

Mothers Breastfeeding Knowledge About Relationship With The Benefit Of Giving Asi Asi In Exclusive In The District Jombang

Wahyu Anjas Sari¹, Gempi Tri Sumini²

STIKes Husada Jombang

Email: swahyuanjas@yahoo.com¹, gempi@stikeshusadajbg.ac.id²

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ABSTRACT

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Exclusive breastfeeding is breastfeeding without additional food and other beverages in infants aged 0-6 months (Forum, 2017). Milk given to infants because of the many benefits and advantages, such as infants have protection against Clostridium tetani bacteria, diphtheria, polio virus, rotavirus and vibrio colera. Moreover, it can increase the child's IQ and EQ (Hubertin, 2014).

The issues raised is whether there is a relationship between knowledge about the benefits of breastfeeding to exclusive breastfeeding. The goal is to determine the relationship between knowledge about the benefits of breastfeeding to exclusive breastfeeding in nursing mothers. Population was all nursing mothers in the Village District Gondek Mojowarno Jombang district as many as 94. Sampling purposive sampling technique. The sample in this study that met inclusion and exclusion criteria are as many as 48 people. The study design was cross-sectional correlation with the approach and the data were collected using a questionnaire, and analyzed using chi square test statistic.

The results of knowledge about the benefits of breastfeeding to exclusive breastfeeding in nursing mothers is good knowledge, exclusive breastfeeding as much (4.2%), does not give exclusive breastfeeding as much (4.2%) while the knowledge enough mother, exclusive breastfeeding (22.9%), not giving (27.1%) and mothers who know less, exclusive breastfeeding (4.2%), not exclusively breastfed (37.5%). From the results of statistical tests obtained $\chi^2 = 7234$ ($7234 > 5.591$). This suggests there is a relationship between knowledge about the benefits of breastfeeding to exclusive breastfeeding in nursing mothers.

The conclusion is there hubunagn between knowledge about the benefits of exclusive breast feeding with breast milk in nursing mothers in the Village District Gondek Mojowarno Jombang District. Proposed research is expected to come keposyandu diligent mothers or other associations to get information about health and are expected to give exclusive breastfeeding if the mother had another baby, for health care workers should routinely provide information and motivate breastfeeding mothers to breastfeed exclusively.

BACKGROUND

Breast milk is a fat emulsion in protein, lactose and inorganic salts secreted by mother mammar glands, which are useful as food for the baby. The exclusive breast milk is the gift of breast milk without additional food and beverages in infants aged zero to six months. That white water is not recommended to be administered in the exclusive breast milk stage. Breast milk is given to infants because of its many benefits and advantages, such as babies get protection against the attack of Clostridium tetani, diphtheria, pneumonia, E. Coli, Salmonella, Sigela, influenza, streptococcal, Stafloxus, polio virus, rotavirus and Vibrio colera. In addition, it can increase IQ and child EQ. (Hubertin, 2014).



DOI:

W: <http://jgrph.org>

E: journal.grph@gmail.com

The main cause of death in newborns and infants is a decrease in the initiation of early breastfeeding and exclusive breast feeding. In the growth and development of infants is largely determined by the amount of breast milk obtained including energy and other nutrients contained in breast milk. (Hapsari, 2019).

This is caused by lack of knowledge of mothers about the management of lactation, such as how to bluish and store BREAST milk that is less precise can affect the breastfeeding process so that many mothers who give formula or Dairy milk on the baby that can lead to increased morbidity of diarrhea due to germs and oral moniliasis that increased as a result of water procurement and poor sterilization, the occurrence of marasmus in infants due to mistakes in milk dosing. (Soetjiningsih, 2017).

Based on the results of basic health Research (RISKESDAS) in 2010, the coverage of the infant's exclusive feeding of 0-6 months amounted to 27.2%. When viewed in more detail, exclusive breast feeding in infants aged 6 months and even 15.3%.

Based on the survey of East Java Health Office in 2010 from 685,642 that get ASI more or less 279,503 (40.77) (Depkes, 2010). Based on the coverage of the Dinkes Jombang year 2011 from 34 Puskesmas There are 2 health centers whose coverage is lacking, namely Tambakrejo a number of 221 infants only 73 (33.03%) Who get ASI and Mojowarno a number of 746 babies only 369 (49.46%) Who get breast milk (Dinkes.Kab.Jombang, 2011).

