



## RELATED FACTORS TO EXCLUSIVE BREASTFEEDING TO POSTPARTUM MOTHERS

**Anita Indra Afriyani, Indah Wulaningsih, Novita Sari, Nor Khalimah**

Universitas Karya Husada Semarang, Jl. R. Soekanto No.46, Sambiroto, Kec. Tembalang, Kota Semarang, Jawa Tengah 50276, Indonesia  
 \*[aanitaindra@yahoo.co.id](mailto:aanitaindra@yahoo.co.id)

### ABSTRACT

One of the indicators in achieving the Sustainable Development Goals (SDGs) until 2030 is maternal and child health. Exclusive breastfeeding is the give of breast milk only without other food and drink to the baby except vitamins, minerals or drugs in the form of drops or syrup, from birth to 6 months of age. 45 post partum mothers do not have good milk production and babies get formula milk. Knowing the factors related to exclusive breastfeeding for postpartum mothers at Public Health Center Kedung I Jepara. Used a quantitative correlational Two Group Pre-Test Post-Tes design with a sample of 36 postpartum mothers who breastfeed their babies. There is a relationship between postpartum mother's knowledge and exclusive breastfeeding ( $P = 0.018$ ), there is no relationship between postpartum mother's education and exclusive breastfeeding ( $P = 0.112$ ), there is a relationship between postpartum mother's work and exclusive breastfeeding at Public Health Center Kedung I Jepara ( $P = 0.02$ ). Comprehensive monitoring is needed from health care workers to ensure postpartum mothers provide exclusive breastfeeding.

**Keywords:** exclusive breastfeeding; lactation; postpartum mothers

<b>First Received</b> 28 March 2022	<b>Revised</b> 15 April 2022	<b>Accepted</b> 26 May 2022
<b>Final Proof Received</b> 26 May 2022	<b>Published</b> 30 May 2022	
<b>How to cite (in APA style)</b>		
Afriyani, A., Wulaningsih, I., Sari, N., & Khalimah, N. (2022). Related Factors to Exclusive Breastfeeding to Postpartum Mothers. <i>Indonesian Journal of Global Health Research</i> , 4(2), 367-372. <a href="https://doi.org/10.37287/ijghr.v4i2.1159">https://doi.org/10.37287/ijghr.v4i2.1159</a> .		

### INTRODUCTION

Exclusive breastfeeding is the giving of breast milk only without other food and drink to the baby except vitamins, minerals or medicine in the form of drops or syrup, from birth to 6 months of age. Babies who are exclusively breastfed have high cognitive, language and motor development and reduce mental disorders in children and adolescents, namely withdrawal, anxiety, depression, psychosomatic, attention disorders and thinking disorders, as well as juvenile delinquency and aggressive behavior. Breast milk for 6 months also has a better immune system. Exclusive breastfeeding can increase the bounding attachment between mother and baby. Breastfeeding can accelerate the reduction in infant mortality and at the same time improve the nutritional status of children under five, which in turn will improve the nutritional status of the community towards achieving adequate quality of human resources. Breastfeeding can reduce infant mortality by 13%. Empirical data show that the level of breastfeeding in Indonesia is still very low, between 39% and 40% of the number of mothers who give birth.

Indonesia's health profile data for 2019 shows that Central Java province has one of the lowest coverage of postpartum visits besides Papua and West Papua, which is 1.07%. 6 Postpartum visits are very important for observation, including the postpartum mother's lactation process. Lactation is an important part of the contribution to reducing infant

morbidity and mortality. The components of breast milk are very complex and contain more than 100,000 unique biological components, which play a major role in disease resistance in infants.

The results of a preliminary study on June 3, 2021 at the Kedung I Public Health Center, Jepara, showed that in May 2021, the total number of post partum mothers was 87 people. The number of post partum mothers who have good milk production and can breastfeed their babies is 42 people, and 45 post partum mothers who do not have good milk production and babies get formula milk. From the results of interviews that researchers conducted with 10 postpartum mothers, 3 mothers said they could not breastfeed because their nipples were flat, 2 others said they were anxious and not confident in giving breast milk to their babies, 5 other mothers said they were workers. so that it is more practical to provide formula milk because they don't want to be bothered and don't want to have difficulty in giving breast milk to their babies without thinking about giving formula milk as a substitute for breast milk that has not come out to their babies. Based on the above phenomenon, the researcher will examine the factors related to exclusive breastfeeding for post partum mothers at the Kedung I Public Health Center Jepara.

