

BRIEF REPORT

Factors Related to Exclusive Breastfeeding in Ketaping Health Center of Padang Pariaman District

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Abstract

Background: Exclusive breastfeeding means solely breastfeeding infants and not giving them additional foods, whether fluid or solid. Breast milk is the best food for babies because it is complete and perfect in nutritional terms and also supplies antibodies and anti-infectious substances that offer protection from various diseases. The purpose of this study was to determine the factors associated with exclusive breastfeeding in the work area of Ketaping Health Center, Padang Pariaman. **Methods:** The study used the survey method with a cross-sectional study design on an infant population aged 4 to 12 months. The sample comprised 93 babies' mothers, and the study was conducted from August 15 to 25, 2004, using a questionnaire. After the data had been collected, manually processed, and computerized, it was presented in a distribution table and cross table and subjected to statistical tests (chi-squared). **Results:** The results showed that the levels of knowledge, education, employment status, and family support of the babies' mothers were quite low: less than 50%. Moreover, there was a significant relationship between knowledge and exclusive breastfeeding ($p = 0.01$), education and exclusive breastfeeding ($p = 0.04$), work status and exclusive breastfeeding ($p = 0.01$), and family support and exclusive breastfeeding ($p = 0.01$). **Conclusion:** Infants' mothers need intensive counseling and to be encouraged at the family level. So cooperation from City Health officers is necessary for information delivery about exclusive breastfeeding.

Keywords: breastfeeding, neonatal health, knowledge, educational

Introduction

The Garis-garis Besar Haluan Negara (GBHN) stipulates that human resources are essential for long-term development¹. One of the main targets is children because they are the foundation for the future of the nation and state, where future development simply means "development for children now." To be able

to function as the future generations of the nation, children should be prepared as well as possible, and one of the main factors of such preparation is nutrition. Nutrition is very influential on the processes of growth and development in children. Improving human resources at the earliest age is possible by giving babies breast milk¹.

The program to increase the use of breast milk, especially exclusive breastfeeding, is a priority because of its wide impact on the nutritional status and health of children under five. This priority program is also associated with global agreements. One is the 1990 Innocenti (Italy) Declaration on the Protection, Promotion and Support of Breastfeeding. The agreement also encompassed achieving 80% exclusive breastfeeding in 2000. In addition, one of the agreements of the Summit on Child Welfare in 1990 sought for all families members to know the importance of supporting women in breastfeeding tasks for the first four months of childhood and meeting young children's food-related needs in their vulnerable years².

To date, the achievements associated with exclusive breastfeeding have not been encouraging. Therefore, the Indonesian President established a Society of Breastfeeding Care Movement on August 2, 1999, the anniversary of the World Breast Milk Week³. In that period of economic crisis, exclusive breastfeeding needed to be promoted more intensively to improve infant health, the family, and the community's economy².

Only about 5% of a total of 98% breastfeeding mothers breastfed their babies exclusively for the first four months

of their infancy⁴. The research also found that 37.9% of mothers had never heard any information about exclusive breastfeeding before⁵. This phenomenon moved the government to continue encouraging mothers to breastfeed their babies exclusively⁶⁻⁷. It was proclaimed on the nutritional improvement program, Toward a Healthy Indonesia, in 2010 that "at least 80% of mothers gave ASI exclusively"⁸⁻⁹. The background of exclusive breastfeeding involved knowledge, education, employment, and support from the mother's family regarding exclusive breastfeeding², research to 900 mothers around Jabodetabek (in 1995).

Method

This research used the survey method with the cross-sectional approach, simultaneously collecting data on the independent and dependent variables to determine the relationships between knowledge, education, work, and family support of mothers with exclusive breastfeeding status.

The population of this study comprised mothers who had babies aged four months to 12 months from January to August in the working area of Puskesmas Ketaping in Padang Pariaman District. They amounted to 156 respondents. The sample criteria were as follows: babies aged

four months to 12 months, babies living with their mothers and settled in the working area of Puskesmas Ketaping, mothers willing to be interviewed, and mothers able to communicate well.