Based on the data of the health office in the Jombang year 2011 Jmlah Babies 14.302 who get the breast milk is approximately 11.398 (79.70%), in the Puskesmas Mojowarno from 746 babies who get breast milk only 369 (49.46%) While the village Gondek a number of babies 94 who get the MILK approximately 31 (34.1%). Based on the data above the achievement of the exclusive ASI target is still far from the target set by Dinkes Jombang is at least 80% babies are given exclusive breast milk. Factors that can affect mothers in providing breast milk are factors of socio-cultural change such as mothers working, impersonate a friend or neighbor who gives formula milk, psychological factors such as fear of loss of attraction, the physical factor of mothers like mothers who are sick, increased promotion of formula milk as a substitute for milk, a factor in the lack of health officers so that the public is less informed about the benefits of BREAST milk, lack of knowledge factors on breast milk and health (Arifin Siregar, 2014). This can affect mothers to provide solid/extra food that is too early on the baby that can interfere with exclusive BREAST feeding and increase the rate of pain in infants. It is not found that evidence supports that the provision of solid/supplementary food in infants as early as possible (age less than 6 months) is more beneficial even the contrary, it will have a negative impact on the health of infants and there is no positive impact to the development of growth (Utami Roesly, 2019).

WHO and UNICEF recommend the steps – steps to start and achieve the exclusive breast milk by breastfeeding babies immediately after birth. Breastfeeding exclusively, i.e. breast milk which means not added food or other beverages, even white water though. Breastfeeding whenever a baby asks (on-demand), as often as babies want, day and night. Do not use formula milk. Mothers can also remove breast milk by pumping or flushed by hand when not with the child. Once the exclusive ASI is administered for six months, infants are introduced with additional food and breast milk is still given until the age of 2 years.

Various factors that cause low use of breast milk, among others the knowledge factor of mothers, working mothers or career women, cultural, psychological and others. To solve the problem then breastfeeding mothers should know what the benefits of breast milk. Therefore, the counseling is required for nursing mothers, such as counseling at the health center and giving important leaflet about the benefits of breast milk.

Based on the above background shows that mothers who give exclusive breast feeding is still low, especially in the Jombang area, hence the researchers interested to examine the title "The Knowledge of nursing mothers about the benefits of breastfeeding with exclusive breast feeding in Jombang District"

RESEARCH METHODS

This research uses the type of analytical corelative research. This type of research design uses cross sectional. The population in this study is all mothers breastfeeding in Desa Gondek

District Mojowarno Jombang District as much as 94 people. The sample in this study is nursing mothers in Desa Gondek Mojowarno District Jombang, sample number 48 respondents. The sampling techniques used in this study were Non probability: Purposive sampling. In this research is a questionnaire that has been prepared according to the purpose of research and disseminated to respondents. Questionnaires were created by researchers, before use of the questionnaire was first tested for validity and reliability.

From the validity test results in a research instrument of 20 questions There are 15 valid questions and 5 problems that are not valid are removed. From the results of reusability test in to 15 problems in the research instrument, all questions are considered reliable because $R \text{ alpha } 0.9 > \text{constants } 0.6$.

Data analysis techniques using sufficient analysis is conducted to know the presence or absence of the relationship between knowledge about the benefits of breast milk with exclusive breastfeeding in nursing mothers using ordinal and nominal scales with the use of Chi square test (Nursalam 2013). Using qualitative criteria: good criteria with a score of 76-100% correct, enough criteria with a score of 56-75% correct, the criteria less with a score of $< 56\%$ True

RESULTS

Subject Characteristics

Tabel 1. Frequency distribution table of respondents based on Mother's knowledge of the benefits of ASI in Village Gondek District Mojowarno Jombang Regency.

NO	MOTHER'S KNOWLEDGE	Frequency	(%)
1	The Good	4	8.3
2	The Enough	24	50.0
3	The Less	20	41.7
	TOTAL	48	100.0

Data Source: Primer 2012

Based on the above data indicates that half of the most knowledgeable respondents (50%) and a small portion (8.3%) Well knowledgeable.