### METHOD

This type of research is quantitative with a cross sectional approach. The sampling technique used purposive sampling with a total of 80 population. The data collection tool is a questionnaire. This research was not tested for validity because it used a standardized questionnaire. The variables measured were knowledge, education, and occupation of postpartum mothers. Statistical test using chi square.

### RESULTS

Table 1.

Knowledge Distribution of Postpartum Mothers in Exclusive Breastfeeding (n=36)		
Knowledge	f	%
Minus	10	27,7
Enough	11	30,6
Well	15	41,7

Table 1 shows that the majority of respondents have good category knowledge, namely 15 respondents or 41.7%.

Table 2.

Distribution of Postpartum Mother's Education in Exclusive Breastfeeding (n=36)		
Knowledge	f	%
Minus	10	27,7
Enough	15	41,7
Well	11	30,6

Table 2 shows that the majority of respondents have a secondary education category as many as 15 respondents or 41.7%.

Table 3.

Distribution of Postpartum Mother's Work in Exclusive Breastfeeding (n=36)		
Knowledge	Frequency	Persentase (%)
Doesn't work	17	47,2
Work	19	52,8

Table 3 shows that the majority of respondents are working mothers, namely 19 respondents or 52.8%.

Table 4. Distribution of Exclusive Breastfeeding (n=36)

Exclusive Breastfeeding	f	%
Not Exclusive	19	52,8
Exclusive	17	47,2

Table 5.  
Distribution of Knowledge of Postpartum Mothers' Knowledge with Exclusive Breastfeeding (n=36)

Knowledge	Exclusive Breastfeeding				Total		p
	Not Exclusive		Exclusive		f	%	
	f	%	f	%			
Minus enough	9	90,0	1	10,0	10	100	0,018*
Well	5	45,5	6	54,5	11	100	
	5	33,3	10	66,7	15	100	

Table 5 shows the results of the Pearson chi square test. The results of statistical tests showed that there was a significant relationship between postpartum mother's knowledge and exclusive breastfeeding at the Kedung I Public Health Center Jepara with p value = 0.018 (<0.05).

Table 6.  
Distribution of Relationship between Postpartum Mother's Education with Exclusive Breastfeeding (n=36)

Education	Exclusive Breastfeeding				Total		p
	Not Exclusive		Exclusive		f	%	
	f	%	f	%			
Minus enough	8	80,0	2	20,0	10	100	0,112*
Well	7	46,7	8	53,3	15	100	
	4	36,4	7	63,6	11	100	

Table 6 shows the results of the Pearson chi square test. The results of statistical tests showed that there was no relationship between postpartum mother's education and exclusive breastfeeding at the Kedung I Public Health Center Jepara with p value = 0.112 (> 0.05).

## DISCUSSION

### Overview of Exclusive Breastfeeding

The results showed that of the 36 postpartum mothers who were respondents in the study, the proportion of postpartum mothers in exclusive breastfeeding at the Kedung I Public Health Center Jepara was mostly non-exclusive, namely 19 postpartum mothers (52.8%). This result is in line with several previous studies which illustrate that exclusive breastfeeding is still low. Mothers with good knowledge about exclusive breastfeeding have a greater chance of succeeding in exclusive breastfeeding. The failure of exclusive breastfeeding is caused by various factors, one of which is the lack of knowledge of mothers about exclusive breastfeeding. A study in Nigeria described that more than half of mothers, namely 58.7% of

the 201 mothers who were respondents, had low knowledge about exclusive breastfeeding, where this had an impact on the low interest/intention of mothers in the success of exclusive breastfeeding.

Family support including husband is also an important factor in achieving the success of exclusive breastfeeding. Breastfeeding activities make it an activity that is not easy, several studies have explained an increase in the energy needs of mothers with breastfeeding activities. Having positive husband support makes mothers feel more comfortable and can focus or have more time to breastfeed or rest when not breastfeeding. Husband's support as the closest person to the mother can foster positive motivation and mother's self-confidence to exclusively breastfeed, while mothers who do not get husband's support will certainly find it difficult to continue breastfeeding exclusively because of the many demands and obligations as a wife or housewife. ladder.

