



Family Support and Mother's Occupation on The Accomplishment of Exclusive Breastfeeding

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ABSTRACT

Exclusive breastfeeding is interventions that can reduce the Infant Mortality Rate (IMR). Infants who received exclusive breastfeeding at the Penawar Jaya Health Center in 2019 were still low at 49%. The purpose of this study was to determine the relationship between family support and occupation with the success of exclusive breastfeeding for infants aged >7-12 months. This research was an analytic survey with a cross sectional design. The research sample is 43 people. Data analysis with percentage and Chi Square test. The results showed that mothers who received family support were 44.2%, working mothers were 67.4%, and who gave exclusive breastfeeding were 51.2%. There is a relationship between family support and the success of exclusive breastfeeding (p value = 0.048; OR = 4.333) and mother's work and the success of exclusive breastfeeding (p value = 0.017 and OR = 6.967) in mothers who have babies aged >7-12 months in the Working Area of Penawar Jaya Health Center, Tulang Bawang Regency in 2021. Suggestions for working mothers are to be able to store expressed breast milk and continue to exclusively breastfeed their babies by involving family members to play a role in breastfeeding.

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Kata kunci:

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ABSTRAK

Pemberian ASI eksklusif merupakan salah satu intervensi yang dapat menurunkan Angka Kematian Bayi (AKB). Bayi yang mendapat ASI eksklusif di Puskesmas Penawar Jaya tahun 2019 masih rendah, yaitu 49%. Tujuan penelitian ini untuk mengetahui hubungan antara dukungan keluarga dan pekerjaan ibu dengan keberhasilan ASI eksklusif pada bayi usia >7-12 bulan. Jenis penelitian ini survey analitik dengan rancangan cross sectional. Sampel penelitian berjumlah 43 orang. Analisis univariat dengan persentase dan analisis bivariat dengan uji Chi Square. Hasil penelitian menunjukkan bahwa ibu yang mendapat dukungan keluarga 44,2%, ibu yang bekerja 67,4%, dan yang memberikan ASI eksklusif 51,2%. Ada hubungan antara dukungan keluarga dengan pemberian ASI eksklusif (p value=0,048; OR=4,333) dan ada hubungan antara pekerjaan ibu dengan pemberian ASI eksklusif (p value= 0,017; OR=6,967) pada ibu yang memiliki bayi usia >7-12 bulan di Wilayah Kerja Puskesmas Penawar Jaya Kabupaten Tulang Bawang Tahun 2021. Saran bagi ibu bekerja agar dapat menyimpan ASI perah dan tetap memberikan ASI kepada bayi secara eksklusif dengan mengikutsertakan anggota keluarga untuk mendukung pemberian ASI.

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INTRODUCTION

Exclusive breastfeeding in the world is still low. Based on data from the United Nations Children's Fund (UNICEF) in 2012 only 39% of infants under the age of 6 months were exclusively breastfed. This figure also did not a significant increase in 2015, which was only 40% of successful breastfeeding. Breast milk is the ideal food for the growth and development of babies. Family support is a process that occurs throughout life, the nature and type of support differ in various stages of the life cycle. Family support can be in the form of internal social support, such as support from the husband and support from siblings and can also be in the form of external family support for the family (Freidman, 2010).

Based on data from the Director General of Public Health of the Indonesian Ministry of Health (2020). Exclusive breastfeeding coverage in Lampung Province in 2019 in Sumatra was still low, at (69.33%) The coverage of exclusive breastfeeding in 2019 in Lampung Province was 69.33% where this figure was still below the expected target of 80%. This coverage is also low when compared to other provinces such as West Sumatra (75.92%), Bengkulu (72.16%) and Riau (73.44%).

The coverage of babies receiving exclusive breastfeeding for the Tulang Bawang Regency is 76.8% (Health Profile of Lampung Province, 2019) Based on the report data from the Tulang Bawang District Health Office, the coverage of babies who received exclusive breastfeeding in 2019, Penawar Jaya Health Center still has low coverage compared to with other health centers in the district of Tulang Bawang, namely (49%), Tulang Bawang 1 Health Center (87%), Gedung Karya Jitu Health Center (79%), and Banjar Baru Health Center

(72%). Based on the above background, the authors want to conduct research on the relationship between family support and mother's work on the success of exclusive breastfeeding for infants aged 7-12 months in the Penawar Jaya Public Health Center, Tulang Bawang Regency in 2020.

