

The Success Of Exclusive Breast Feeding From The Knowledge Of The Mother And The Role Of Officials Health In Bunder Village Malang In 2020

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ABSTRACT

The low level of providing exclusive breastfeeding in Bunder Village, Malang, Bunder Village, from a preliminary study that has been conducted from 10 mothers who have babies aged 6 months, only 2 give exclusive breastfeeding. Research Objectives : To analyze the relationship between maternal knowledge and the role of health workers with the success of exclusive breastfeeding in Bunder Malang Village in 2020. This study used an analytic survey method with a cross-sectional approach. Population and sample in this study were all mothers who have babies aged 6-12 months with 30 respondents. The sampling method using non random method with accidental sampling technique. Data collection using a questionnaire. Statistical test using chi square. From the research results, it was found that of the 30 respondents, 21 respondents (70%) had poor knowledge and 9 respondents (30%) had good knowledge. From the Chi-Square test results obtained p value $0.002 < \alpha 0.05$, which means that there is a relationship between maternal knowledge and offering exclusive breastfeeding. While the role of health workers from 30 respondents who got a score of ≥ 75 was 17 people (56.7%) more than those who got a score of < 75 , namely as many as 13 people (43.3%). From the Chi-Square test results obtained p value $0.017 > \alpha 0.05$, which means there is a relationship between health workers and offering exclusive breastfeeding. From the whole analysis process that has been carried out, it can be concluded that there is a relationship between maternal knowledge and the role of health workers, with exclusive giving.

Keywords: Exclusive breastfeeding, Knowledge of Mothers, Role of Health Workers.

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INTRODUCTION

Entering the era of globalization, Indonesian children are needed as the next generation of a high quality nation to be able to compete with other countries. Health and nutrition are important factors because they directly affect the quality of human resources. The quality of human resources is determined by the adequacy of nutrients obtained from food consumed since newborns, namely breast milk (ASI). In infancy, growth and development takes place very quickly and brain development has reached 70%. (Retnani, 2016)

Based on data from the World Health Organization (WHO) in 2016, the coverage of exclusive breastfeeding in the world is only around 38%. Meanwhile, based on data from Indonesia's health profile in 2016, the percentage of babies 0-5 months who were still exclusively breastfed was 54.0% and babies who were exclusively breastfed until the age of six months was 29.5%. (Ministry of Health RI, 2016)

Based on research conducted by Susilawati (2015) entitled "Factors Influencing Exclusive Breastfeeding to Infants 0-6 Months in the Working Area of the Sukakarya Health Center, Sukabumi City", the results obtained were a P value = 0.000 meaning <0.05 which indicates that there is an effect between knowledge and exclusive breastfeeding with a contingency coefficient value of 0.420 which indicates that the closeness of the effect of knowledge on exclusive breastfeeding is quite strong.

The results of research by Widdefrita (2013) with the title "the role of health workers and the employment status of mothers with exclusive breastfeeding" stated that officers with high roles were 63.6% larger than officers with low roles (13.3%). The results of the chi square test showed that there was a significant relationship between exclusive breastfeeding and the role of health workers (p value: 0.001), which means that health workers have an important role in exclusive breastfeeding.

Exclusive breastfeeding was very low in the bunder village. Initial research conducted on 10 respondents in the poor bunder village found that 20% of mothers gave exclusive breastfeeding, while 80% did not provide exclusive breastfeeding, while the target for exclusive breastfeeding was 100%.

Based on the problems above, the authors are interested in conducting research on "Success of Exclusive Breastfeeding in View of the mother's knowledge factor and the role of health workers in the village of Bunder Malang in 2020".

METHODS

This study uses an analytic survey method with a cross-sectional approach. The population and sample in this study were all mothers who had babies aged 6-12 months with 30 respondents. The sampling method uses a non-random method with accidental sampling technique. Data collection using a questionnaire. Statistical test using chi square.

RESULTS

1. Exclusive Asi

Table 1. Frequency distribution based on exclusive breastfeeding in poor bunder village in 2020.

No	Exclusive ASI	Amount	(%)
1	Yes	10	33.3
2	No	20	66.7
Amount		30	100

In table 1 it can be seen that of the 30 respondents who did not give exclusive breastfeeding, there were 20 people (66.7%) more than the respondents who gave exclusive breastfeeding, as many as 10 people (33.3%).