### **Relationship between Knowledge and Exclusive Breastfeeding for Postpartum Mothers**

The results showed that there was a significant relationship between postpartum mother's knowledge and exclusive breastfeeding with  $p$  value = 0.018. The results also showed that the majority of postpartum mothers had good knowledge, namely 15 respondents (41.7%), however the percentage of exclusive breastfeeding reached more than half of the respondents involved in this study, namely 19 postpartum mothers (52.8%), where it is seen that there are still postpartum mothers who have low category knowledge, namely as many as 10 respondents (27.7%).

A study explained that breastfeeding-related training and education provided to 34 mothers during pregnancy showed an increase in the success of exclusive breastfeeding compared to 30 mothers who were not involved in the training. This is because mothers who are involved in the training experience increased knowledge which makes mothers realize the importance of exclusive breastfeeding, are motivated, confident and better able to overcome problems during breastfeeding.

### **The Relationship between Education and Exclusive Breastfeeding for Postpartum Mothers**

The results showed that there was no relationship between education and exclusive breastfeeding for postpartum mothers at the Kedung I Public Health Center Jepara with a  $p$  value = 0.112, however, it can be seen that the majority of mothers with high and middle education categories tend to breastfeed exclusively and the majority of mothers who have education in the low category provides non-exclusive breastfeeding. The results of this study are in line with Lailatussu'da's research in 2017 that there is no relationship between maternal education level and exclusive breastfeeding. Mother's education level is not one of the factors that determine the success of exclusive breastfeeding because there are other factors that contribute more, for example, knowledge. Several studies have explained that mother's knowledge about lactation can be increased by participating in health promotion activities in the form of training or health education which is usually given when mothers make prenatal visits.

Health promotion about lactation that is held does not always require mothers to visit health facilities directly but also mothers can follow them online. Mothers who participate in health promotion activities related to lactation gain increased knowledge and skills related to lactation. This makes mothers feel more confident, motivated and highly committed to the success of exclusive breastfeeding. The level of mother's education is not a determining factor for the success of exclusive breastfeeding, it is also due to the existence of a culture/belief that

has been believed by the community for generations which is contrary to the concept of exclusive breastfeeding. Mothers who have higher education and good knowledge of lactation often have their beliefs clashed with the culture that is trusted by their families. This is a dilemma for mothers to exclusively breastfeed. Low family support for breastfeeding mothers will increase the likelihood of failure of exclusive breastfeeding.

### **Employment Relationship with Exclusive Breastfeeding for Postpartum Mothers**

The results showed that there was a significant relationship between work and exclusive breastfeeding for postpartum mothers at the Kedung I Public Health Center Jepara with p value = 0.02 (<0.05). The results also show that the majority of mothers do not work or are housewives, namely 19 respondents (52.8%), however the percentage of working mothers is also not small, namely 17 respondents (47.2%). The results of this study are in line with the Timorok research in 2018 which showed that the majority of breastfeeding mothers were working mothers, as many as 45 respondents (62.5%). Timporok's research also explains that the mother's employment status is closely related to exclusive breastfeeding.

Working mothers will certainly have more difficulty in exclusive breastfeeding than mothers who do not work, because working mothers have to divide their time to work and breastfeed while mothers who do not work have a lot of time and can focus more on breastfeeding. Family support is very important in achieving exclusive breastfeeding. Family support can be in the form of providing motivation, providing nutritious food for mothers, helping to complete homework, creating a comfortable home environment.

### **CONCLUSION**

The conclusion in this study was that the majority of postpartum mothers had good category knowledge, namely 15 respondents or 41.7% at the Kedung I Public Health Center Jepara, the majority of postpartum mothers had intermediate education categories, namely 15 respondents or 41.7% at the Kedung I Public Health Center Jepara, the majority Postpartum mothers are working mothers, as many as 19 respondents or 52.8% at the Kedung I Jepara Public Health Center, the majority of postpartum mothers gave non-exclusive breastfeeding, namely 19 respondents or 52.8% at the Kedung I Jepara Public Health Center, there was a significant relationship between knowledge and exclusive breastfeeding for post partum mothers at Kedung I Public Health Center Jepara, there is no relationship between education and exclusive breastfeeding for post partum mothers at Kedung I Jepara Public Health Center, there is a significant relationship between work and exclusive breastfeeding for post partum mothers at Kedung I Health Center.

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