

## **BREASTFEEDING IN THE PERSPECTIVE OF HEALTH AND ISLAMIC RELIGION IN THE EAST JAKARTA REGION**

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### **ABSTRAK**

Menyusui secara eksklusif adalah pemberian Air Susu Ibu (ASI) sejak bayi lahir hingga berusia 6 bulan, tanpa tambahan air atau makanan apapun. Pemberian ASI eksklusif di Indonesia masih sangat rendah yaitu 37,3%. Hal ini jauh lebih rendah dari target yang ditetapkan Kementerian Kesehatan yaitu sebesar 80%. Menyusui secara eksklusif dapat mencegah anak *stunting* dan untuk jangka panjang dapat mencegah penyakit degeneratif. Penelitian ini bertujuan untuk mengeksplorasi pemberian ASI secara eksklusif dalam perspektif kesehatan dan agama Islam. Desain pada penelitian ini menggunakan *study* kualitatif. Partisipan utama dalam penelitian ini adalah ibu yang mempunyai anak berusia 2 hingga 5 tahun yang tinggal di Jakarta Timur dan datang ke Tempat Bidan Praktik Mandiri (TPMB) Endang Irianti. Partisipan dipilih menggunakan metode *purposive sampling*. Penelitian ini dilakukan pada bulan Maret sampai Mei 2022. Pengumpulan data dilakukan melalui wawancara mendalam secara terstruktur, kemudian data dianalisis menggunakan analisis isi. Keabsahan data dijaga dengan menggunakan triangulasi sumber data. Hasil penelitian menunjukkan bahwa hampir semua partisipan mengetahui tentang menyusui secara eksklusif dan melanjutkan menyusui hingga anak berusia dua tahun, tapi seluruh partisipan hanya mengetahui sedikit mengenai ayat-ayat Al-Quran yang memerintah para ibu menyusui anaknya dan menyapihnya hingga anaknya berusia 2 tahun. Seluruh partisipan mendapat dukungan dari suami, ibunya dan ibu mertuanya untuk menyusui secara eksklusif dan tetap menyusui hingga anak berusia dua tahun. Hampir semua partisipan menyusui bayinya secara eksklusif dan menyapih anaknya hingga usia dua tahun atau lebih dan hanya sedikit yang tidak menyusui secara eksklusif dengan alasan sudah hamil lagi pada saat anaknya berumur 3 bulan.

**Kata Kunci:** *Menyusui secara eksklusif, Pengetahuan ibu, Dukungan suami.*

### **ABSTRACT**

*Exclusive breastfeeding is offering breast milk (ASI) from birth to 6 months old, without any additional water or food. Exclusive breastfeeding in Indonesia is still very low at 37.3%. This is much lower than the target set by the Ministry of Health, which is 80%. Exclusive breastfeeding can prevent stunting in children and in the long term can prevent degenerative diseases. This study aims to explore exclusive breastfeeding in the perspective of health and Islam. The design in this study uses a qualitative study. The main participants in this study were mothers with children aged 2 to 5 years old who lived in East Jakarta and came to the Independent Practice Midwife (TPMB) Endang Irianti. Participants were selected using the purposive sampling method. This research was conducted from March to May 2022. The data was collected through structured in-depth interviews, then the data were analyzed using content analysis. The validity of the data is maintained by using triangulation of data sources. The results showed that almost all participants knew about exclusive breastfeeding and continued breastfeeding until the child was two years old, but all participants knew little about the verses of the Quran that instruct mothers to breastfeed their children and wean them until their children are 2 years old. All participants received support from their husbands, mothers and mothers-in-law to breastfeed exclusively and continue breastfeeding until the child was two years old. Almost all participants breastfed their babies exclusively and weaned their children until the age of two years or more and only a small proportion did not breastfeed exclusively on the grounds that they were pregnant again by the time the child was 3 months old.*

**Keywords:** *Exclusive breastfeeding, Mother's knowledge, Husband's support.*

## INTRODUCTION

Children are assets that are highly protected by the state, one of the ways of protection carried out by the state is contained in Law Number 36 of 2009 concerning Health, in Article 129 paragraph (1) it is stated that every baby has the right to exclusive breastfeeding. from birth to the age of 6 (six) months, except for medical indications (UU RI, 2009) The law was later clarified in the Government Regulation of the Republic of Indonesia Number 33 of 2012 concerning exclusive breastfeeding. The regulation states that exclusive breastfeeding aims to ensure the fulfillment of the baby's right to exclusive breastfeeding from birth to the age of 6 (six) months by taking into account its growth and development. (Kepmenkes, 2012).

