



The Relationship of Maternal Knowledge about Breastfeeding with Exclusive Breastfeeding in Infants Aged 7-12 Months in the Working Area of Puskesmas Balida Dawuan District Majalengka in 2023

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Abstract. Early and exclusive breastfeeding is very important for the survival of a baby, and to protect them from various diseases that they are susceptible to and which can be fatal. The government policy regarding exclusive breastfeeding is regulated in Law Number 36 of 2009 Article 128 paragraphs 2 and 3 which states that during breastfeeding, the family, local government and the community must fully support the mother by providing special time and facilities. The purpose of this study was to determine the relationship between mother's knowledge about breastfeeding and exclusive breastfeeding in the Working Area of the UPTD Balida Health Center, Dawuan District, Majalengka Regency in 2023. This research method is a quantitative study with a descriptive correlation design with a cross sectional approach and probability sampling techniques. sampling with simple random sampling. Respondents in this study amounted to 66 respondents. the results of this study were that the majority of respondents gave exclusive breastfeeding 34 respondents (51.5%), most of the respondents had sufficient knowledge as many as 41 respondents (62.1%) and there was a relationship between mother's knowledge about exclusive breastfeeding with the results of the chi statistical test square with a p value of 0.000 (<0.005). The conclusion in this study is that there is a significant relationship between mother's knowledge about breastfeeding and exclusive breastfeeding.

Keywords: Exclusive, Breastfeeding, Knowledge

INTRODUCTION

Early and exclusive breastfeeding is essential for the survival of a baby and to protect them from diseases that they are susceptible to and that can be fatal, such as diarrhea and pneumonia. Globally, increased breastfeeding can save more than 820,000 babies each year and prevent the addition of breast cancer in women by up to 20,000 cases per year (Riskesdas, 2021).

The government policy related to exclusive breastfeeding is regulated in Law Number 36 of 2009 Article 128, paragraphs 2 and 3, which states that during breastfeeding, the family, local government, and community must fully support the mother by providing particular time and facilities.

The World Health Organization under the United Nations (WHO) recommends that breastfeeding be carried out for up to two years. Out of these two years, the first six months are the phase where breast milk is given exclusively. The duration of breastfeeding for two years is also listed in the Quran; there are several words of Allah that encourage mothers to breastfeed for that duration. These words, namely:

In QS. Al-Baqarah verse 233 which reads:

"وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُنِمَّ الرِّضَاعَةَ"

Allah (swt) says, "*Mothers should breastfeed their babies for two whole years, that is, for those who wish to complete breastfeeding,*".

In this verse, it is clear that Allah Almighty urges that Mother should breastfeed Ananda for two years. However, it is okay if a mother does not breastfeed for up to two years, as long as it is through deliberation with the father. Data from the World Health Organization WHO in 2016 still shows that the average rate of exclusive breastfeeding in the world is only around 38 percent. In Indonesia, although many women (96%) breastfeed their babies in their lifetime, only 42% of babies under six months of age are exclusively breastfed. By the time babies approach their second birthday, only 55% are still breastfed (Ministry of Health RI, 2017).

Compared to the WHO target in 2016, which reached only 50%, the figure still needs to reach the target. Knowledge is one of the factors that can cause a mother to be motivated to give exclusive breastfeeding to her baby. Knowledge is a critical domain for forming one's actions from experience, and research proves that behavior based on knowledge will stay longer than behavior not based on knowledge (Roesli, 2018).

Motivation for breastfeeding is defined as creating situations that stimulate the enthusiasm of mothers to give milk to their babies to create quality and highly competitive humans. Both of these factors influence the motivation for exclusive breastfeeding. If the mother's education level is low, the mother's knowledge about breastfeeding will also be low, so exclusive breastfeeding for six months will not be achieved. Moreover, coupled with public ignorance about the correct duration of exclusive breastfeeding, what is recommended by the government (Roesli, 2018).

LITERATURE

Knowledge results from knowing, which happens after people have sensed particular objects. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell,

taste, and touch. For the most part, human knowledge is obtained from the eyes and ears (Notoatmodjo, 2012). Knowledge or cognition is essential in shaping a person's actions (*overt behavior*). From experience and research, behavior based on knowledge will be more lasting than behavior not based on knowledge. Rogers' (1974) research revealed that before people adopt a new behavior (new behavior), in that person, there is a sequential process called AIETA (*Awareness, Interest, Evaluation, Trial, Adaption*):

- *Awareness*, in which the person is aware in the sense of knowing in advance the stimulus (object).
- *Interest*, towards the stimulus or object. Here the attitude of the subject has begun to arise.
- *Evaluation*, of whether or not the stimulus is good for him. This means that respondents' attitudes have been even better.
- *Trial*, in which the subject begins to try to do something according to what the stimulus wants.
- *Adaption*, in which the subject has a new behavior according to his knowledge, awareness and attitude towards the stimulus (Notoatmodjo, 2012).

