



## Relationship Between The Level Of Knowledge Of Breastfeeding Mothers With The Provision Of Colostrum And Breast Milk In Village Health Pos Sitio II In 2020

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### ABSTRACT

*This study aimed to determine the relationship of the level of knowledge of breastfeeding mothers with the provision of colostrum and exclusive breastfeeding in Poskesdes Sitio-II Lintongnihuta District in 2020. The data used in this study were primary data by distributing questionnaires to the sample/respondent. By using the Slovin approach from 96 populations got sample as 49 respondents was determined by applying random sampling. The results showed that the relationship between the level of knowledge of breastfeeding mothers with the provision of Colostrum and exclusive breastfeeding in Poskesdes Sitio II, Lintongnihuta District in 2019-2020 can be categorized very strongly, this can be proven by the Correlation Coefficient value of 0.709. Descriptive research results also indicate that the majority of respondents had a very good level of knowledge about the importance of Colostrum. The results of research on the relationship of the level of knowledge of nursing mothers with exclusive breastfeeding in 2019-2020 in Poskesdes Sitio II, Lintongnihuta District had a strong relationship with a correlation coefficient of 0.663. Respondents also answered that giving exclusive breastfeeding to infants can help families in terms of economics, exclusive breastfeeding is also more practical and efficient, given the average breastfeeding mothers who were respondents in this study worked to help her husband as a farmer. The results of this study also indicate the value of Sig = 0,000 ( $\alpha = 0.05$ ) so that it can be concluded that there was a very significant relationship between the level of knowledge of breastfeeding mothers with the provision of Colostrum and exclusive breastfeeding in Poskesdes Sitio-II Subdistrict of Lintongnihuta in 2019-2020.*

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## 1. INTRODUCTION

WHO said that the coverage of colostrum breastfeeding to newborns in 2019 was still very low, namely only about 40% of pregnant women who gave birth worldwide gave colostrum breast milk to their babies. Therefore WHO recommends all pregnant women who give birth to immediately breastfeed their babies.

From the results of the data collected by the authors at the research location, namely Sitio-II Village (Poskesdes Sitio-II) Lintongnihuta District (Sigompul Health Center) Humbang Hasundutan Regency that from the number of babies born an average of 25 people each year, successively starting in 2016-2019 (23 people, 30 people, 26 people and 24 people), the average mother who gave exclusive breastfeeding to their babies was only 12 people or around 48% every year. This shows that according to the Strategic Plan target of the Ministry of Health, it has been exceeded (above 44%) but is still lagging behind when compared to the achievement at the Sigompul Health Center (Lintongnihuta District) which reached 61.50%.

The mother's knowledge and understanding factor became the main factor causing the low achievement which only reached 48% as described above. When viewed from the demographic point of view of the Sitio-II Village community, most of the population works as farmers with a poverty rate above 10% (according to data released by BPS in 2018). The provision of formula milk as a substitute for breast milk is of course inversely proportional to the actual conditions and reality. Of course, it is more economical and practical for postpartum mothers to breastfeed their children, rather than giving formula milk whose quality is very much different from breast milk. The problem in this study is also limited, namely the level of knowledge of breastfeeding mothers about colostrum, the level of knowledge of breastfeeding mothers about exclusive breastfeeding and is associated with the provision of colostrum and exclusive breastfeeding in the Sitio II Poskesdes Work Area in 2019-2020.

## 2. RESEARCH METHODE

This research method is descriptive analytic research, namely research on problems in the form of current facts from a population which includes activities to assess attitudes or opinions towards individuals, from a population which includes activities to assess attitudes or opinions towards individuals, organizations, circumstances or procedures. (Sudaryono, 2017). The time approach used in this study is cross-sectional by measuring or observing at the same time (once) between the independent variable and the dependent variable (Nursalam, 2011). This study will determine the relationship between the level of knowledge of breastfeeding mothers with breastfeeding colostrum and exclusive breastfeeding at Poskesdes Sitio-II, Lintongnihuta District.

## 3. RESULT AND ANALYSIS

The results showed that most of the respondents strongly agreed and agreed that colostrum was very important and very beneficial for babies. The maximum total score is 5 points for each question/statement about colostrum that is posed to breastfeeding mothers related to their level of knowledge about colostrum with the following categories:

### Breastfeeding Mother's Knowledge Level about Colostrum

Table 1.1

Average Percentage of Respondents' Answers to Questions/Statements Level of Knowledge of Breastfeeding Mothers about Colostrum

Description	Number of respondents	Percentage (%)
Strongly Disagree	0	0
Not Agree	0	0
Neutral	3	6,12
Agree	43	87,76
Strongly Agree	3	6,12

Of 49 respondents, 43 respondents agreed that colostrum is very useful and very important for babies, 3 people answered strongly agree, no respondents strongly disagree and disagree. These results indicate that on average breastfeeding mothers who are respondents at Poskesdes Sitio II have a good level of knowledge about colostrum/important benefits of colostrum.