In addition, the purpose of exclusive breastfeeding is also to provide protection to mothers in providing exclusive breastfeeding. In addition, the purpose of exclusive breastfeeding is also to provide protection to mothers in exclusive breastfeeding. For example, postpartum hemorrhage ranks highest in maternal mortality. One of the causes is uterine atony. Early initiation of breastfeeding can induce the posterior lobe of the pituitary gland to secrete oxytocin. Oxytocin accelerates the process of involution and blood loss in the mother, as was the result of Putri's research in 2020 that there was an effect of early initiation of breastfeeding on the process of uterine involution in postpartum mothers. Therefore, researchers suggest to make breastfeeding initiation a standard operating procedure in childbirth services.

In Article 6 of the regulation, it is stated that every mother who gives birth must provide exclusive breastfeeding to her newborn baby, then in Article 9 it is stated that health workers and providers of health service facilities are required to carry out Early Initiation of Breastfeeding (IMD) for newborns, for at least as long as one hour.

The second goal is to “end hunger, achieve food security and better nutrition and support sustainable agriculture”. In this goal there are five targets, one of which is to “end all forms of malnutrition, including by 2025 achieving the internationally agreed targets on malnutrition and neglect of children under five.” The target is broken down into six indicators, one of which is the percentage of infants less than six months old who are exclusively breastfed. (UNDP, 2015) These indicators are based on the 2015-2019 Mid-Term Development Plan prepared by the Ministry of Health of the Republic of Indonesia. In addition, the discussion on exclusive breastfeeding is also regulated in goal number three, namely "Ensuring a healthy life and supporting well-being for all at all ages". One of the targets in the goal is that “By 2030, end preventable deaths in newborns and under-fives, with each country targeting to reduce neonatal mortality to at least 12 per 1000 births and under-five mortality to 25 per 1000 births”. The target is explained again into six indicators and one of them is the percentage of exclusive breastfeeding in the first six months”. (Ministry of Health RI 2015)

The World Health Organization (WHO) says that exclusive breastfeeding is done by giving only breast milk. Babies are not given anything to eat and drink, except medicines, vitamins, or mineral drops, from birth to 6 months of age. After reaching the age of 6 months, he can be introduced to complementary foods. Exclusive breastfeeding will continue until the baby is two years old or older. The WHO decision has been adopted by the Indonesian government. This is regulated through the Decree of the Minister of Health of the Republic of Indonesia NO. 450/Menkes/SK/IV/2004 by setting a target of exclusive breastfeeding for 6 months of 80%.

In 2016, UNICEF said that increasing exclusive breastfeeding could save the lives of more than 800,000 children every year. Exclusive breastfeeding is also useful for mothers to avoid the risk of postpartum bleeding and breast and ovarian cancer and can help distance pregnancy and temporarily delay fertility. Breastfeeding can also stimulate the hormone oxytocin, which can strengthen the bond between mother and child and relieve stress on the mother. Protection in breastfeeding is an urgent priority because there is a lot of marketing in the milk substitute industry, which destroys and weakens breastfeeding behavior. Sales of breast milk substitutes are projected to increase from \$45 billion to \$71 billion.

The main results of the 2018 Basic Health Research (Riskesdas) in Indonesia, mothers who give exclusive breastfeeding are still low at 37.3 percent, and these results are not evenly distributed between provinces with other provinces; the most insufficient coverage is in the Province of West Nusa Tenggara (NTB) which is 20.3 percent, while the highest coverage is Bangka Belitung (Babel) Province, which is 56.7 percent, while DKI Jakarta is ranked 15th out of 34 provinces in Indonesia.

