

ANALYSIS OF FACTORS ASSOCIATED WITH MOTHER'S BEHAVIOR IN EXCLUSIVE BREASTFEEDING IN THE RASAU JAYA

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ABSTRACT

Background: Exclusive breastfeeding is one of the global strategies to achieve optimal infant growth, development, health, and survival. However, many infants and children do not receive breast milk optimally, which is only about 36% of infants aged 0 to 6 months worldwide, even though the promotion of exclusive breastfeeding has been very intensively carried out and is included in the Maternal and child health program. Many factors are related to the behavior of mothers in breastfeeding, previous studies reported that breastfeeding can be influenced by factors of work, education, knowledge, family support, and support from health workers. **Objective:** The study aimed at several other factors related to exclusive breastfeeding behavior in the Rasau Jaya Public Health Center. **Methodology:** Quantitative study with a cross-sectional approach on the population of mothers who have babies aged 6-12 months, with a total sample of 74 respondents. Collecting data by interviewing mothers. **Result:** Data analysis using Chi-square test. The study reported that there was a relationship between the mother's age ($p=0,023$), the mother's knowledge ($p=0.00$), the mother's attitude ($p=0.00$), and the husband's support ($p=0.00$) in the mother's behavior in exclusive breastfeeding. **Conclusion:** Mother's age factor, knowledge, attitude, and the husband's support related to exclusive breastfeeding behavior.

KEYWORDS: exclusive breastfeeding, maternal, behavior.

INTRODUCTION

One of the factors that become the most dominant influence in the growth of children, especially at the beginning of life until the age of 12 months is nutrition. The nutritional elements needed by children can be met by giving breast milk (Fitri, 2014). Exclusive breastfeeding for the first six months of life is one of the global strategies to achieve optimal infant growth, development, health, and survival. The World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) in Iswari (2018) recommend early initiation of breastfeeding (IMD) within 1 hour after birth. However, many infants and children do not receive breast milk optimally, that is, only about 36% of infants aged 0 to 6 months worldwide are exclusively breastfed, this means that 64% of infants in the world are not exclusively breastfed.

Breast milk is the most ideal food, both physiologically and biologically, that must be given to infants in the

early stages of life. This is because, in addition to containing a fairly high nutritional value, breast milk also contains immune substances that will protect against various types of diseases that can inhibit the growth of the baby. Exclusive breastfeeding starts from the time the baby is born for 6 months, without adding, and or replacing, other food or drinks (Nilakesuma, 2015).

The Indonesian Ministry of Health (2017) reported that the number of infants in Indonesia who did not receive exclusive breastfeeding was 64.27%. Nationally, the coverage of infants receiving exclusive breastfeeding is 35.73%, this figure has not reached the 2017 target of 44%, and this is still far from the Global World Health Assembly (WHA) target of 50 percent in 2025 (WHO and UNICEF, 2014). In West Kalimantan, infants who received exclusive breastfeeding in 2015 were 35.32%, an increase in 2016 was 43.06%, and for 2017 it was 39.55%. This means, that in 2017 exclusive breastfeeding has not reached its target.

Exclusive breastfeeding in Kubu Raya in 2017 was 17.5%, which means it has not reached its target (Dinkes, 2017). Rasau Jaya Health Center is one of the Puskesmas in the Rasau Jawa sub-district in Kubu Raya Regency which has low breastfeeding achievement. The low coverage of exclusive breastfeeding is influenced by several factors. Setyorini's research (2017) reports that the behavior of mothers not giving breast milk to their babies is 54.2%. The most common reason is due to insufficient milk production. Another study found that several factors related to exclusive breastfeeding were educational factors, the role of health workers, as well as customs and culture (Raj, et al, 2020). Meanwhile, Sari (2020) in her research found that, in addition to knowledge factors, motivation and breastfeeding techniques affect exclusive breastfeeding for babies. In addition, several studies have also found that a mother's behavior during breastfeeding can be influenced by several factors, namely work, education, knowledge, family support, and support from health workers.

