

Prevalence of Fatigue in Lactating Women

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ABSTRACT

Background: Postpartum fatigue means tiredness, sense of suffocation and decreased physical and mental capacity which reduces women's ability to concentrate and also babies weaning off breast milk earlier.

Purpose: Breastfeeding is often associated with women's mind as it contributes to the feeling of perceived fatigue and many women have ceased breastfeeding because of fatigue. However, the relationship between breastfeeding and fatigue has never been established. So here arises the need to find prevalence of fatigue in lactating women.

Methodology: Fatigue Severity Score was filled by 66 lactating women (Age 18-30) and submitted through Google forms and Interview method.

Result: In the present study, results showed that 41% prevalence of fatigue in lactating women.

Conclusion: This study concludes that there is 41% fatigue seen in lactating women.

Keywords: Fatigue, Breastfeeding, Postpartum mother