The importance of breastfeeding is also enshrined in *World Breastfeeding Week* (WBW), which is celebrated every year. In the first week of August (August 1 to 7), to raise public awareness to support breastfeeding behavior. The celebration of World Breastfeeding Week 2020 with the global theme of World Breastfeeding in 2020 is "Support breastfeeding for a healthier planet," while World Breastfeeding Week in Indonesia with the theme "Breastfeeding: Mothers Protected, Strong Children, Healthy Earth."

The golden period, the first 1000 days of life (1000 HPK), is crucial for human life because, at this time, if there is a lack of nutrition, it will cause growth and development disorders and can even cause damage to essential organs. 1000 HPK starts from the time the mother becomes pregnant, and the baby develops in the womb until the child is 24 months old, with a calculation of 9 months 10 days or 280 days pregnant, then until the age of 2 years, which is 720 days so that the total is 1000 days. This period is called the golden period because this phase is an excellent phase for physical growth; what if this physical growth is disrupted? It can cause stunting (children become stunted) and cognitive development, affecting intelligence. Another consequence of nutritional deficiencies in the golden

period can lead to long-term effects, namely chronic diseases in old age such as diabetes mellitus, hypertension, and heart disease.

In Islam, Allah commands a mother to breastfeed a child born for up to 2 years. The command is written in QS. Al-Baqarah (2): 233. In that verse, Allah SWT says, which means,

*" Mothers should breastfeed their children for 2 whole years, that is, for those who want to perfect breastfeeding. And the father must provide food and clothing to the mothers in an acceptable manner."*

Thus, Allah's command to mothers to breastfeed their children for up to two years indicates the value of its benefits. After that time, Allah guides us to start weaning children, as described by his word written in QS. Luqman (31): 14 means "... his mother had conceived him in a state of increasing weakness, and weaned him in two years ..." and in QS. Al-Ahqaf (46): 15 means "to bear her and wean her is thirty months."

Previous research can support the importance of exclusive breastfeeding as seen in the research conducted by Al-Rahmad in 2016, namely his research showed 48.9% of infants who were exclusively breastfed had good motor development scores (9.0) and showed a significant difference compared to motor development in infants who are not exclusively breastfed.

## **METHOD**

This study uses a qualitative design. The purpose of qualitative research is to understand a particular situation, event, role, group or social interaction. In terms of research design, qualitative research is general, flexible, and it means that qualitative research can develop as needed as long as research is still happening (Notoatmodjo, 2010).

Qualitative research can be used to develop a model by exploring how a mother wants to exclusively breastfeed her child, the extent to which mother's knowledge about breastfeeding is based on knowledge of Health and Islam, and the extent to which husband, mother or in-laws, health workers and religious leaders provide support. to mothers who are breastfeeding. Qualitative research can also be used to explore the extent of policies implemented by Health Practitioners, and experts who are concerned about Exclusive Breastfeeding both in the field of Health and experts in the field of religion.

The main participants in this study were mothers with children aged 2 to 5 years who lived in East Jakarta and came to the Midwife Independent Practice Center (TPMB) Endang Irianti. Participants were selected using the purposive sampling method, which means setting or directing the subject to be a participant. The concept of sampling in qualitative research is closely related to how to choose certain information or social situations that can provide true and reliable information about the existing situation, while the principle of sampling in qualitative research is appropriateness & adequacy. In this study, data collection conducted by the researcher himself with in-depth observation and research. The instrument used in this is an in-depth interview guide using a note-taker and a voice recorder.

The validity of the data is maintained by using triangulation. According to Sugiyono (2011) triangulation is defined as a technique that combines data from various data collection techniques and existing data sources. This study uses triangulation of data sources by interviewing more than one subject. The location of this research is in the East Jakarta Region. The data was taken from the Midwife Independent Practice Center (TPMB) Endang Irianti, which is located in the Cipayang area, East Jakarta. This research was conducted from March to May 2022.