Based on the researcher's initial survey by interviewing nutrition workers in the work area of the Rasau Jaya Health Center, the alleged factors related to exclusive breastfeeding are the mother's lack of knowledge, support from her husband, the mother's busyness in her work, and the failure to maintain a decision to exclusively breastfeed. Until now, no research has been conducted on factors related to maternal behavior in

exclusive breastfeeding at the Rasau Jaya Health Center. The researcher aims to conduct research on factors related to maternal behavior in exclusive breastfeeding at the Rasau Jaya Health Center.

RESEARCH METHODS

This study used a descriptive-analytic research design with a cross-sectional approach. The population is the total number of mothers who have babies aged 6-12 months in the District of Rasau Jaya, with a sample size of 74 respondents. The sampling technique used is probability sampling with a simple random sampling approach, using primary and secondary data. Researchers conducted interviews with mothers and validated data on the cohort of Puskesmas and Health Card Infants. This study uses a data collection tool, namely a questionnaire that has been tested for validity and reliability. The analysis used in univariate analysis with frequency distribution and bivariate analysis used is the chi-square test. The researcher obtained research ethical clearance from the ethics committee.

RESULTS

Univariate analysis

The results of the study were analyzed using data analysis software. The univariate analysis in the form of the frequency distribution of the characteristics of the research respondents can be seen in Table 1 below.

Table 1: Distribution of respondents' characteristics (n=74).

Variable	n=74	
	f	%
Age		
< 20 years	7	9,5
≥ 20 years	67	90,5
Occupation		
Working	52	70,3
Doesn't work	22	29,7
Education		
High	36	48,6
Low	38	51,4
Knowledge		
Good	59	79,7
Not good	15	20,3
Attitude		
Support	41	55,4
Doesn't support	33	44,6
Husband's support		
Support	37	50
Doesn't support	37	50
Breastfeeding Behaviour		
Yes	32	43,2
No	42	56,8
Total	74	

Source: Primary Data 2021

Univariate analysis in this study as stated in Table 1, the results of statistical tests obtained data that, most of the respondents aged 20 were 67 respondents (90.5%), while

those aged < 20 years were 7 respondents (9.5%). On the work variable, most of the working mothers were 52 respondents (70.3%) and 22 respondents (29.7%) did not

work. While on the education variable, mothers with low education are 38 respondents (51.4%), and higher education are 36 respondents (48.6%). This study also reported that, in the knowledge variable, mothers who had good knowledge were 59 respondents (79.7%) and 15 respondents (20.3%) had poor knowledge. In the attitude variable, mothers who are included in the supportive category are 41 respondents (55.4%) and 33 respondents are less supportive (44.6%). This study also reports that, in the husband's support variable, husbands in the supportive and unsupportive categories have the same proportions, namely 37 respondents (50%). In the

variable of mother's behavior in exclusive breastfeeding, mothers who gave exclusive breastfeeding were 32 respondents (43.2%) while those who did not give exclusive breastfeeding were 42 respondents (56.8%).

Bivariate Analysis

Bivariate analysis was conducted to determine the relationship between the variables of age, occupation, education, knowledge, attitude, and husband's support with exclusive breastfeeding behavior can be seen in Table 2 below.

Table 2: The relationship between variables of age, occupation, education, knowledge, attitude, and husband's support with exclusive breastfeeding behavior (n=74).

