
THE RELATIONSHIP BETWEEN FAMILY SUPPORT WITH THE SUCCESS OF EXCLUSIVE BREAST FEEDING TO WORKING MOTHERS IN THE WORKING AREA OF PANOMBEIAN PANEI PUSKESMAS, SIMALUNGUN DISTRICT

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Abstract

One of the efforts to maintain children's health is aimed at preparing healthy, intelligent, and qualified next generations as well as reducing child mortality. Efforts to maintain child survival are carried out from the time the fetus is still in the womb, when it is born, after delivery, and until it is 14 (eighteen) years old. This indicator measures the management capacity of the Mother and Child Health (KIA) program in providing comprehensive neonatal services. Services provided during neonatal visits are examinations according to the Integrated Management of Young Infants (MTBM) standards and newborn care counseling including exclusive breastfeeding and umbilical cord care (Indonesian Health Profile, 2014). The purpose of this study was to determine the relationship between family support and the success of exclusive breastfeeding for working mothers in the work area of the Panombeian Panei Health Center, Simalungun Regency, in 2017. This type of analytic study uses a cross-sectional approach. The population of this research is all working mothers who have babies aged 7-12 months in the working area of the Panomberan Health Center as many as 45 people as of July 2017. The sample in this research is SCmus 1: working people who have babies aged 7-12 months in the working area of the Puskesmas: There are 45 pots per July 2017. The sampling technique in this study uses total sampling.

Keywords: Family Support, Exclusive Breastfeeding

INTRODUCTION

One of the efforts to maintain children's health is aimed at preparing healthy, intelligent, and qualified next generations as well as reducing child mortality. Efforts to maintain children's health are carried out since the fetus is still in the womb, born, after birth, and until the age of 18 (eighteen) years. This indicator measures the management capacity of the Maternal and Child Health (MCH) program in providing comprehensive neonatal services. Services provided during neonatal visits are examinations according to the Integrated Management of Young Infants (MTBM) standards and newborn care counseling including exclusive breastfeeding and umbilical cord care (Indonesian Health Profile, 2014).

Breast milk is the best food for babies, because the nutritional content is very special and perfect and in accordance with the needs of the baby's growth and development. Breast milk is easy to digest, because apart from containing the appropriate nutrients, it also contains enzymes to digest the nutrients contained in the breast milk. Breast milk contains high-quality nutrients that are useful for the growth and development of the intelligence of infants or children (Maryunani, 2012).

The low coverage of exclusive breastfeeding is caused by several factors, including predisposing factors (facilitating factors) such as age, knowledge of JBU, education level, parity, and occupation, there are also enabling factors (enabling factors) such as distance and affordability of service places, costs transportation, income, and health facilities, and reinforcing factors (factors that strengthen) such as the support of health workers and family support (Notoatmodjo, 2010). Exclusive breastfeeding coverage at the Panombeian Panei Health Center is 18.9%, out of 334 babies only around 63 babies get exclusive

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breastfeeding for 6 months (2016 Profile). From the results of the preliminary study that the researchers conducted, namely on May 20 2017 in the Working Area of the Panombeian Panei Health Center conducted interviews at posyandu activities and home visits to 10 working mothers, there were 4 mothers who gave exclusive breastfeeding and 6 mothers who did not give exclusive breastfeeding. Of the 4 mothers who gave exclusive breastfeeding, there were 2 people who received family support and there were 2 people who did not get family support.

Based on the background above and the results of the preliminary survey, the researcher is interested in conducting research with the title of the relationship between family support and the success of exclusive breastfeeding to working mothers in the working area of the Panombeian Panei Health Center, Simalungun Regency, 2017.

Formulation of the problem

Based on the description of the background that has been presented, the writer can formulate the research problem as follows "Is there a relationship between | family support with the success of exclusive breastfeeding to working mothers in the working area of the Panombeian Panei Public Health Center, Simalungun Tahuo District 2017?"

METHODS

Research design

The research design uses a correlational descriptive research design which is a researcher who examines the relationship between independent and dependent variables (Notoadmodjo, 2012). to see the relationship between family support and the success of exclusive breastfeeding to working mothers. The approach used in this study is cross-sectional, namely research where researchers study the relationship between the independent variable and the dependent variable by taking a momentary measurement and assessing it only once (Notoadmodjo, 2012).