A person's knowledge is usually obtained from various sources, such as mass media, electronic media, user manuals, health workers, poster media, close relatives, etc. Knowledge sources can be in the form of community leaders, both formal and informal, religious experts, government holders, and so on (Notoatmodjo, 2015). Breast milk (ASI) is an emulsion of fat in a solution of protein, lactose, and inorganic salts secreted by the mother's mammary gland, which is helpful as food for her baby (Sri, 2016).

According to (Roesli, 2018) what is meant by exclusive breastfeeding is a baby who is only breastfed without other additions such as other liquids such as formula milk, oranges, honey, and water and without the addition of solid foods such as bananas, papaya, milk porridge, biscuits, rice porridge, and teams. It further said that exclusive breastfeeding is recommended for four to six months.

The Ministry of Health of the Republic of Indonesia (2018) defines *exclusive breastfeeding* as giving only breast milk without giving other foods and drinks to babies from birth to 6 months old, except drugs and vitamins. Exclusive breastfeeding is breastfeeding to infants without the addition of other fluids, such as formula milk, oranges, honey, tea water, water and without the addition of solid foods, such as bananas, papaya, milk porridge, biscuits, rice porridge,

team or other foods other than breast milk (Nurkhasanah, 2011). Exclusive breastfeeding is breastfeeding without additional food and drink from birth to six months old and continues until the baby is two years old (WHO, 2016).

METHOD

This type of research is quantitative with a correlation descriptive design because researchers want to see the relationship between independent and dependent variables with *a cross-sectional approach*. To determine the correlation between one variable and another variable, it is attempted to identify other variables that exist in the same object, which aims to determine the "Relationship between Maternal Knowledge and Exclusive Breastfeeding in the Working Area of UPTD Balida Health Center, Dawuan District, Majalengka Regency.

DISCUSSION

This study was conducted by measuring the level of knowledge of mothers about breast milk with the act of exclusive breastfeeding on 66 respondents and saw the relationship between the level of knowledge and exclusive breastfeeding.

- **Mother's knowledge about exclusive breastfeeding**

Based on the study results, it is known that most respondents, namely 41 respondents (62.1%), have sufficient knowledge. *Knowledge* is defined as the result of knowing, and this occurs after people have sensed a particular object, namely the senses of sight, hearing, smell, taste, and touch. Knowledge has a vital role in maternal behavior because knowledge will bring mothers a deep understanding of the good or bad effects of breastfeeding exclusively. Next, this understanding will be the basis for mothers to behave in giving milk exclusively to their babies (Notoatmodjo, 2012).

A mother's knowledge about exclusive breastfeeding is one of the critical factors in the success of the breastfeeding process. According to Istiarti (2017), a person's knowledge is usually obtained from various sources, such as mass media, electronic media, user manuals, health workers, poster media, and close relatives. According to Budiman (2013), several influencing factors include education, information obtained from social media, culture and economy, the surrounding environment, individual experiences, and age.

Education is used to obtain information to improve the quality of life by being considered a guide for humans to do and fill life (Firmansyah, 2012). Based on the study's results, it is known

that the characteristics of respondents based on age show that most respondents aged 20-35 years are as many as 65 respondents, 90.3%. Regarding knowledge, mothers in this age range can digest various information, increasing their knowledge about exclusive breastfeeding.

The level of education also influences the formation of the mother's level of knowledge. The analysis results of the research respondents' characteristics are known to most respondents with high school education, namely as many as 28 respondents, 42.4%. The level of education of mothers affects the formation of a mindset open to new things. The more information the mother gets, the better her level of knowledge. Someone who has more information will have more knowledge.

A high level of education will increase awareness towards better health. Mothers with higher education already have a good mindset formed from the formal education process they undergo to influence behavior, one of which is manifested in exclusive breastfeeding (Nadesul, 2004) (Rosita, 2008). *Education* is a teaching and learning process activity that provides additional knowledge and skills and can influence the thinking process systematically. The education possessed by mothers is related to the knowledge they have, so mothers will try to learn more about the importance of exclusive breastfeeding (Notoatmojo, 2012).

Good knowledge influences behavior in parenting, namely, to breastfeed only until the baby is six months of age. Knowledge of exclusive breastfeeding is the basis needed so that mothers know and understand the right actions in exclusively breastfeeding so that they will realize good behavior by the knowledge they have.