Variable	Eksklusif breastfeeding behavior				Total	χ^2	p	OR	95% CI
	Yes		No						
	f	%	f	%					
Age									
< 20 years	1	1,4	6	8,1	7 (9,5%)	5,68	0,023*	1,11	(0,01-0,93)
≥ 20 years	41	55,4	26	35,1	67(90,5%)				
Occupation									
Working	26	35,1	26	35,1	52 (70,3%)	3,25	0,060	1,38	(0,13-1,11)
Doesn't work	16	21,6	6	8,1	22 (29,9)				
Education									
High	19	25,7	17	23	36(48,6%)	0,88	0,241	1,56	(0,62-3,93)
Low	23	31,1	15	20,3	38(51,4%)				
Knowledge									
Good	29	39,2	30	40,5	59 (79,7)	6,86	0,008*	1,15	(0,03-0,72)
Not good	13	17,6	2	2,7	15 (20,3)				
Attitude									
Support	32	43,2	9	12,2	41 (55,4%)	16,98	0,000**	8.18	(2.87-23.32)
Doesn't support	10	13,5	23	31,1	33 (44,6)				
Husband's support									
Support	30	40,5	7	9,5	37 (50%)	17,83	0,000**	1,11	(0,04-0,37)
Doesn't support	12	16,2	25	33,8	37 (50%)				

Source: Primary Data 2021

This study reports that there is a relationship between maternal age and exclusive breastfeeding behavior with statistical tests showing a p-value = 0.023 ($p < 0.05$), and the estimation test results obtained OR = 1.11 ($OR > 1$) which means that Mothers aged < 20 years had the opportunity to provide exclusive breastfeeding by 1.11 times compared to mothers aged 20 years (95% CI: 0.01-0.93).

The results of statistical tests found that there was no relationship between the mother's occupation variable and exclusive breastfeeding behavior, with a value of $p = 0.060$ ($p > 0.05$). Estimation test results obtained the value of OR = 1.38 ($OR > 1$) which it means that working mothers have the opportunity to give exclusive breastfeeding by 1.38 times compared to mothers who do not work (95% CI: 0.13-1.11).

The results of the statistical test of the mother's education variable, which are shown in Table 1, obtained a p-value = 0.241 ($p > 0.05$), meaning that there is no relationship between the mother's education and exclusive

breastfeeding behavior, but the estimation test results obtained an OR = 1.56 ($OR > 1$), meaning that mothers with higher education have the opportunity to exclusively breastfeed 1.56 times compared to mothers with low education (95% CI: 0.62-3.93).

This study also found that there was a relationship between the mother's knowledge and exclusive breastfeeding behavior, with a p-value = 0.008 ($p < 0.05$), and the estimation test results obtained OR = 1.15 ($OR > 1$), meaning that the mother Those with good knowledge had the opportunity to provide exclusive breastfeeding by 1.15 times compared to mothers with poor knowledge (95% CI: 0.03-0.72).

On the mother's attitude variable, the results of statistical tests found that there was a relationship between the mother's attitude and exclusive breastfeeding behavior, with a p-value = 0.000 ($p < 0.05$), and the estimation test results obtained OR value = 8.18 ($OR > 1$), meaning that mothers with a supportive attitude have the opportunity to exclusively breastfeed 8.18 times compared to those

who do not (95% CI: 2.87-23.32).

This study also found, that there was a relationship between the husband's support and the mother's behavior in exclusive breastfeeding, with a value of $p = 0.000$ ($p < 0.05$). The estimation test results obtained an OR = 1.11 value, meaning that mothers who received husbands' support had an opportunity to give exclusive breastfeeding 1.11 times compared to husbands who did not (95% CI: 0.04-0.37).

DISCUSSION

The results of this study are in line with the research of Sriningsih (2011) which states that there is a significant effect between age and exclusive breastfeeding behavior with a p-value of 0.887. The results of the study are supported by Setianingrum's research (2018) where which research reveals that age is one of the factors that can influence the behavior of mothers in exclusive breastfeeding. The more mature the age of a mother, the more maturity in attitude and action. Maternal age greatly determines maternal health and is related to the conditions of pregnancy, childbirth, and the postpartum period as well as how to care for and breastfeed the baby. Mothers who are less than 20 years old are still immature and not ready physically and socially in dealing with pregnancy, childbirth and in fostering the baby being born.