In qualitative research, data collection and analysis must take place simultaneously (simultaneously). Data analysis in this study was conducted using content analysis. (Cropley A, 2019)

In qualitative research, it is necessary to check the validity of the data or the validity of the data. There are several strategies that can be done in order to ensure internal validity, one of which is through triangulation. The data triangulation method is a technique for checking the validity of the data that utilizes something other than the data for checking purposes or as a comparison against the data. There are four kinds of triangulation, namely triangulation of sources, methods, investigations and theories. Triangulation in this study was carried out using source triangulation, namely by conducting in-depth interviews about religious people, practitioners and users.

## RESULTS AND DISCUSSION

The results of the analysis of the qualitative approach were collected through in-depth interviews with six participants after reaching data saturation where the data was considered to be saturated or there were no more variations in answers from participants, then the data were analyzed. The results can be seen in the following table.

Based on table 1, Characteristics of in-depth interview participants in this study consisted of six participants who had children aged two months to five years, 3 fathers who had children aged 2 to 5 years, a mother-in-law, 2 biological mothers, 2 independent practice midwives (Praktisi). and a clergyman.

**Table 1. Demographic Characteristics of In-depth Interview Participants.**

No	Participant (F)	Status	You're in vain	Education	Work	Toddler age	Exclusive/weaned age
1	P1	Mothers who have children aged 2 to 5 years	31	Bachelor	private	2 years 3 months	not exclusive/ weaned 3 months old
2	P2	Mothers who have children aged 2 to 5 years	31	Bachelor	private	5 years	Exclusive 7 months/weaned 2 years 7 months
3	P3	Mothers who have children aged 2 to 5 years	29	Bachelor	private	4 years 2 months	Exclusive / weaned 2 years
4	P4	Mothers who have children aged 2 to 5 years	31	Senior High School	Private	5	Exclusive/ 2 years

No	Participant (F)	Status	You're in vain	Education	Work	Toddler age	Exclusive/weaned age
5	P5	Mothers who have children aged 2 to 5 years	28	Bachelor	RT mother	3 years	Exclusive / weaned 2 years old
6	P6	Mothers who have children aged 2 to 5 years	30	Senior High School	RT mother	4 years	Exclusive / weaned 2 years old
7	P 7	Fathers who have children aged 2 to 5 years	31	Bachelor	SOLDIER	5 years	Exclusive / weaned forget what age
8	P 8	Fathers who have children aged 2 to 5 years	29	Bachelor	private	4 years 5 months	Exclusive/weaned 2 years old
9	P 9	Fathers who have children aged 2 to 5 years	31	STM	Private	5 years	Exclusive/
10	P 10	mother -in-law	60	Senior High School	RT mother		Exclusive / forgot
11	P 11	Parent	56	Bachelor	Teacher		Exclusive / 2 years
12	P 1 2	Parent	61		RT mother		Exclusive / 2 years
13	P1 4	Independent Practice Midwife	62	D3	Independent Practice		
14	P 1 5	Independent Practice Midwife	64	Level 2	Independent Practice		
15	P 1 6	A man		Level 2	Lecturer		

Source: Primary Data, 2022

The age of participants who have children aged 2 months to 5 years between 28 years to 31 years, almost all work in the private sector and only a small number of housewives.

Most of the participants breastfed exclusively and only a small proportion did not breastfeed exclusively. All participants breastfed their children until the child was 2 years old or older.

For most of the fathers worked as private employees and for a few worked as SOLDIER, almost all of them had a bachelor's degree. There are 2 fathers with undergraduate education and 1 equivalent with high school education. Furthermore, parents and in-laws are on average 60 years old and, almost all have high school education and one has a bachelor's degree.

### **Exclusive Breastfeeding Knowledge and Implementation**

Breastfeeding is a physiological process to provide optimal nutrition to babies. There is nothing more valuable in a child's life than getting quality nutrition from the very beginning of life. The most ideal nutrition to support optimal baby health, growth and development is only breast milk (Rulina, 2010). Breast milk contains many antibodies so that it can protect the body from the entry of infectious germs such as diarrhea and acute tract infections (ARI) (Palmeira, Patricia, 2016).

