

Analysis Of Factors That Influence Mother's Interest In Exclusive Asking In Tengger Village Kidul Kagamat District, Kediri District

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ABSTRACT

Benefits of breast milk for babies such as breast milk as a source of nutrition, exclusive breastfeeding increases intelligence, breast milk has beneficial psychological effects. Breast milk is an ideal source of nutrition with a balanced composition tailored to the needs of growing babies (Puspitasari, 2014). The design of this research is quantitative research with cross sectional approach with the focus of the research directed to be analyzing the factors that influence the interest of mothers of children under five in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri District with a sample of 60 respondents taken by Simple Random Sampling technique. The findings found that most respondents had less knowledge as many as 33 respondents (55%). Most respondents have low category husband support of 24 respondents (40%). In addition, the majority of respondents had the role of health workers in the moderate category of 25 respondents (41.7%). While the majority of respondents have moderate interest as much as 28 respondents (46.7%). The results of the study used Linear Regression the influence of the influence of husband's knowledge and support on the interest of mothers of toddlers in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency. And there is no influence of the role of health workers on the interest of mothers of children under five in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency. It is expected that skilled respondents provide exclusive breastfeeding to infants aged 0-6 months and only provide MP-ASI and formula milk to support the growth and development of infants.

Keywords : Exclusive Askingp, Mother & Interest

INTRODUCTION

Indonesia as a developing country, is still experiencing various problems in the health sector. One of them is the problem of public health that still exists today such as the high infant mortality rate (IMR). This condition is related to various diseases such as diarrhea, pneumonia or malnutrition. This problem is also related to the pattern of breastfeeding (ASI) which is still incorrect, namely until the age of 6 months should only be given breast milk without complementary food or known as exclusive breastfeeding. World Health Organization (WHO) recommends that breastfeeding should be carried out exclusively in infants up to 6 months of age (WHO, 2011). The importance of breast milk for babies is to support the growth and development of children. The problem is that until now the prevalence of failure in exclusive breastfeeding is high.

Data shows that the results of monitoring the nutritional status of 2017 state that the achievement of exclusive breastfeeding in Indonesia is only around 54%. That means there are still 46% of other infants who are not exclusively breastfed for various reasons (Nodia, 2017). The prevalence of exclusive breastfeeding 0-6 months in Indonesia is also still low at 35.45% while the minimum standard of service is 80% (Subagyo, 2016). Meanwhile according to the Indonesian Health Profile in 2016 the achievement of exclusive breastfeeding was 29.5%.

The prevalence of infants who did not receive exclusive breastfeeding in East Java in 2017 was 31.2% and those who were given exclusive breastfeeding was 68.8%, while in 2018 the prevalence of failure of exclusive breastfeeding was 25% while those who were exclusively

breastfed were 75% (Sugito, 2017). The prevalence of failure of exclusive breastfeeding in Kediri Regency until 2018 was 33.39% while the coverage of exclusive breastfeeding was 26,024 infants (66.61%) of 39,072 infants examined. The prevalence of exclusive breastfeeding failure in Pagu Health Center in Kediri in 2018 is 24% while exclusive breastfeeding is 76% (Monthly Report on Nutrition for Exclusive Breastfeeding for Babies, 2018). Among the 13 villages in the Pagu Health Center working area of Kediri District that had the lowest exclusive breastfeeding coverage was Tengger Kidul Village, Pagu District, Kediri District with coverage of 44.9% (Monthly Report on Exclusive Infant Nutrition for Milk, 2018). This illustrates that maternal interest in exclusive breastfeeding is still low.

The impact of the low interest in giving exclusive breastfeeding is the failure to give exclusive breastfeeding to infants aged 0-6 months. This will increase the risk of suffering from illness because the immune system is less obtained from breast milk. Pain that can cause a lack of nutritional intake so that children experience malnutrition or poor nutrition. A further impact is the higher risk of infant and toddler mortality.

The results of a preliminary study of 26 mothers found 14 mothers (53.87%) who provided exclusive breastfeeding. It is known from the results of interviews with mothers giving exclusive breastfeeding because they have the full support of their husbands as many as 7 mothers (50%), babies given breast milk alone are enough as many as 4 mothers (28.6%), and the remaining 3 mothers (21.4%) said that each during the postpartum period always gets a visit from cadres and midwives who provide motivation to give breast milk only to babies.

Many factors affect the low interest of mothers in exclusive breastfeeding including mothers who do not really know about exclusive breastfeeding, so they are less interested in giving exclusive breastfeeding. Interest is also influenced by knowledge, attitudes, perceptions, values, beliefs, lack of smooth breastfeeding from mothers, lack of husband support, family support, support of health workers, support of community leaders, support of religious leaders (Green in Notoatmodjo, 2014). Lack of knowledge can be caused by low educational factors because education is an institution that brings someone toward maturity and maturity. In the sense of maturity in thinking and acting, including in receiving and understanding various information (Partiwi, 2009).