METHOD

This research is a quantitative research with a cross sectional approach. The independent variables are family support and mother's work status, the dependent variable is the success of exclusive breastfeeding. The sample in this study was the mother of infants aged 7-12 months in the work area of the Penawar Jaya Health Center totaling 43 mothers. Researchers visited the sample and data collection was done by filling out a questionnaire for each respondent. This research was conducted in February - March 2021. Data analysis using Chi Square Test with SPSS.

RESULT AND DISCUSSION

The results of the univariate analysis in this study are shown in Table 1. Frequency distribution according to the independent variable and the dependent variable.

Table 1 showed the results of this study indicate that from 43 respondents, most of them, namely as many as 24 people (55.8 %) did not receive family support, as many as 29 people (67.4 %) mothers with working status, and as many as 22 people (51.2 %) gave exclusive breastfeeding for the baby.

Table 1
Frequency Distribution According to the Independent Variable and the Dependent Variable.

Variable	N	%
Family support:		
No	24	55,8
Yes	19	44,2
Mother's work status:		
Yes	29	67,4
No	14	32,6
Exclusive breastfeeding:		
Yes	22	51,2
No	21	48,8

Table 2 showed the results of statistical tests obtained p value = 0.048, it can be concluded that there is a significant relationship between family support and exclusive breastfeeding. From the results of the analysis, the OR = 4.333 means that respondents who do not get family support have a 4 times greater chance of not giving exclusive breastfeeding to their babies compared to mothers who get family support. Based on the results of the study, it was found that from 24 mothers who did not receive support, there were 16 people (66.7%) who did not give exclusive breastfeeding and from 19 mothers who received support, there were 6 people (31.6%) who did not breastfeed. exclusively on the grounds that breast milk does not come out. the process of the relationship between the family and its social environment that can be accessed by families that are supportive and provide assistance to family members.

This study is in line with research by Anggorowati, Fita Nuzulia (2013) which states that most mothers in Bebenan Village, Boja District, Kendal Regency do not get support from their families in providing exclusive breastfeeding to their babies. Associated with the existing theory, family support can be obtained from husband or wife, children, and parents which includes several things such as providing information about breastfeeding, providing support during the lactation process, providing attention and physical needs needed by the mother during the lactation process. breastfeed. Breastfeeding support will build the mother's self-confidence. Mothers who are confident can breastfeed their babies and will be more successful in continuing to breastfeed (Asih, Yusari. Risneni, 2016).

Table 2
The Relationship Between Family Support and Exclusive Breastfeeding

Family support	Eksklusif Breastfeeding				Total		P value	OR
	NEB		EB		n	%		
	n	%	n	%				
No	16	66.7	8	33.3	24	100		
Yes	6	31.6	13	68.4	19	100	0.048*	4.333
Total	22	51.2	21	48.8	43	100		

The analysis of the relationship between mother's occupation status and exclusive breastfeeding is shown in table 3. The relationship between maternal employment status and the success of exclusive breastfeeding.

Table 3 showed analysis of the relationship between mother's work and the success of exclusive breastfeeding, from 29 working mothers, 19 people (65.5%) did not give exclusive breastfeeding and from 14 mothers who did not work, 3 people (21.4%) did not breastfeed exclusively. The results of statistical tests obtained p value = 0.017, so it can

be concluded that there is a significant relationship between mother's work and exclusive breastfeeding. From the results of the analysis, the OR value = 6.967 means that respondents who work have a 6 times greater chance of not giving exclusive breastfeeding to their babies compared to mothers who did not work. This study is in line with research conducted by Setia Sihombing (2018) that most mothers who have babies aged 7-12 months in the working area of the Hinai Kiri Health Center work outside the home.

Table.3
The relationship between mother's occupation status and exclusive breastfeeding

Mother's Occupation	Eksklusif Breastfeeding				Total		P value	OR
	NEB		EB		n	%		
	n	%	n	%				
Yes	19	65.5	10	34.5	29	100		
No	3	21.4	11	78.6	14	100	0.017*	6.967
Total	22	51.2	21	48.8	43	100		

**Chi Square Test*

Notes : NEB (Non Exclusive Breastfeeding); EB (Exclusive Breastfeeding)

In this study, if it is linked between theory and the results of previous research, it shows that in the working area of the Penawar Jaya Health Center there are many mothers who work outside the home to help their husbands to meet their daily needs, this situation is good when viewed from the point of view of supporting the family economy, but working outside the home also provides benefits. Risk to the development and growth of the baby where the mother is not always there when the baby needs it. The positive side that can be taken from working mothers is that mothers will have or add social insight because they get along with many people and working mothers can also obtain information other than work-related as well as health-related information.