Breastfeeding also prevents children from becoming overweight which can trigger degenerative diseases such as diabetes mellitus and hypertension. Breastfeeding for 6 months without the addition of



other foods or drinks can reduce the infant mortality rate by 13% and if breastfeeding is continued after the baby is 6 months old and is given appropriate complementary foods, the infant mortality rate can decrease by another 6%.

Knowledge about the importance of breastfeeding is increasingly known by the public and there are many books written about breastfeeding that can be easily read by the general public. In the breastfeeding process there are three important components that are closely related to the success of exclusive breastfeeding, namely mother, baby and father, if the father supports the mother to give exclusive breastfeeding, the success rate is very high, namely 98.1 percent, on the contrary without husband's support the success rate is only 26.9 % (Ramdani, 2010). A mother is sometimes not sure that she can give exclusive breastfeeding to her baby, she feels that her milk is not enough and can't bear to see her baby cry. No less important is the baby factor, in order for a baby to be able to suck and swallow breast milk, a baby must have 3 reflexes, namely the rooting reflex, the sucking reflex and the swallowing reflex (Soetjiningsih, 1997).

The success of exclusive breastfeeding is influenced by internal and external factors. Internal factors that influence exclusive breastfeeding include knowledge and spirituality, and external factors that can affect the success of exclusive breastfeeding include husband's support, parental or in-law support, health worker support, support from closest people and support from religious leaders.

Support from clergy regarding breastfeeding is very important but in practice it is still very lacking so that many mothers, husbands and parents do not know that breastfeeding is regulated in Islam. In the Qur'an there are 6 verses that contain breastfeeding and weaning children. In the Qur'an, Surah Al-Baqarah: 233 regulates the recommendation of mothers to breastfeed their babies and the duration of breastfeeding until the baby is 2 years old, regulates the responsibilities and obligations of husbands whose wives are breastfeeding and provides payments to mothers other than biological mothers who breastfeed their children. (Adlany, Nazri et al. 2002)

### **Knowledge of Exclusive Breastfeeding**

Based on the results of in-depth interviews about Exclusive Breastfeeding, the participants stated the following:

Mother's Knowledge About Exclusive Breastfeeding and when to wean children :

All mothers can mention the definition of Exclusive Breastfeeding

" *Exclusive Breastfeeding, I usually say Exclusive Breastfeeding, which is giving breast milk to the baby from birth until the baby is 6 months old without adding any food or fluids and breastfeeding until the child is 2 years old*"(P1).

"*Exclusive Breastfeeding is giving full breast milk until the baby is 6 months old*" (P3)

"*Yes , I know the meaning of exclusive breastfeeding is to give breast milk from the newborn to the age of 6 months .*" (P4)

" *Exclusive Breastfeeding until the child is 6 months old and then continue to be weaned at 2 years of age.*" (P5)

### **Implementation of Exclusive Breastfeeding.**

Of the six participants, almost all of them breastfed exclusively and weaned their children until the age of 2 years and there were mothers who breastfed their children for more than 2 years, only a small part did not exclusively breastfeed.

"*I did not exclusively breastfeed my first child; I only breastfed for 3 months, and then my baby was given expressed milk until my child was 5 months old. Because my child is not breastfeeding directly, my milk is getting less and less.*" (P1). (P 1) also said their second child was healthier and more active.

" *I exclusively breastfed until my child is 7 months old, and I continue breastfeeding until my child is 2 years 6 months old; thank God my child is healthy and smart* " (P2)

"*I breastfed my child for 6 months; I did not add food or drink, after 6 months, I continued to breastfeed and gave additional food in the form of breast milk; I was taught how to make breast milk porridge with the midwife.*" (P4)

#### **1. Participants' opinions about breastfeeding**

" *Exclusive breastfeeding is very good and must be carried out because breast milk has proven its superiority, breast milk is the most suitable food for babies, besides that breast milk also contains lots of antibodies* " (P1) <sup>1</sup>.

