

# Quality of life of female labour migrants in urban Mumbai, India: need for public health action

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## ABSTRACT

**Introduction:** World Summit (Sept 2002) on Sustainable Development identified health as an integral component of sustainable development and called for a more efficient, equitable, and accessible health care system for the populations. Increasing attention has devoted in examining how working and living environment is affecting the human health. Job opportunities attract poor population from the rural area. Such migrant forced to stay in slum due to poor financial condition and become the victims of such environmental degradation. **Objective:** This paper examines the quality of life of the migrant female garment worker in slums of Mumbai City, India. In this study, quality of life of the female migrant worker is examined in terms of the following parameters such as structure of the dwelling place, source of drinking water, electricity, latrine facility, sewerage system, access to health care services, and health conditions. **Data and Methods:** Ten In-depth Interviews with women garment worker were conducted using semi-structured questionnaire. Qualitative methods like key informant and the snowball samplings were used to cover more respondent. Atlas.ti software was used to analyse the qualitative data. **Results:** The study also revealed that migrant lives in unhygienic and congested places devoid of necessities for a healthy life like housing, water supply, drainage, and sanitation. Many women reported not using public toilet due to fear, no proper lighting, and water facility. Interviews with migrant garment workers confirmed that having sexual relationships with local men to supplement their income. Low awareness of HIV, risky sexual behavior, less access health care services among migrant increases the chances of HIV/STI. **Conclusion:** Hence, proper urban slum transformation and measures to improve urban environment and health status need to be launch on a massive scale to achieve goal of Sustainable Development in developing country like India.

Med J Malaysia Vol 72 Supplement 1 August 2017:A162

# Relationship between knowledge, attitude, subjective norm and perceived behaviour control with intention to exclusive breastfeeding among women in Serian, Sarawak

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## ABSTRACT

Breast milk has all the nutrients needed for growths and development of babies. Therefore, feeding an infant with breast milk in the first six months of life is the gold standard. However, the prevalence of exclusive breastfeeding is still low in this country. Supported by the framework of the Theory of Planned Behavior, the purpose of this study is to identify the relationship between knowledge, attitude, subjective norm and perceived behaviour control with intention to exclusive breastfeed among pregnant women in Serian, Sarawak. A cross-sectional study was conducted involving 84 first time pregnant women. The data was collected using interview administered questionnaire at three Maternal and Child Health clinics. The instrument used for this study were Breastfeeding Knowledge Scale, Breastfeeding Attrition Prediction Tools and Breastfeed Intention Scale. Descriptive analysis showed 66.7% of respondent has a good knowledge on exclusive breastfeeding. 95.2% has a negative attitude towards exclusive breastfeeding and 85.7% has no confidence to exclusive breastfeeding. This leads to 76.2% of respondents has less intention to exclusive breastfeeding. Inferential analysis using ANOVA showed there was a significant mean difference between ethnic, religion and education level with intention to exclusive breastfeeding ( $p < 0.05$ ). However, there was no significant mean difference between age, occupation, monthly income and the gestational age with intention to exclusive breastfeed. Pearson correlation showed there was a significantly positive moderate correlation between knowledge, attitude, subjective norms and perceived behaviour control with exclusive breastfeeding,  $r = 0.384$ ,  $r = 0.268$ ,  $r = 0.244$  and  $r = 0.326$ . This study confirmed that the Theory of Planned Behavior had a good predictive ability in explaining exclusive breastfeeding intention among our population. Therefore, health promotion and education should be improved by emphasis on knowledge, perceived behaviour control and involving family members of the target group. This will hopefully change the attitude and increase the motivation of mothers towards exclusive breastfeeding.