The types of data collected follow: Primary data was collected by distributing questionnaires to the respondents (which sought data about knowledge, education, employment, and family support of respondents' exclusive breastfeeding). Secondary data (obtained from Puskesmas Ketaping in Padang Pariaman District) took the form of the number of mothers who had babies aged four months to 12 months and breastfed exclusively in the year 2014 (January to August). There were four stages of data processing: editing to check whether all the questions had been answered and each one had an appropriate and clear answer; coding; data entry; and data cleaning.

In this study, data analysis was performed. Univariate analysis was undertaken to determine the frequency distributions and percentages of the independent and dependent variables, knowledge, family support, and an exclusive breastfeeding pattern. Bivariate analysis was done to determine the relationship between the independent and dependent variables, and the data was processed manually and by computer.

Results and Discussions

The results of the study showed that respondents with low education levels comprised about 71.0% of 93 respondents. The study also found that the respondents with poor knowledge comprised about 55.9%, and those with good knowledge comprised about 44.1% of a total of 93 respondents:

Table 1. Univariate Analysis

Variable	Category	Amount	Percentage
Level of education	Low	66	71,0 %
	High	27	29,0 %
Knowledge level	Less	52	55,9 %
	Good	41	44,1 %
Work	Does not work	50	53,8 %
	Works	43	46,2 %
Family support	Less	52	55,9 %
	Good	41	44,1 %
Breastfeeding	Exclusive	34	36,6 %
	Not exclusive	59	63,4 %

From the study, we found that 53.8 % of the respondents did not work. Moreover, 55.9% of respondents

experienced lack of support from their families.

Table 2. The relationship between mother’s education and knowledge and exclusive breastfeeding

Variable	Category	Breastfeeding		Amount	
		Not exclusive	Exclusive		
Education	Low	48 (72,7 %)	18 (27,3 %)	66 (100 %)	P = 0,04
	High	11 (40,7 %)	16 (59,3 %)	27 (100 %)	
Knowledge	Less	44 (84,6 %)	8 (15,4 %)	52 (100 %)	P=0.001
	Good	15 (36.6 %)	26 (63,4 %)	41 (100 %)	

Based on the chi-squared test, $p = 0.001$. This indicated that there was a significant relationship between mother’s knowledge and exclusive breastfeeding ($p < 0.05$). Another chi-squared test obtained $p = 0.04$. This meant that there was a significant relationship between maternal education and exclusive breastfeeding ($p < 0.05$). Based on yet another chi-squared test, $p = 0.001$. This suggested that there was a significant relationship between maternal employment and exclusive breastfeeding. One more chi-squared test obtained $p = 0.001$. This showed that there was a significant relationship between support by the mother's family and exclusive breastfeeding ($p < 0.05$).

Based on research undertaken in the working area of Puskesmas Ketaping in Padang Pariaman District, the following conclusions can be drawn: Most of the mothers achieved low levels of education (as many as 66 people; 71.0%). Most the mothers had less knowledge (as many as 52 people; 55.9%). Furthermore, most of them did not work (as many as 50 people; 53.8%). In addition less than 52 mothers (55.9%) received familial support.

After the statistical tests, it was evident that there was a significant relationship between the level of knowledge, education, employment status, and familial support on the one hand and exclusive breastfeeding on the other. The research suggests that it is necessary to increase counseling regarding the

importance of exclusive breastfeeding for the growth of babies and for their mothers through pamphlets, brochures, and banners. It is also necessary to establish health programs to mobilize mothers to participate in exclusive breastfeeding and to monitor them.

Conclusion

The cooperation between Puskesmas and City Health officers will be necessary for the publication of guidebooks about exclusive breastfeeding so that mothers can become more aware and develop a better understanding of exclusive lactation.

Conflict of Interest

The author declares that there is no competing interests exist.

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