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**AWARENESS OF YOUNG WOMEN ABOUT BREASTFEEDING EFFECTS  
ON INFANTS**

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**Annotation.** The article considers short-term and long-term positive effects of breastfeeding on the state of health. Factors that determine women's adherence to breastfeeding, affecting the mother's decision on how to feed the baby are identified. The analysis of young women awareness of the importance of breastfeeding is carried out.

**Key words:** breastfeeding, effect on the health, young women.

**Introduction**

According to the founder of scientific obstetrics and pediatrics in Russia N. M. Maksimovich – Ambodik “Mother's milk is the most useful, reliable, irreplaceable food,” - This statement is true nowadays: breast milk is the only optimal type of feeding in the neonatal period and infancy up to 2 years old. According to WHO, about 40% of children in the world under 6 months are breastfed, without any supplement feeding. In the Sverdlovsk region in 2016, 58.9% of children were breast-fed for up to 6 months. The unique composition of breast milk has a multilateral effect on the physical and mental development of children, the formation of their behavior, resistance to the influence of adverse external factors, and provides epigenetic effects in terms of preventing a number of serious diseases [2, 3]. To promote breastfeeding, it is necessary to develop a positive attitude towards breastfeeding and inform mothers about the benefits of natural feeding [1, 4].

**Aim of the study** is to assess the awareness of young women about the importance of breastfeeding.

**Materials and methods**

We conducted a survey of young women living in Yekaterinburg and the Sverdlovsk Region (n = 161) using the Google Forms online. 65.8% of respondents

lived in Yekaterinburg, 34.2 % in the Sverdlovsk region. According to age, the respondents were distributed as follows: 18-20 years - 65.8% (n = 106); 21-23 years - 11.8% (n = 19); over 24 years old - 11.2% (n = 18). The questionnaire, which we developed, consisted of 12 questions regarding the opinion of respondents about the need for breastfeeding, the effect of breast milk on the health of the child, family traditions of breastfeeding, and the state of health of the respondents in childhood and now. According to the results of the survey, three groups were formed depending on the duration of breastfeeding of the respondents: Group I - more than 6 months; Group II - up to 3 months; Group III - artificial feeding from birth. For statistical processing, the program Statistics 10.0 was used.

### **Results and discussion**

The majority of women indicated the need for breastfeeding (60.9%, n = 98). Some respondents denied the need for breastfeeding (16.8%, n = 27), 8.7% (n = 14) doubted it, and 13.7% (n = 22) did not have their own opinions on this issue. The question “Do you know about the effect of breast milk on the health of the child?” the majority of women answered in the affirmative (60.9%, n = 98 people). 27.3% (n = 44) turned out to be insufficiently informed in this matter, 11.8% (n = 19 people) did not have any information. The findings indicate a lack of awareness among young women about the importance of breastfeeding. We determined the factors that influence the mother's choice of the type of feeding the child (Table 1).

Tabl.1

Factors affecting mothers' decision on the type of feeding, abs. (%).

Factor	Variants of answers			
	yes	no	doubt	No opinion
Knowledge of breastfeeding importance	110 (68,3)	12 (7,5)	20 (12,4)	19 (11,8)
Knowledge of breast milk composition	116 (72,0)	13 (8,1)	24 (14,9)	8 (5,0)
Relative's experience	77 (47,8)	29 (18,0)	41 (25,5)	14 (8,7)

Most respondents noted that knowledge of the composition of breast milk and the importance of breastfeeding are the main factors that will guide them in choosing the type of feeding.

According to our data, the same number of respondents considered it necessary to listen to the opinion of medical workers on issues of feeding a child (46.6%) or to resolve issues related to feeding on their own (46.0%). For a smaller part (7.5%), the opinion of relatives mattered. The information obtained confirms the need to pay great attention to breastfeeding in maternity hospitals and children's clinics, so that women receive reliable information directly from medical workers - neonatologists, district pediatricians and nurses.

We asked several questions regarding the children's age of the respondents. The respondents are sufficiently informed about their childhood: 90.7% (n = 146) knew about the nature and duration of breastfeeding. It was found that 34.2% (n = 55) were breastfed for up to 12 months, 26.1% (n = 42) for up to 6 months, 18.6% (n = 30) for up to 3 months, 11, 8% (n = 19) - on artificial feeding from birth.

To the question about the state of health in childhood, the respondents of the 1st group chose the following answer options: “they were ill a little” - 77.3% (n = 75), “they were often ill” - 6.2% (n = 6), “they were not ill” - 16.5% (n = 16). A reliable relationship between the duration of breastfeeding and the frequency n of acute diseases in childhood was revealed.

Tabl.2

Frequency of acute diseases in the respondents` anamnesis, abs. (%).

Frequency of diseases in childhood	I group (n=97)	II group (n=30)	III group (n=19)	P
	On breastfeeding before 6 months	On breastfeeding 3 months	Artificial feeding from birth	
Rarely	75 (77,3)	5 (16,7)	2 (10,5)	1:20, 000 1:30, 000
Often	6 (6,2)	24 (80,0)	16 (84,2)	1:20, 000 1:30, 000
Not ill	16 (16,5)	1 (3,3)	1 (5,3)	1:20, 064 1:30, 207

By asking respondents to evaluate their current health, we also established the existence of its relationship with the duration of breastfeeding. So, all participants in group III pointed to existing diseases of the respiratory system and gastrointestinal tract. In groups I and II, only half of the respondents noted susceptibility to respiratory diseases, 39.3% indicated existing diseases of the digestive system.

#### **Conclusions:**

1. Young women are not well informed about the importance and positive effects of breastfeeding on health.
2. It is necessary to strengthen the role of medical workers in obtaining reliable information by women about the role and importance of breastfeeding.
3. The relationship between the state of human health and the duration of breastfeeding has been confirmed.

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**Fedorischeva D.I., Kovrigina E.Y., Shelegin P.E.**  
**SOCIAL STRUCTURE. SOCIAL ATTITUDE TO PEOPLE WITH  
DISABILITIES IN THE MODERN WORLD**

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**Annotation.** Annotation: the article covered the problem of the situation of people with disabilities in society. It presents the results of a sociological survey and interviews, which have been spent among people of all ages.

**Keywords:** disability, people with disabilities, tolerance, public attitude.

**Introduction**

According to the latest data from the Federal state information system, around 11 million people with disabilities live in Russia. It can be seen that attitudes towards people with disabilities have become more tolerant. Actually, reaching mutual understanding is not always possible for some reasons. The attitude of society towards people with disabilities is mainly influenced by social norms, religion, politics, level of culture, economic conditions, so, all the factors that determine the standard of living [3]. Modernity is characterized by a desire for equality. However, we can often deal with the problem of negative attitudes of people with disabilities.

The governments of different states are trying to provide equal rights to all their citizens, carrying out social reforms, but this is not always enough. What can we say about public attitude? Society has a lot of work to do in order to achieve not only equal