Tabel 2. Frequency distribution table of respondents based on exclusive breastfeeding on nursing mothers in Village Gondek District Mojowarno Jombang Regency.

NO	BREAST FEEDING EXCLUSIF	FREQUENCY	(%)
1	Yes	15	31.3
2	No	33	68.8
	TOTAL	48	100.0

Data Source: Primer 2012

Based on the above data shows that most mothers do not give the infant an exclusive breast milk (68.8%) And nearly half of respondents gave the exclusive breast milk (31.3%).

Tabel 3. Cross tabulation of mother's knowledge about the benefits of breast milk with exclusive breastfeeding on nursing mothers in village Gondek District Mojowarno Jombang Regency.

KNOWLEDGE * BREASTFEEDING			Crosstabulation		
			BREASTFEEDING	Total	
			exclusive no breastfeeding	exclusive breastfeeding	
KNO WLE DGE	The Good	% within KNOWLEDGE	4.2%	4.2%	8.4%
	The Enough	% within KNOWLEDGE	27.1%	22.9%	50.0%
	The Less	% within KNOWLEDGE	37.5%	4.2%	41.7%
Total		% within KNOWLEDGE	68.8%	31.3%	100.0 %

Chi-Square Tests			
	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	7.234 ^a	2	.027
Likelihood Ratio	7.972	2	.019
Linear-by-Linear Association	6.104	1	.013
N of Valid Cases	48		

a. 2 cells (33.3%) have expected count less than 5. The minimum expected count is 1.25.

Based on the above data shows that a small part has good knowledge and does not provide exclusive breast milk of 2 respondents (4.2%) And a small portion gave the exclusive ASI as much as 2 respondents (4.2%). Almost half of the knowledgeable mothers did not give the exclusive breast milk of 13 respondents (27.1%) and a small portion of respondents who gave the exclusive ASI as much as 11 (22.97%). While almost half of the mothers are knowledgeable and do not give the exclusive ASI as much as 18 respondents (37.5%) and a small portion of the mother gave the infant an exclusive breast milk of 2 respondents (4.2%).

The Chi Square test of the mother's knowledge of the benefits of BREAST milk with exclusive BREAST feeding in the village of Gondek District Mojowarno Jombang District is on the Chi square of 7,234 where the value of ASYMP. The Sig. (2-sided) on the Chi Square test is 0.027. Because of the value of ASYMP. Sig. (2-sided) $0.027 < 0.05$ it means H1 accepted. H1 is accepted which means there is a relationship between nursing mothers knowledge about the benefits of breastfeeding with an exclusive breastfeeding in infants in Jombang district.

DISCUSSION

The results of the study of Mother's knowledge of the benefits of breast milk in Gondek village based on table.1 show that respondents half (50%) Sufficient knowledge of the benefits of breast milk and a small portion (8.3%) Well knowledgeable.

According to Notoatmojo (2017) knowledge is a result of tofu, and this happens after people do sensing a particular object. This sensing occurs through human senses, namely the sense of sight, hearing, smell, taste and tactile. Most of human knowledge is gained through the eyes and ears.

One's knowledge of objects has a different level of intensities or levels. The outline is divided into six levels of knowledge, namely know, understand, application, analysis, synthesis and evaluation. Of the six levels of the most instrumental knowledge is evaluation.

From the results of data above shows that half (50%) Enough knowledgeable respondents. This is because most of the respondents were educated and lack of information about the benefits of breast milk so that the mother gave additional food before the age of 6 months and assumed that it is time to respond to her children at the age of 12 months, but at that age babies still need breast milk. To address these problems health workers are encouraged to provide counseling and programs as well as information about the latest ASI benefits.

According to table.2 of exclusive breastfeeding shows that most mothers are 33 respondents (68.8%) does not provide exclusive breast milk.

The results of the research and theory there is conformity because most of the respondents are young adults who have not sufficiently high maturity of information and experience so that the way of the berfikirpun still immature and this can affect the behavior of mothers in providing excommunicated breast milk. Indicates the existence of conformity because as large as mothers only to the level of secondary education that can affect the ability of mothers to absorb and understand the knowledge of breastfeeding that mothers acquire and also influence the behavior of mothers in providing exclusive breast milk.