- **Exclusive breastfeeding**

The results showed that the practice of exclusive breastfeeding in the working area of the Balida Health Center was 51.5%, namely 34 respondents. This result can mean that most respondents have given breast milk alone to their babies. This is to the theory that exclusive breastfeeding is that babies are only given breast milk, without the addition of other liquids such as formula, oranges, honey, tea water, water, and without the addition of solid foods such as bananas, papaya, milk porridge, biscuits, rice porridge, and teams. Exclusive breastfeeding is recommended for a period of at least up to 6 months. (Roesli, 2000 in Nurrahman, 2018).

However, in this study, 32 respondents (48.5%) still had not been provided exclusive breastfeeding. This shows a slight difference between mothers who provide exclusive breastfeeding and mothers who do not exclusively breastfeed. This may be caused by several factors, namely perceptions, traditions, and beliefs in health matters and the community's value

system (Notoatmojo, 2003). However, it can also be caused by physical maternal factors, psychological factors, and factors increasing the production and promotion of formula milk that is increasingly intense in the market (Soetjningsih, 2005).

This is not in accordance with the theory of exclusive breastfeeding, where breast milk is the primary food source for babies, so they do not need other additional foods because all nutritional needs can be met from breast milk to ensure growth and development until six months. In addition, babies under six months also do not have perfect digestive enzymes, so they cannot digest food properly.

Based on respondents' work, it is known that most respondents are housewives, namely as many as 38 respondents (57.6%). Working mothers have difficulty in exclusive breastfeeding because they must be able to divide their time with their work (Danso, 2014). Exclusive breastfeeding has excellent benefits for babies, which can increase the baby's immune system and intelligence and the relationship of affection between mother and baby (Suradi. R, 2008).

This implies that the coverage of exclusive breastfeeding in the working area of UPTD Puskesmas Balida needs to be increased. Efforts that can be made include increasing mothers' knowledge and understanding of the importance of exclusive breastfeeding for babies. In addition, there is also a need for support from the family, especially the husband, to the mother to breastfeed her baby. The support of health workers is also critical to motivate and encourage mothers to provide exclusive breastfeeding through counseling and counseling.

- **The Relationship between Mother's Knowledge of Breastfeeding and Exclusive Breastfeeding**

The study results show a relationship between maternal knowledge about breastfeeding and exclusive breastfeeding in the UPTD Puskesmas Balida work area with a *p-value* of 0.000. Knowledge or cognitive skills are significant factors that are very important for forming one's actions (*overt behavior*). Behavior-based on knowledge is better than behavior not based on the knowledge that occurs after someone senses a particular object (Notoatmodjo, 2012).

A mother's knowledge about exclusive breastfeeding is one of the critical factors in the success of the breastfeeding process. According to Istiarti (2017). Knowledge is one of the factors that can cause motivation for a mother to give exclusive breastfeeding to her baby. Knowledge is a critical domain for the formation of one's actions. Experience and research prove that behavior based on knowledge will settle more mala on behavior based on knowledge (Roesli, 2018).

Research conducted by Margaret (2022) entitled *The Relationship Between Maternal Knowledge and Exclusive Breastfeeding states that knowledge is more likely to provide exclusive breastfeeding than mothers with low knowledge*. Research conducted by Widiano (2012) entitled *The Relationship Between Education and Knowledge of Mothers about Exclusive Breastfeeding with Attitudes towards Exclusive Breastfeeding states that there is a relationship between education and knowledge of mothers with attitudes toward exclusive breastfeeding*.

Research by Ilhami (2015) titled *The Relationship Between Maternal Knowledge about Exclusive Breastfeeding with the Act of Exclusive Breastfeeding at the Kertasura Health Center states that the results show a relationship between maternal knowledge and exclusive breastfeeding*. The conclusion, according to researchers, of exclusive breastfeeding in infants is triggered by knowledge of the benefits of exclusive breastfeeding because knowledge will produce one's behavior. Mothers with a good knowledge of exclusive breastfeeding will give it to their babies. On the other hand, if the mother has less knowledge, likely, the mother will not provide exclusive breastfeeding to her baby.

CONCLUSION

Based on the characteristics of respondents, most respondents have the age of 20-35 years, have a high school education and do not work. Most of the respondents had enough knowledge. Most respondents gave exclusive breastfeeding for 6 months. There is a significant relationship between maternal knowledge and exclusive breastfeeding in the UPTD Puskesmas Balida Working Area in 2023.

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