### Breastfeeding Mother's Knowledge Level about Exclusive Breastfeeding

Table 1.2

Respondents' Answers to Questions/Statements on Knowledge Level of Breastfeeding Mothers about Exclusive Breastfeeding

Description	Number of respondents	Percentage (%)
Strongly Disagree	0	0
Not Agree	0	0
Neutral	7	14,28
Agree	39	79,60
Strongly Agree	3	6,12

79.60% of breastfeeding mothers who became respondents agreed that exclusive breastfeeding was very beneficial for babies and families (through the material of the questions asked), 6.12% Strongly Agree and no one disagreed, so it can be concluded that most breastfeeding mothers in Poskesdes Sitio II has a good level of knowledge about exclusive breastfeeding. The average answer of breastfeeding mothers also illustrates that they already know about the importance of exclusive breastfeeding for babies > six months, even very good if given until the baby is 2 years old. By giving exclusive breastfeeding to their babies, they realize that it is very beneficial for the health of babies, mothers, families and even very beneficial for the family economy.

### Giving Colostrum and Exclusive Breastfeeding

Table 1.3

Respondents' Answers to Questions/Statements on Giving Colostrum and Exclusive Breastfeeding

Description	Number of respondents	Percentage (%)
Strongly Disagree	0	0
Not Agree	0	0
Neutral	8	16,33

Agree	38	77,55
Strongly Agree	3	6,12

77.55% of breastfeeding mothers who were respondents agreed that the provision of colostrum and exclusive breastfeeding was very important for babies and families, 6.12% strongly agreed, 16.33% were neutral/undecided and no one disagreed. With the content/material of the questions given, it can also be seen that most of the respondents gave colostrum and exclusive breastfeeding to their babies.

Respondents' answers specifically to the question "Does the mother even only give breast milk until the baby is > 6 months old?" shows the same answer with the total respondents who agree and strongly agree that is equal to 83.67%.

### **Relationship between Knowledge Level of Breastfeeding Mothers and Giving Colostrum**

The results showed that the relationship between the level of knowledge of breastfeeding mothers and the provision of colostrum and exclusive breastfeeding at Poskesdes Sitio II, Lintongnihuta District, could be categorized as very strong, this can be proven by the Correlation Coefficient value of 0.709. The results also show that most of the respondents have a very good level of knowledge about the importance of Colostrum.

Respondents' answers have a positive correlation with giving colostrum breastfeeding to infants at Poskesdes Sitio-II with a very strong relationship strength category (Correlation Coefficient 0.709), respondents' answers indicate that on average mothers breastfeed their children for more than 6 months and give colostrum breast milk to their babies. Respondents also strongly agree that Colostrum Breastfeeding is very beneficial for babies and families. From the respondents' answers, it can be concluded that breastfeeding mothers already have good knowledge of the importance of colostrum breastfeeding for babies, on average respondents answered without a doubt that colostrum milk, namely breast milk produced on the first day until the third day after the baby is born, is very important for babies because it contains protein. which is very high, contains anti-body substances and is a very perfect food for babies.

### **Discussion**

The results of this study are in line with the theory stated by Utami Roesli (2004) that colostrum is very important for the baby's body defense because colostrum is the first immunization for babies, among others, helping to expel meconium from the baby's intestines because colostrum is a laxative (intestinal cleanser for babies) that cleans meconium. so that the intestinal mucosa of newborns is immediately clean and ready to receive breast milk, protects babies from diarrhea because colostrum contains 10-17 times more immune substances than mature milk, fights foreign substances that enter the baby's body, fights disease infection by substances immune system, blocks the digestive tract from hydrolyzing (decomposing) protein, removing excess bilirubin so that the baby does not experience jaundice (yellow) where colostrum has a laxative effect (laxative), plays a role in intestinal peristalsis (movement pushes food), maintains cell fluid balance, stimulates production mature milk and prevent development of pathogens.

The results of this study indicate that most breastfeeding mothers at Poskesdes Sitio II agree that colostrum is very beneficial and very important for babies. 99.83% of breastfeeding mothers in the working area of Poskesdes Sitio II agree and strongly agree that colostrum is very important for babies.