The results of this study correspond to the theory because mothers work that requires them to leave their children at home. So, to handle this mother is advised to pump breast milk and store it in a place that is spared from sunlight. The suggestive messages of this information if they are strong enough will give you an affective basis in judging something so it formed specific direction and attitude. So the mother does not understand until when the breast milk is given to her child and do not understand much about the benefits of the actual breast milk. This results in babies because breast milk is very good for growth and development.

Mother's knowledge relation to the benefits of breast milk with exclusive breastfeeding

According to the table.3 the knowledge relation to the benefits of breastfeeding with the exclusive breastfeeding on nursing mothers shows that almost half (37.5%) Respondents are less knowledgeable and do not give exclusive breast milk.

It is influenced by the work and knowledge factors. According to the table 5.3 almost half (45.8%) Respondents work as private. Increasing women's participation in entering employment outside the home from time to time increases. The increase in the female labour force is caused by several factors, such as increasing economic demands that cause some families to be unable to maintain the welfare of only one source of income. In addition to the higher levels of education women working outside the home. The inclusion of women in the workforce will change the role of mothers in parenting. In this study, almost half of the respondents worked as a private, because the mother worked outside the house that caused the mother to be rare with children, thus reducing the length of breastfeeding. According to Arifin Siregar (2014) The increase of women's participation in the labour force and the emancipation in all areas of work and community needs led to the descendants of breastfeeding and lactation. Therefore, the mother is advised to pump breast milk and store it in a cool place or avoid sunlight.

Based on table 3 half (50%) Enough knowledgeable respondents. A person's knowledge or cognitive about breast milk is a result of tofu that occurs after a person sensing a particular object that is largely gained through the senses of the eye and ear This knowledge is an important part of shaping one's behavior. It can therefore be said that one's knowledge of breast milk is a result of a person's know after conducting various sensing of objects relating to an exclusive feeding pattern. The results of this research and the theory above are related because mothers whose knowledge is good and lacking but not give exclusive breast milk because the mother works both as a teacher or private that is required to finish her work so that it can be time-consuming and affect other things

one of them in providing exclusive breast milk to her baby. Likewise, with a knowledgeable mother about the benefits of breast milk, enough knowledge will indirectly encourage the mother to behave according to her knowledge.

The results of Chi Square test carried out on breastfeeding mothers knowledge about the benefits of ASI with exclusive breastfeeding in infants in Desa Gondek Mojowarno Jombang District can be concluded that H1 received is a relationship of maternal knowledge about the benefits of breastfeeding with the exclusive breastfeeding in the baby in the village Gondek District Mojowarno Jombang Regency. The results of this research show that one's knowledge of the benefits of ASI is the dominant factor towards the exclusive breastfeeding, hence to increase the exclusive breastfeeding knowledge also carried out counseling and coaching about the benefits of breast MILK, the correct way of breastfeeding and to provide exclusive breastfeeding in infants.

CONCLUSIONS

1. Half (50%) Quite knowledgeable mothers about the benefits of ASI in Desa Gondek Mojowarno District Jombang.
2. The majority (68.5%) Nursing mothers do not give exclusive breastfeeding to their babies.
3. Based on the results of Chi Square test there is a relationship between mother knowledge about the benefits of breast milk with exclusive breastfeeding in nursing mothers in the village Gondek Mojowarno District Jombang.

SUGGESTIONS

1. For educational institutions

For educational institutions, it is hoped that this scientific paper can add literature related to obstetrics in particular about access to EXCLUSIVE breast milk so as to increase student insight in drafting the next scientific work and students are able to identify deeper and wider more about the various things that are likely to affect the success of the ASI program in the community.

2. For research place,

Researchers suggest that the support of all stakeholders to encourage active participation of the community in the efforts to increase the degree of public health through the implementation of the EXCLUSIVE ASI activities in the form of infrastructure support, materials and information relating to the exclusive ASI program. And the results of this research are expected to provide a reference for the local area in shaping the policy as an effort to succeed the exclusive ASI activities in the local region.

3. For the community,

For local researchers suggested that the use of breast milk to be more beneficial for the intelligence and immune system, so as to help the next generation of the nation with the motto of no formula milk

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