"*I often hear from the midwife that exclusive breastfeeding is good for both mother and child, and also economically very helpful because there is no need to buy baby milk which is expensive)*" (P2)

"*Exclusive breastfeeding is very good for the baby's brain development and his health* " (P 5)

#### **2. Opinion Participants about husband's support and the form of support provided**

Of the six participants, all said their husbands support their wives exclusively by breastfeeding and weaning their children until 2 years; only the forms of support are different; some help takes care of the children, provide good food, and do massage.

"*My husband supports me on exclusive breastfeeding, and when he is at home he often accompanies me to breastfeed, he also often buys my favorite food, at night he helps me change the baby's diaper*" (P1)



*"My husband supports me in breastfeeding my child for up to 2 years, maybe this is my first child, so my husband is still eager to help, such as helping me change diapers at night, accompanying me to breastfeed while massaging my back" (P2 )*

Participant's Opinion on Mother's or In-law's Support regarding breastfeeding

From the four participants, they said that their parents or in-laws were very supportive. Participants gave exclusive breastfeeding and weaned their children for up to 2 years; only the support was different.

*"My mother is very supportive of me breastfeeding; coincidentally, my house is attached to my parent's house, so parents often cook katuk vegetables and moringa leaf vegetables and also help supervise my children so that I can rest after work." (P1)*

*"My mother and in-laws support me to continue breastfeeding, that's why I can breastfeed until my child is 2 years and 6 months old; coincidentally, my in-laws live with me, and I often cook vegetables that can increase breast milk. (P2)*

*"My mother-in-law supports me in breastfeeding my child up to 2 years, my mother-in-law also supervises my child when I work and often brings vegetables to increase breast milk such as Moringa leaves and other vegetables, my mother is also very supportive, she said so that her child is healthy and smart. (P 5)*

3. Participant's opinions about the support of health workers who help the birth of their baby

*" The support of health workers still needs to be improved, especially regarding breastfeeding. I gave birth in a private hospital in Jakarta; when my baby was born, I was not given an IMD, nor was I taught how to massage oxytocin." (P1)*

*"Support from health workers if it can be improved. Yes, I was born in a hospital, the baby did not have an IMD, was not taught oxytocin massage, and there was no counseling about exclusive breastfeeding both during pregnancy and after delivery." (P2)*

*Support from health workers is still lacking, and I gave birth normally at the Independent Practicing Midwife; my baby was at IMD and was successful; the baby was not rooming, was not taught to take care of the breasts and back massage, and was not given counseling about breastfeeding." (P4)*

4. Husband's support of Exclusive Breastfeeding and weaning time

*" I support my wife exclusively breastfeeding for up to 6 months and continue breastfeeding for up to two years. I help change diapers at night, in my spare time, I accompany my wife while breastfeeding, and I often bring my wife's favorite food after work ." (P 7 )*

*"I am happy that my wife can breastfeed for more than 2 years, the support I provide helps to feed the children in their spare time, buys vitamins so that the milk is still plentiful, and in the beginning, I often massage my back so that the milk increases. (P8)*

*" I support my wife to breastfeed until she is 2 years old so that the child is healthy and smart; that's why I often bring nutritious food and buy vegetables and fruits; when I'm at home, I help take care of the children so that my wife can rest." (P9)*

5. Mother or mother-in-law's support regarding Exclusive Breastfeeding and weaning time
6. From the results of interviews with the parents or in-laws of the core participants, all three strongly agreed that their children breastfed exclusively and weaned their children at the age of 2 years. Support from mothers is to help supervise their grandchildren and bring vegetables that increase milk production.