The results of this study are also in line with previous research, namely research by Novita, et al (2013) "The Relationship of Knowledge and Attitudes of Postpartum Mothers About Giving Colostrum to Newborns at Ulu Health Center, East Siau District, Sitaro Islands Regency". The

results of research on 20 respondents about the relationship between knowledge of postpartum mothers about giving colostrum to newborns through data testing, resulting in a  $P$  value = 0.000 at level 0.01, it can be said that  $H_0$  is rejected, meaning that there is a significant relationship between postpartum mother's knowledge about giving colostrum to newborn baby. In this study, it can also be concluded that there is a very strong relationship between the level of knowledge of breastfeeding mothers and giving colostrum to babies with a correlation coefficient of 0.709.

The results of this study also show the value of  $\text{Sig} = 0.000 < = 0.05$ ) so it can be concluded that there is a very significant relationship between the level of knowledge of breastfeeding mothers and the provision of colostrum at Poskesdes Sitio-II, Lintongnihuta District.

### **Relationship of Knowledge Level of Breastfeeding Mothers with Exclusive Breastfeeding**

The results of the study on the relationship between the level of knowledge of breastfeeding mothers and exclusive breastfeeding showed that the correlation coefficient value was 0.663 or could be categorized as a strong relationship. Respondents also answered that giving exclusive breastfeeding to babies can help the family from an economic perspective, exclusive breastfeeding is also more practical and efficient, considering that the average breastfeeding mother who was the respondent in this study worked to help her husband as a farmer.

The level of knowledge of breastfeeding mothers on exclusive breastfeeding at Poskesdes Sitio II has a positive correlation with exclusive breastfeeding for babies, meaning that on average mothers are aware that breastfeeding alone is not only more practical, economical, but also very beneficial for babies who are born. The results of this study are in line with the theory which states that exclusive breastfeeding is breastfeeding without additional fluids such as formula milk, oranges, honey, tea water, water and without the addition of solid foods such as bananas, papaya, milk porridge, biscuits, rice porridge and tim. Exclusive breastfeeding is recommended for a period of at least 4 months, but if possible up to 6 months. After the baby is 6 months old, it must be introduced to solid food, while breast milk can be given until the baby is 2 years old or even more than 2 years old (Elisabeth Siwi Walyani, 2017)

This is also in line with the theory which states that exclusive breastfeeding is that babies are only given breast milk for 6 months, without the addition of other fluids such as formula milk, oranges, honey, tea, and water, and without the addition of solid foods such as bananas, milk porridge, biscuits, rice porridge, and team rice. After 6 months, start to give complementary foods to breast milk (MPASI). Breast milk can be given until the child is 2 years old or older (Kristiyanasari, 2011).

Respondents' answers specifically to the question "Does the mother even only give breast milk until the baby is > 6 months old?" shows that 83.67% of breastfeeding mothers at Poskesdes Sitio II strongly agree to give exclusive breastfeeding until the baby is > 6 months old, even breastfeeding only until the baby is 6 months old.

The results of this study are also in line with previous research by Agustina Nur and Nurjannah (2017) "Factors Affecting the Giving of Colostrum Breastfeeding to Newborns at the Mother and Child Special Hospital Makassar". The purpose of this study was to determine the factors that influence breastfeeding colostrum in newborns in a special hospital for mothers and children in Makassar. This research is a research with analytical survey method using primary data and secondary data. Sampling using simple random sampling technique with a sample of 40 respondents. Bivariate analysis showed that there was a significant relationship between mother's knowledge of breastfeeding colostrum in newborns with a value ( $p = 0.001 < = 0.05$ ) and there was a

significant relationship between support from health workers and breastfeeding colostrum in newborns with a value of ( $p = 0.002 < = 0.05$ ).

The results of this study also show the value of  $\text{Sig} = 0.000 < = 0.05$ ) so it can be concluded that there is a very significant relationship between the level of knowledge of breastfeeding mothers and exclusive breastfeeding at Poskesdes Sitio-II, Lintongnihuta District.

#### 4. CONCLUSION

Based on the problems, discussion and analysis of the data obtained in this study, the following conclusions are drawn:

1. The results show that the relationship between the level of knowledge of breastfeeding mothers and the provision of colostrum and exclusive breastfeeding in 2019-2020 at Poskesdes Sitio II, Lintongnihuta District can be categorized as very strong, this can be proven by the Correlation Coefficient value of 0.709. The results also show that most of the respondents have a very good level of knowledge about the importance of Colostrum.
2. The results of research on the relationship between the level of knowledge of breastfeeding mothers and exclusive breastfeeding in 2019-2020 at Poskesdes Sitio II, Lintongnihuta District have a strong relationship with a correlation coefficient value of 0.663. Respondents also answered that giving exclusive breastfeeding to babies can help the family from an economic point of view, exclusive breastfeeding is also more practical and efficient, considering that the average breastfeeding mother who was the respondent in this study worked to help her husband as a farmer.

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