Considering the above problems, in order to increase the interest of mothers in exclusive breastfeeding, there must be innovation from health promotion activities that have been carried out so far. One of these innovations is through health promotion activities through the approach of the education strata of respondents, so that it is effective in increasing knowledge about exclusive breastfeeding (Yuniarni, 2014). Besides that, it is also necessary to approach the husband so that the husband also knows the purpose and benefits of exclusive breastfeeding. The hope is that the husband will give full support to the mother to provide exclusive breastfeeding.

METHODS

The design of this research is quantitative research with cross sectional approach with the focus of the research directed to be analyzing the factors that influence the interest of mothers of children under five in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri District with a sample of 60 respondents taken by Simple Random Sampling technique.

RESEARCH RESULT**Table 1. Characteristics of respondents**

No	Characteristics	ΣN	$\Sigma\%$
1	Age (year)		
	<20	7	12
	20-35	36	60
	>35	17	28
2	Education		
	Elementary school	1	2
	Middle school	9	15
	High school	41	68
	University	9	15
3	Occupation		
	IRT	1	2
	Farmers	9	15
	Private	41	68
	Civil servants	9	15
4	Parity		
	Primigravida	41	25
	Multigravida	52	31
	Multigrandde	7	4
5	Knowledge		
	Good	10	16,7
	Enough	17	28,3
	Less	33	55
6	Husband's support		
	High	15	25
	Middle	21	35
	Low	24	40
7	The role of health workers		
	Good	13	21,7
	Enough	25	41,7
	Less	22	36,7
8	Interest		
	High	14	23,3
	Middle	28	46,7
	Low	18	30
	Total	60	100

DATA ANALYSIS

Table 1. Results of Linear Regression Analysis of Factors Influencing the Interest of Mothers of Children under five in Exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency

No	Variable	Sig	R ²
1	Constant	0.236	0.699
2	Knowledge	0.012	
3	Support	0.001	
4	Role	0.787	

1. Based on the results of the Linear Regression analysis on the knowledge variable shows that the p-value of $0.012 < 0.05$ then H_0 is rejected and H_1 is accepted so it is concluded that there is an influence of knowledge on the interests of mothers of toddlers in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency
2. Based on the results of the Linear Regression analysis on the husband's support variable shows that the p-value of $0.001 < 0.05$ then H_0 is rejected and H_1 is accepted so it is concluded that there is an influence of knowledge on the interest of mothers of toddlers in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency
3. Based on the results of the Linear Regression analysis on the role of health workers variable shows that the p-value of $0.787 > 0.05$ then H_0 is accepted and H_1 is rejected so it is concluded that there is no effect of the role of health workers on the interest of mothers of children under five in exclusive breastfeeding in Tengger Kidul Village Pagu District, Kediri Regency

DISCUSSION

A. Knowledge of toddlers in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency

The results showed that most respondents had less knowledge as many as 33 respondents (55%). In addition, 17 respondents (28.3%) had sufficient knowledge. Whereas 10 respondents (16.7%) had good knowledge. Breast milk or often abbreviated as breast milk is the only food that is best for babies, because it has the most complete nutritional composition for the growth and development of infants (Sugiarti, 2011). Seeing the great benefits, exclusive breastfeeding is highly recommended. The purpose of exclusive breastfeeding here is breastfeeding for 6 months without other added foods such as formula milk, oranges, honey, tea water, water and solid foods such as bananas, papaya, milk porridge, biscuits, rice porridge, and the team from birth to baby age 6 months (Sugiarti, 2011).

Knowledge is one of the determinants of health behavior arising from a person or society in addition to traditions, beliefs, attitudes, and so on. The availability of facilities and the behavior and attitudes of health workers also play a role in supporting and strengthening the formation of behavior. Knowledge according to Lawrence Green's theory is classified as a predisposing factor along with beliefs, attitudes, beliefs, and values. While the availability of facilities can be categorized as a supporting factor and the behavior and attitudes of health workers as a motivating factor. These three factors influence a person's health behavior (Notoatmodjo, 2013).

According to researchers, a person's knowledge will shape one's behavior. Where if knowledge is good then the things he does will be directed and clear. If knowledge is lacking, the things he does tend to be undirected and careless without knowing the pros and cons of that. Based on the results of the study it was found that the majority of respondents had

knowledge in the less category. This can be caused by various factors, namely due to lack of information that he can either through electronic media or through mass media. The information obtained related to giving exclusive breastfeeding to infants is also caused by psychological factors from the mother, if the mother has a willingness to find out it will increase the mother's knowledge, and vice versa if the mother does not have the desire to find out then the knowledge will be less.

B. The support of husband and toddler in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency

The results showed that the majority of respondents had low category husband support of 24 respondents (40%). In addition, 21 respondents (35%) had moderate husband support. While a number of 15 respondents (25%) had high category husband support. Roesli (2012) states that of all support for nursing mothers, husband support is the most meaningful support for mothers. The husband can play an active role in the success of exclusive breastfeeding because the husband will also help determine the smoothness of the milk let down reflex (milk let down reflex) which is strongly influenced by the emotional state or feeling of the mother. The husband can provide emotional support and practical assistance.