Place and time

Research Place

The location of this research was carried out in the Work Area of the Panombeian Panei Public Health Center, Simalungun Regency.

Research time

The research was conducted in August 2017.

Data analysis

Data analysis was carried out in stages which included univariate, bivariate,

1. Univariate analysis

Univariate analysis was performed to get an overview of each dependent variable and independent variable. The data will be presented in the form of a frequency distribution.

2. Bivaria analysis

Bivariate analysis is to determine whether there is a relationship between the independent variables (categorical) and the independent variables (categorical) by using the Kai Square Test or Chi Square.

To determine the significance of the results of statistical calculations, a significance limit of 0.05 was used. Thus if the p value < 0.05 then the calculation results are statistically significant and if $p > 0.05$ then the results of the statistical calculations are not significant.

RESULTS AND DISCUSSION

Univariate analysis

Family support in the success of exclusive breastfeeding to working mothers in the Work Area of the Panombeian Panei Health Center, Simalungun Regency in 2017. Based on the results of the study, it was shown that family support in the success of exclusive breastfeeding to working mothers in the Work Area of the Panombeian Panei Health Center, Simalungun Regency in 2017 was mostly lacking, namely as many as 24 people (53.3%). The results of this study showed that out of 45 respondents, it turned out that families who provided less support for exclusive breastfeeding were more numerous than those who provided good support, only 21 people (46.7%).

Exclusive breastfeeding to working mothers in the Work Area of the Panombeian Panei Health Center, Simalungun Regency, in 2017. Based on the results of the study, it showed that exclusive breastfeeding to working mothers in the Work Area of the Panombeian Panei Health Center, Simalungun Regency, in 2017 was mostly non-exclusive breastfeeding, namely as many as 35 people (77.8%), compared to those who gave exclusive breastfeeding, namely only 10 people (22.2%). The results of this study are still very far from the coverage of exclusive breastfeeding in the national target (80%). Of the 10 mothers who gave exclusive breastfeeding, they stated that they could share their time with work and exclusively breastfeed their babies using expressed breast milk. Many equipment that mothers bring when mothers go to work, for example, such as breast pumps, a thermos to store breast milk, a bottle of breast milk, and a small towel to clean the breasts. Most mothers who breastfeed have high school education, namely 9 people compared to only 1 person who has junior high school education, this shows that the respondent's education influences mothers in exclusive breastfeeding. The characteristics in terms of the age of the mothers who gave exclusive breastfeeding were all mothers aged 20-35 years.

Bivariate Analysis Based on the analysis of the relationship between family support and the success of exclusive breastfeeding to working mothers in the Work Area of the Panombeian Panei Public Health Center, Simalungun Regency, in 2017, the results of the chi square test did not meet the requirements because there was an expectation value of less than 5 as many as 1 cell (25%) because the table is 2x2, the Fisher Exact test is used.

The Fisher Exact test results obtained a p-value of 0.029. Because the p-value (0.029) $< \alpha$ (0.05), it is concluded that there is a significant relationship between family support and the success of exclusive breastfeeding to working mothers in the Work Area of the Panombeian Panei Health Center, Simalungun Regency, 2017

From the results of this study, there were 21 respondents with good family support, most of whom did not exclusively breastfeed, namely 13 people (61.9%) compared to those who exclusively breastfed, namely 8 people (38.1%) because in In this study, the respondents used were working mothers, the busyness of working mothers can affect the success of exclusive breastfeeding, even though mothers receive good support from their

families, there are still many mothers who do not give exclusive breastfeeding because many mothers cannot divide their time between work and their babies. .

CLOSING

Conclusion

There is a significant relationship between family support and the success of exclusive breastfeeding for working mothers in the Panombeian Panei Public Health Center, Simalungun Regency, 2017. From the results of this study, there were 21 respondents with good family support, most of whom did not exclusively breastfeed, namely 13 people (61.9%) compared to those who exclusively breastfed, namely 8 people (38.1%) because in In this study, the respondents used were working mothers, the busyness of working mothers can affect the success of exclusive breastfeeding, even though mothers receive good support from their families, there are still many mothers who do not give exclusive breastfeeding because many mothers cannot divide their time between work and their babies. .

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