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Investigation of mothers' traditional attitudes and practices concerning putting the baby to sleep and their level of knowledge in Turkey

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The purpose of this research is to investigate the mothers' traditional attitudes and practices concerning putting the baby to sleep and their level of knowledge in Turkey. This research is descriptive. The research sample is a simple random sampling. 270 mothers who had 0-12 months old babies and were registered to the 3 Family Health Center in Turkey was determined. The data was gathered by using a survey form. The data gained was evaluated by SPSS program. This study based on ethical issues. It was determined that all the babies needed help to fall asleep. It was determined that 57.4% of mothers used traditional methods to assist in putting the babies to sleep (swinging, singing lullabies, music playback, making massage, swaddling, wrapping and covering the baby's face with a cheesecloth), 30.4% of mothers created an appropriate environment and 12.2% of mothers fed the babies before sleep. Within the framework of the results obtained by this study, it was determined that mothers used a variety of conventional methods to put the infants to sleep. In addition, it was also found out that there were electromagnetic appliances in the room where the baby slept, babies did not sleep in the right position and the mothers did not pay attention to the baby's sleeping position.

Biography

Hamide Nur Cevik is currently a PhD Student, Department of Child Health Nursing at the Ege University Health Sciences Institute, Turkey. She is also Research Assistant at the same university in Child Health Nursing Department since 2013

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