According to researchers family support is needed by a mother who has a toddler with diverse needs. Family support especially the husband becomes very important if the wife is in the mother's period of losing motivation. The husband who is the closest person to the mother must provide direction and input to consider something that will be done by the toddler mother. Based on the results of the study it was found that most mothers have low category husband support, it can be caused by various factors, namely the work of the husband where at husbands who are busy and rarely have time with their wives, communication will rarely be done related to breastfeeding and the need for their babies. In addition, due to lack of husband's knowledge, husbands tend to ask mothers to consume babies with formula milk, which according to husband's formula milk is better than breast milk, this is based on the husband's experience of seeing babies who are consumed with SUSSU formula look more fertile.

C. The Role of Maternal and Child Health Care Workers in Exclusive Breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency

The results showed that the majority of respondents had the role of health workers in the sufficient category of 25 respondents (41.7%). In addition, a number of 22 respondents (36.7%) had the role of health workers in the less category. While 13 respondents (21.7%) had the role of health workers in the good category. Health Personnel is every person who devotes himself in the field of health and has knowledge and / or skills through education in the field of health which for certain types requires authority to conduct health efforts (PP No. 33 of 2012 concerning Exclusive ASI).

According to researchers, health workers have an important role in helping direct mothers to care for children under five in the right way. The role of the health worker is usually given when the posyandu is a toddler. Based on the results of the study it was found that most of the mothers had the role of health workers in the sufficient category, and there were still many who had the role of the health worker in the less category. The role of health workers can not be caused due to various things, one of them because the approach between staff and mothers is still lacking. The approach adopted is that health workers rarely make home visits to mothers. So the time to meet is only limited to posyandu toddlers, and even then if the mother comes, if the mother of a toddler is unable to come then the health worker can not meet with the mother. Besides that, due to the conditional factor, a toddler comes to the posyandu not with his mother, but is escorted by others including parents of the mother. This causes the information provided

by health workers to overlap and cannot reach the maximum reach to mothers of children under five.

D. Mother's interest in toddlers in Exclusive Breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency

The results showed that most respondents had moderate interest as much as 28 respondents (46.7%). In addition, 18 respondents (30%) had low interests. While a number of 14 respondents (23.3%) had high interest. According to researchers interest is one's interest in something to try to do it. Based on the results of the study it was found that the majority of mothers have a low interest category in providing exclusive breastfeeding to infants. This can be caused by several things. One of them is due to lack of knowledge related to the benefits of exclusive breastfeeding on the growth and development of infants. Mothers tend to think that it is better to consume formula milk than just breast milk. That is because according to the mother of formula milk can make toddlers become more subuhr, while babies who are given exclusive breastfeeding will tend to be thin, afraid that the baby will experience BGM (Below the Red Line). Besides the husband's support also affects the behavior of mothers in providing care to toddlers. A husband who often reminds his wife to do something will tend to encourage his wife to become more skilled in providing exclusive breastfeeding.

E. Factors Influencing the Interest of Toddlers in Exclusive Breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency

Based on the results of the Linear Regression analysis on the knowledge variable shows that the p-value of $0.012 < 0.05$ then H_0 is rejected and H_1 is accepted so it is concluded that there is an influence of knowledge on the interests of mothers of toddlers in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency. Based on the results of the Linear Regression analysis on the husband's support variable showed that the p-value of $0.001 < 0.05$ then H_0 was rejected and H_1 was accepted so it was concluded that there was an influence of knowledge on the interests of mothers of toddlers in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency. Based on the results of the Linear Regression analysis on the role of health workers variable shows that the p-value of $0.787 > 0.05$ then H_0 is accepted and H_1 is rejected so it is concluded that there is no influence of the role of health workers on the interest of mothers in children in Exclusive Breastfeeding in Tengger Kidul Village, Pagu District Kediri Regency.

CONCLUSION

1. Most respondents have less knowledge as much as 33 respondents (55%). In addition, 17 respondents (28.3%) had sufficient knowledge. Whereas 10 respondents (16.7%) had good knowledge.
2. Most respondents have low category husband support of 24 respondents (40%). In addition, 21 respondents (35%) had moderate husband support. While a number of 15 respondents (25%) had high category husband support.
3. Most respondents have the role of health workers in the sufficient category of 25 respondents (41.7%). In addition, a number of 22 respondents (36.7%) had the role of health workers in the less category. While 13 respondents (21.7%) had the role of health workers in the good category.
4. Most respondents have moderate interest as much as 28 respondents (46.7%). In addition, 18 respondents (30%) had low interests. While a number of 14 respondents (23.3%) had high interest.

5. There is an influence of husband's knowledge and support on the interest of mothers of toddlers in exclusive breastfeeding in Tengger Kidul Village, Pagu District, Kediri Regency. And there is no influence of the role of health workers on the interest of mothers of children under five in exclusive breastfeeding in Tengger Kidul Village, Pagu Subdistrict, Kediri Regency, where it is caused by the lack of health education providers about exclusive breastfeeding for mothers.

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