*"I support my child to give exclusive breastfeeding. In the beginning, I couldn't bear the baby crying because there wasn't much milk. (P10)*

*" I support my child to breastfeed up to 2 years, and I also agree to exclusive breastfeeding."(P11)*

*"I support my child to breastfeed for up to 2 years; that's why I always remind my child to eat a lot and take vitamins. I used to nurse him for more than two years. (P12)*

7. Health Officer Support About Exclusive Breastfeeding.

*"“I really support mothers exclusively breastfeeding and weaning their children up to 2 years old, it's a government program and it's good for the growth and development of children and good for the mother because it can prevent bleeding and can also be used as a family planning method.”*

The midwife said every patient who checked for pregnancy and gave birth in her practice was always given counseling and taught things related to pregnancy and childbirth. Exclusive breastfeeding success, such as IMD, leads to how to breastfeed properly, but I haven't been taught about Oxytocin massage. Midwives also carry out joint care for newborns to make it easier for mothers to breastfeed. The mother's gaze at her baby and hearing the baby's cry can stimulate the hormone oxytocin which functions to secrete breast milk.

8. Support from Religious Leaders About Exclusive Breastfeeding and weaning time.

*"I support mothers who breastfeed exclusively and wean their children until 2 years old because. "(P15). The form of support provided is by providing counseling about breastfeeding at the recitations, in class while teaching students and suggested at the institution where he works to provide a room for expressing breast milk, and a refrigerator is provided to store breast milk that has been expressed.*

Based on the in-depth results, all mothers can mention the definition of exclusive breastfeeding and knowledge of the meaning of exclusive breastfeeding along with the implementation of exclusive breastfeeding, it is proven that from 6 participants almost all breastfeed exclusively until the child is 6 months old, and only 1 participant who does not breastfeed exclusively. exclusive, because the

participants were pregnant when the baby was 3 months old. According to the theory, exclusive breastfeeding can be part of the Family Planning (KB) program if it is implemented properly. By exclusively breastfeeding, the production of prolactin and oxytocin increases which can affect the development of follicles in breast tissue. After the baby is 6 months old, the baby is given complementary foods such as breast milk porridge, and the participant continues breastfeeding until the child is 2 years old or older. Knowledge about Exclusive Breastfeeding is obtained from Social Media, from friends and from health workers from the time the Participant conducts a pregnancy check up until the postpartum period.

The success of exclusive breastfeeding is influenced by several factors, namely internal factors and external factors. Internal factors include knowledge and spirituality, while external factors include the husband's support, the mother's or mother-in-law's support, and the support of health workers and clergy.

Knowledge of Exclusive Breastfeeding has been discussed above, and knowledge of breastfeeding from the six Participants knew that some rules or letters talked about breastfeeding, but almost all of the Participants forgot the letters and verses. The letter that is widely known is QS Al-Baqoroh, but participants forget the verse. At least 5 letters and verses talk about breastfeeding and weaning. Namely, several verses in the Qur'an tell about breastfeeding, namely QS Al-Baqarah: 233, QS Lukman: 14, QS Al-Qashash: 12-13, QS Al-Hajj: 22, Q. S Al-Qashash, QS Al-Qashash: 12. "Of the five letters, the most frequently mentioned is QS Al-Baqarah: 233 which means:

*"Mothers should breastfeed their children for two whole years, that is, for those who want to perfect breastfeeding. And the father should feed and clothe the mother in a ma'ruf way. Not burdened by someone but according to the level of his ability. Let not a mother suffer misery because of her child, and do not suffer a father because of his child. And the heirs are obliged to do so. If both want to wean (before two years) with their willingness and consultation, then there is no sin. And if you want to seek (Women) to breastfeed your child, then there is no sin for you. What if you pay what you deserve, fear Allah, and know that Allah is all-seeing of what you do?" (Sadlany Nazri et al., 2022)*

In verse using the news editor, this verse very strongly commands mothers to breastfeed their children. Al -Quran, from an early age, has outlined that breast milk is the best food, both breast milk from biological mothers and other mothers for babies up to the age of 2 years. (Shihab, Quraish, 2005) However, of course, breast milk is better than others. By breastfeeding from the birth mother, the child can feel calm and peaceful because the baby can feel his mother's heartbeat which he has known since the baby was in the womb; the baby also feels relaxed when he smells his mother's sweat which smells like an amniotic fluid while in the womb (Hamzah, Siti Nur. 2012). In the Qur'an, no verse indicates that breastfeeding is obligatory, but according to the majority of scholars, the obligation of breastfeeding

for mothers is more of a moral obligation than a formal legal obligation. Breastfeeding is a mother's right but getting breast milk is also a child's right.