2. Mother's Knowledge

Table 2. Frequency distribution based on mother's knowledge in Bunder Malang village in 2020.

No	Mother's Knowledge	Amount	(%)
1	Good	9	30
2	Not Good	21	70
Amount		30	100

From the research results it was found that out of 30 respondents, there were 21 respondents (70%) who had poor knowledge and 9 respondents (30%) had good knowledge.

3. The Role Of Health Officers

Table 3. Frequency distribution based on the role of health workers in the poor bunder village in 2020.

No	The Role Of Health Officers	Amount	(%)
1	Good	17	56.7
2	Not Good	13	43.3
Amount		30	100

In table 3 it can be seen that of the 30 respondents who got a score of ≥ 75 , there were 17 people (56.7%) more than those who got a score of < 75 , namely 13 people (43.3%).

4. The Relationship Of Mother's Knowledge With Exclusive Breast Feeding

Table 4. The relationship between mother's knowledge and exclusive breastfeeding

Mother's Knowledge	Exclusive Breastfeeding				Amount	
	Yes		No		N	%
	N	%	N	%		
Baik	7	77.8	2	22,2	9	100.0
Kurang Baik	3	14.3	18	85,7	21	100.0
Amount	10		20		30	100.0

P Value = 0.002

Based on table 4 above, it is known that out of 21 respondents who had poor knowledge, 18 people (85.7%) did not give exclusive breastfeeding, more than the respondents who gave exclusive breastfeeding, namely 3 people (14.3%). Whereas from 9 respondents who had good knowledge there were 7 people (77.8%) who gave more exclusive breastfeeding than those who did not give exclusive breastfeeding, namely 2 people (22.2%). From the results of the Chi-Square test, a p value of $0.002 < \alpha 0.05$ was obtained, which means that there is a significant relationship between mother's knowledge and exclusive breastfeeding.

5. The Relationship Between The Role Of Health Officials And Exclusive Breast Milk

Table 5. The relationship between the role of health workers and exclusive breastfeeding

The Role Of Health Workers	Exclusive Breastfeeding				Amount	
	Yes		No			
	N	%	N	%	N	%
Good	9	52.9	8	47.1	17	100
Not Good	1	7.7	12	92.3	13	100
Amount	10		20		30	

P Value = 0,017

Based on table 5 above, it is known that out of 17 respondents with good health worker roles, there were 9 people (52.9%) who gave more exclusive breastfeeding compared to respondents who did not give exclusive breastfeeding, namely 8 people (47.1%). Meanwhile, of the 13 respondents with a poor role of health workers, there were 12 people (92.3%) who did not give exclusive breastfeeding, more than those who gave exclusive breastfeeding, namely only 1 person (7.7%).

From the results of the Chi-Square test, it was obtained that p value was $0.017 > \alpha 0.05$, which means that there is a significant relationship between the role of health workers and exclusive breastfeeding. Thus the hypothesis stating that there is a relationship between the role of health workers and exclusive breastfeeding is clinically proven.

DISCUSSION

1. Knowledge Of Mothers With Exclusive Breastfeeding.

Based on the results of the analysis, it was found that out of 21 respondents who had poor knowledge, 18 people (85.7%) did not give exclusive breastfeeding, more than the respondents who gave exclusive breastfeeding, namely 3 people (14.3%). Whereas from 9 respondents who had good knowledge there were 7 people (77.8%) who gave more exclusive breastfeeding than those who did not give exclusive breastfeeding, namely 2 people (22.2%).

Knowledge or cognitive is the main factor that is very important for the formation of one's actions. Behavior based on knowledge is better than behavior that is not based on knowledge that occurs after someone senses a particular object (Notoatmodjo, 2012).

Mother's knowledge about breastfeeding is important for mothers to know because mothers who have knowledge about exclusive breastfeeding will behave or act according to the knowledge they have. Mothers who have good knowledge, the quality of breastfeeding will also be better compared to mothers who are less knowledgeable about ASI. Based on the results of research conducted by Lestari, et al (2012) which stated that there was a relationship between the level of mother's knowledge and exclusive breastfeeding.

