## TABLE OF CONTENTS

SI.No.	Title	Page No.
1.	Declaration by the student	i
2.	Certificate by supervisor	ii
3.	Certificate for plagiarism	iii
4.	Plagiarism report	vi-xvii
5.	Certificate for successful completion of viva-voce of PhD	xviii
6.	Undertaking for submission of PhD Thesis	ix
7.	Acknowledgement	xx-xxi
8.	Abstract	xxii-xxiv
9.	Table of contents	xv-xxix
10.	List of tables	xxx-xxxi
11.	List of figures	xxxii-xxxiv
12.	Chapter 1 - Introduction	1-17
	Introduction	1-12
	Background of the study	2-6
	Need for the study	7-8
	Research statement	8
	Objectives	9
	Hypotheses	9
	Operational definitions	10-11
	Conceptual framework	11-16
	Delimitations	16
	Chapter summary	17

13.	Chapter 2 - Review of Literature	18-49
	Prevalence and outcomes of breastfeeding	19-20
	Theories of breastfeeding	20-22
	Breastfeeding problems	23-26
	Breastfeeding self-efficacy	26-29
	Breastfeeding practices	29-32
	Breastfeeding interventions	32-34
	Breastfeeding outcomes	34-37
	Barriers of breastfeeding	37-40
	Mothers' experience regarding breastfeeding	41-44
	Mother-infant bonding/interactions	44-46
	Factors affecting breastfeeding	46-49
	Chapter summary	49
14.	Chapter 3 – Materials & Methods	50-69
	Methodology of Phase I	50-53
	Research approach & design	50
	Variables	50
	Setting	51
	Population	51
	Sample	52
	Sample size	52
	Sampling technique	52
	Inclusion criteria	53
	Exclusion criteria	53
	Methodology of Phase II	53-56
	Research approach & design	53-54

	Variables	54
	Setting	54
	Population	55
	Sample	55
	Sample size	55
	Sampling technique	56
	Inclusion criteria	56
	Exclusion criteria	56
	Tools for data collection	56-57
	Description of tools	57-59
	Validity	59
	Pretesting of tools	60
	Reliability	60-61
	Development of intervention program	61-64
	Ethical consideration	64
	Pilot study	64-65
	Procedure for data collection	65-67
	Plan for data analysis	68-69
	Chapter summary	69
15.	Chapter 4 – Analysis & Interpretation of Data	70-132
	Section 1 – Background information of the postnatal mothers	71-73
	Section 2 – Breastfeeding knowledge of the postnatal mothers	73-76
	Section 3 –Practices of the Postnatal Mothers Related To Breastfeeding	77-87
	Section 4 – Problems of the Postnatal Mothers Related To Breastfeeding	88-89
		00-07

	Section 5 - Background information of the primigravid mothers	90-91
	Section 6 – Comparison of breastfeeding self- efficacy between experimental and control group	92-94
	Section 7 a - Comparison of breastfeeding practices between experimental and control group on the third day postpartum	95-98
	Section 7 b - Comparison of breastfeeding practices between experimental and control group.	99-106
	Section 8 - Comparison of breastfeeding outcomes between experimental and control group	107-112
	Section 9 - Comparison of breastfeeding experiences between experimental and control group	113-115
	Additional Analysis –	116-124
	Practices of the primigravida and multigravida mothers related to breastfeeding	
	Problems of the primigravida and multigravida mothers related to breastfeeding	125
	Comparison of breastfeeding self-efficacy on the basis of the type of delivery	126
	Comparison of breastfeeding practices on the basis of the type of delivery on the third day postpartum	127-128
	Comparison of breastfeeding practices on the basis of the type of delivery at 6 weeks postpartum	128-129
	Comparison of breastfeeding practices on the basis of the type of delivery at 6 months postpartum	130-131
	Comparison of breastfeeding outcomes on the basis of the type of delivery at 6 months postpartum	132
16.	Chapter 5 - Discussion	133-145
	Discussion of the study	133-144
	Strength of the study	144-145
	Limitations	145

	Summary	145
17.	Chapter 6 – Conclusion	146-151
	Conclusion	146-148
	Implications	148-150
	Recommendations	150-151
18.	Chapter 7 – Summary	152-157
19.	References	158-178
20.	Appendices	A-1 to A-54