her significant others such as his/her family member. Helping the client and his or her significant others to attain; and maintain an optimal health and quality of life. They provide strategies in enhancing the individuals' health and also contribute in the improvement of the health of the community.

Methods
The study was conducted among breastfeeding mothers and their significant others using a modified and adapted questionnaire. The questionnaire was initiated when the mother had already finished with the health education about breastfeeding administered by the staff nurse during the participants' hospital stay. The questionnaire was composed of questions on participants' demographics, knowledge-based, attitude-based questions pertaining to breastfeeding. Descriptive and inferential statistics were used to analyze data. The level of significance was set at 0.05.

Results
One hundred (100) mothers and their (100) significant others were able to complete and returned the questionnaire. Majority of the respondents are both under the range of 21 – 30 for Mother-participants (59%) and Significant Other-participant (42%). Most of the respondents are college/college graduates for MPs (40%) and grade school/grade school graduate for SOPs (40%). Overall 64.5% of MPs got a correct answer on the knowledge-based questions, and 64.2% for SOPs. While on the attitude-based question for MPs (3.975) and SOPs (4.02).

Conclusion
The findings of the study imply that the MPs and SOPs had an insufficient understanding of the various aspects in breastfeeding such as: Components of Human Milk, Attitude on Breastfeeding, Advantages vs. Disadvantages of Breast Feeding, Positive HIV Positive Mothers and Supplemental Feeding, and the Role of Significant Others on Breastfeeding.