Based on research conducted by Susilawati (2015) entitled "Factors Influencing Exclusive Breastfeeding to Infants 0-6 Months in the Working Area of the Sukakarya Health Center, Sukabumi City", the results obtained were a P value = 0.000 meaning <0.05 which indicates that there is an effect between knowledge and exclusive breastfeeding with a contingency coefficient value of 0.420 which indicates that the closeness of the effect of knowledge on exclusive breastfeeding is quite strong.

2. The Role Of Health Workers In Exclusive Breastfeeding.

Based on the results of the analysis of the relationship between the role of health workers and exclusive breastfeeding, it is known that out of 17 respondents with a good role of health workers there were 9 people (52.9%) who gave more exclusive breastfeeding compared to respondents who did not give exclusive breastfeeding, namely 8 people (47,1%). Meanwhile, out of 13 respondents with a poor role of health workers, there were 12 people (92.3%) who did not give exclusive breastfeeding, more than those who gave exclusive breastfeeding, namely only 1 person (7.7%).

This research is in accordance with the theory according to the Indonesian Ministry of Health (2016) which states that the success of exclusive breastfeeding is largely determined by the commitment of health workers, they are the spearhead in the process of exclusive breastfeeding. Medical personnel must be able to work effectively in guiding the learning process of breastfeeding for mothers. Therefore, efforts are needed to maximize the role of health workers in increasing the success of exclusive breastfeeding.

The research results are also in line with Widdefrita's research (2013) with the results of the chi square test value = 0.001, which means that there is a significant relationship between exclusive breastfeeding and the role of health workers. parents when they give birth for the first time so that health workers are obliged to provide continuous information and counseling to mothers about exclusive breastfeeding.

3. The Relationship Between Mother's Knowledge And Exclusive Breastfeeding.

Relationship between mother's knowledge and exclusive breastfeeding From the results of the Chi-Square test, a p value of $0.002 < \alpha 0.05$ is obtained, which means that there is a significant relationship between mother's knowledge and exclusive breastfeeding.

Knowledge is the result of this year occurs after people do sensing either through the eyes or ears. (Notoatmodjo, 2014) What is meant here is the mother's knowledge about exclusive breastfeeding to infants.

Low knowledge about the benefits and goals of exclusive breastfeeding can be the cause of failure of exclusive breastfeeding in infants. It is possible that during the antenatal care (Ante Natal Care), they did not receive intensive counseling about exclusive breastfeeding, the contents and benefits of breastfeeding, breastfeeding techniques, and the disadvantages of not giving exclusive breastfeeding. (Nisti, 2016).

4. The Relationship Between The Role Of Health Workers And Exclusive Breastfeeding.

The relationship between the role of health workers and exclusive breastfeeding according to the results of the analysis, namely from the results of the Chi-Square test obtained p value $0.017 > \alpha 0.05$, which means that there is a significant relationship between the role of health workers and exclusive breastfeeding. Thus the hypothesis stating that there is a relationship between the role of health workers and exclusive breastfeeding is clinically proven.

Role is an activity that is useful for studying interactions between individuals as actors who carry out various roles in their lives, such as doctors, nurses, midwives or other health workers who have an obligation to carry out tasks or activities according to their respective roles. . (Princess, 2016)

Health workers are the most reliable source of information for parents when they give birth for the first time because they have the most important role in basic health services, including reducing the risk of infant death at birth, and providing ideal postnatal care. (Hidayah, 2013)

The role of a health worker is a person's behavior according to their position who is dedicated to the health sector and has knowledge and abilities.

CONCLUSION

- a. Most of the 70% of mothers who have babies aged 6-12 months in bunder villages have poor knowledge.
- b. In Bunder Malang village with a good role of health workers there were (52.9%) who gave more exclusive breastfeeding compared to respondents who did not give exclusive breastfeeding.
- c. In the village of Bunder, Malang, it is known that exclusive breastfeeding is still low, namely out of 30 respondents, only 10 respondents provide exclusive breastfeeding.
- d. There is a relationship between mother's knowledge and exclusive breastfeeding in Bunder Malang village.
- e. There is a relationship between the role of health workers and exclusive breastfeeding in the poor Bunder village.

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