The conclusion is that breastfeeding is the duty of women because, biologically, only women can produce and circulate breast milk for their baby's food.

Husband's support, 3 of the husbands interviewed said they strongly support the effort of exclusive breastfeeding and continue breastfeeding for 2 years. The form of support from the husband is in the form of helping to take care of the baby, bringing food that can increase breast milk, giving vitamins and doing massage on the wife's back (oxytocin massage).

Many research results say that husbands' support is essential because mothers who are in exclusive breastfeeding support have a success rate of around 98.0% while mothers whose husbands do not support have only about 26.9% success rate (Arifah, at all, 2014).

The husband's support for breastfeeding mothers is also written in QS. Al-Baqoroh verse 233 means, " *And the father must feed and clothe the mother in a ma'ruf way. No one is burdened but according to the level of his ability* " ( Sadlany, Nazri, et al., 2022 )

Social support can be expressed in the form of support: 1. Emotional support, namely support that involves the expression of empathy and concern for the individual, 2. Appreciation support, this support involves expressions of agreement and positive assessment of the ideas, feelings, and performance of others. , 3. Instrument support involves direct assistance, for example, financial aid or assistance carrying out specific tasks, 4. Information support, this support can be in the form of suggestions, directions, and feedback on how to solve problems. (Taylor, Sherley, 2006)

Support from mother or in-laws, the three Participants (mother and in-laws) live in the same house, and near their home, they support their children to breastfeed exclusively and continue breastfeeding until the baby is 2 years old. The form of support is to help supervise children and provide vegetables to increase breast milk.

Health Practitioner Support, BPM Midwife E, always supports Participants in exclusive breastfeeding and breastfeeding up to 2 years of age. Midwife E carries out the orders contained in PP No. 33 of 2012 concerning Exclusive Breastfeeding and Regulation of the State Minister for Women's Empowerment and Child Protection of the Republic of Indonesia Number 03 of 2011, concerning the Implementation of 10 Steps Towards Successful Breastfeeding. Application Ten Step Going to Success Breast-feed must be carried out by public and private institutions providing midwifery services.

The golden period, the first 1000 days of life (1000 HPK), is crucial for human life because, at this time, if there is a lack of nutrition, it will cause growth and development disorders and can even cause damage to essential organs. 1000 HPK starts from the time the mother becomes pregnant, and the baby develops in the womb until the child is 24 months old, with a calculation of 9 months 10 days or 280 days pregnant, then until the age of 2 years, which is 720 days so that the total is 1000 days. This

period is called the golden period because this phase is an excellent phase for physical growth; what if this physical growth is disrupted? It can cause stunting (children become stunted) and cognitive development, affecting intelligence. Another consequence of nutritional deficiencies in the golden period can lead to long-term effects, namely chronic diseases in old age such as diabetes mellitus, hypertension, and heart disease. In Islam, Allah commands a mother to breastfeed a child born for up to 2 years.

## CONCLUSIONS AND SUGGESTIONS

Based on the results of this study, several conclusions can be drawn as that all participants essentially can mention the notion of exclusive breastfeeding and can apply it into real action, namely exclusive breastfeeding which is carried out by almost all participants and continue breastfeeding until their children are 2 years old or more. Knowledge of breastfeeding from the perspective of Islam is not widely known by the participants. Husband and mother or mother-in-law all support core Participants exclusively breastfeed. According to the participants, health workers who helped the birth of their children were not maximal in implementing the 10 Steps to Breastfeeding Success. Religious people support breastfeeding mothers for 2 years, by providing counseling at places of study for mothers.

The first suggestion is for Health Practitioners to improve services by implementing the 10 Steps Towards Successful Breastfeeding, then later it is hoped that the clergy will provide more enlightenment about health issues, especially about breastfeeding to mothers in the taklim assembly. Finally, for further researchers to further explore matters related to exclusive breastfeeding with a variety of supporting variables that have not been analyzed in this study, it is hoped that the resulting impact will be more maximal.

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