According to Asih, Yusari, Risneni, (2016) family support in the breastfeeding process will build the mother's self-confidence. Mothers who are confident can breastfeed their babies more successfully to keep breastfeeding. Families can provide assistance by helping if asked help, help clean the house or look after older children. Breastfeeding mothers also need good listeners, by providing emotional support to mothers, encouraging and providing support so that the mother's confidence is able to breastfeed.

The results of this study are in line with research by Anggorowati, Fita Nuzulia (2013) where family support is associated with exclusive breastfeeding for infants in Bebengan Village, Boja District, Kendal Regency, Central Java. In this study, there were still mothers who felt they had not received support from their family, even though during breastfeeding a mother needed the support of others and was dependent on the family so that without family support, the mother was not enthusiastic about breastfeeding,

especially at the beginning of the lactation period. who have received support from their families also do not exclusively breastfeed, this can be caused by other factors such as nutritional intake or the food consumed by the mother is insufficient and the number of children can affect this, where mothers who have many children will find it difficult to share time with a breastfed baby, while mothers who have given birth for the first time have not had experience in the lactation process so that when a small amount of milk is released, mothers choose to give formula milk for fear that the breast milk given is not sufficient for the baby's needs.

The researcher believes that the support provided by the family, especially the partner, is needed by the mother, but many families do not participate in the lactation process because they consider breastfeeding as the mother's obligation and for various reasons they do not participate. take part, arguing that they are busy working, and some consider it a woman's job. Conditions like this will make the mother become more stressed and affect the process of releasing breast milk.

Based on the Indonesian Demographic Health Survey (IDHS) 2012 shows that 57% of the workforce in Indonesia are women with factors that hinder the success of breastfeeding for working mothers, namely short time off, lack of workplace support, short time off at work (not enough time to work). Express breast milk), and there is no room to give breast milk. This study is in line with research conducted by Setia Sihombing (2018) that employment status is related to exclusive breastfeeding in the working area of the Hinai Kiri Health Center. Working mothers tend not to exclusively breastfeed their babies. In this study, the

mother's occupation affects exclusive breastfeeding for infants.

The results of this study indicate that mothers who do not work, 78.8% 54 give exclusive breastfeeding because the mother is at home within 24 hours so that the mother can give breast milk directly to the baby. The results of this study also showed that partially working mothers, namely 34.5%, could continue to exclusively breastfeed. For mothers who work and have difficulty in giving exclusive breastfeeding, they can try to give breast milk by expressing breast milk and storing it. So that when the mother works, the breast milk that has been stored can be given to the baby by the family who lives at home. Work does not become an obstacle for mothers to exclusively breastfeed their babies.

To raise awareness with a positive attitude, in supporting the breastfeeding process so that the support will be long lasting. Mothers should involve and involve the family in helping the process of breastfeeding or breastfeeding. Analysis of the relationship between mother's work and the success of exclusive breastfeeding. Based on the results of the study, there were 19 people (65.5%) working mothers who did not give exclusive breastfeeding to their babies, while there were 3 mothers who did not work (21.4%) did not give exclusive breastfeeding to their babies. The results of statistical tests obtained p value = 0.017, so it can be concluded that there is a significant relationship between mother's work and exclusive breastfeeding. From the results of the analysis, the OR value = 6.967 means that respondents who work have a 6 times greater chance of not giving exclusive breastfeeding to their babies compared to mothers who do not work.

CONCLUSIONS AND SUGGESTIONS

There is a relationship between family support and the success of exclusive breastfeeding for mothers who have babies aged 7-12 months in the Penawar Jaya Public Health Center, Tulang Bawang Regency in 2021, p value = 0.048 and OR 4.333. There is a relationship between workers and the success of exclusive breastfeeding in mothers who have babies aged 7-12 months in the Penawar Jaya Public Health Center, Tulang Bawang Regency in 2021, p value = 0.017 and OR 6.967. Working mothers who are breastfeeding their babies can motivate themselves and increase confidence that mothers are able to give exclusive breastfeeding and can be more active in seeking information about lactation, how to express breast milk and how to store breast milk that has been expressed by the mother, and can involve all family members to take part in the success of exclusive breastfeeding to infants. Midwives can optimize educational activities on a scheduled basis so that the reach of education can be broadened.

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