Based on the results of this study, it was found that mothers with low education had a higher percentage of exclusive breastfeeding compared to mothers with higher education levels. Research reports that maternal education is not associated with exclusive breastfeeding behavior. This is in line with Fakhidah's research, (2018) which says that there is no effect between education and exclusive breastfeeding. In this study, it was found that mothers with low education were more dominant in breastfeeding than mothers with higher education. Although formally the mother's education level is low, nowadays there is a lot of convenience in accessing health information, especially breastfeeding through electronic media or seeking information from cadres or health workers. Information is easy to access from social media, print media, and mass media. So that it is easier for mothers to get information related to exclusive breastfeeding even though they do not have formal education, although a formal education is still crucial to improve the status of women. This study is also in line with research conducted by Umami, (2018) which revealed that statistically there was no significant effect between a mother's education level and breastfeeding behavior.

The results of the study reported that there was no relationship between occupation and the mother's behavior in exclusive breastfeeding. Setianingrum's research, (2018) concludes that exclusive breastfeeding is mostly found in mothers who do not have jobs because mothers who have jobs will often experience obstacles

due to busy working hours and also busyness in their work, as well as the work environment of mothers who do not work. support breastfeeding their babies. The same result was also reported by Lestari (2018) who stated that work was a factor that did not affect breastfeeding behavior. Bariyah (2017) in his research reports that one of the causes of the failure of exclusive breastfeeding is working mothers. His research found that mothers who did not work had a greater chance of giving exclusive breastfeeding. It is necessary to find a solution for working mothers so that they can provide exclusive breastfeeding for their babies.

The study found that there was a relationship between a mother's knowledge and a mother's behavior in exclusive breastfeeding. This is in line with Lestari's research, (2018) which states that less knowledgeable respondents tend not to breastfeed exclusively. Mothers' knowledge is closely related to the success of exclusive breastfeeding because mothers who have good knowledge will have a greater chance of exclusive breastfeeding compared to mothers who have less knowledge. The same result was also reported by Sriningsih (2011) who found that there was a significant relationship between mothers' knowledge and exclusive breastfeeding.

This study reports that there is a significant relationship between maternal attitudes and behavior in exclusive breastfeeding. This is in line with Setyorini's research (2017) where research revealed that there was an influence between attitudes and mothers' behavior in breastfeeding. Attitude is a person's closed response to a certain stimulus or object, which already involves the opinion and emotional factors concerned and will strengthen the mother in maintaining breastfeeding. The closed response of a mother who supports exclusive breastfeeding already involves the relevant opinion and emotional factors. This is the influence of a mother in maintaining the attitude to continue to give breast milk. Mothers with a supportive attitude will have a greater chance of breastfeeding behavior. The results of this study also found that there was a relationship between the husband's support and the mother's behavior in exclusive breastfeeding. This research is in line with research conducted by Budiarsih, (2019) which states from the results of the study it is known that mothers who receive family support mostly give exclusive breastfeeding to their babies. People think that breastfeeding is only a matter of mothers and babies. An important factor that supports exclusive breastfeeding comes from the provision of support by the family (Rahmawati & Proverawati, 2013). It is a fact that we often hear that many wives are afraid to give breast milk because they are worried that the shape of their breasts will change and become unattractive. In this condition, moral encouragement from the husband is the closest person and is considered the party most capable of influencing the mother to maximize exclusive breastfeeding. The support or positive attitude of the husband provides strength for the mother. In essence, the

husband is expected to be able to function to realize the process of exclusive breastfeeding.

CONCLUSION

The results of the study found that there was a relationship between maternal age ($p=0.023$), mother's knowledge ($p=0.008$), mother's attitude (0.000), and husband's support (0.00) with exclusive breastfeeding behavior. The study also reported that there was no relationship between work ($p= 0.06$) and education ($p= 0.24$) with exclusive breastfeeding behavior.

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