

## Relationship Between Mother's Knowledge About Breastfeeding and Mother's Behavior in Providing Exclusive Breastfeeding in The Work Area of Technical Implementation Unit of the Public Health Center Barong Tongkok

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### Article

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### Abstract

**Introduction:** Mother's milk is a good nutrient to protect babies against infection and prevent malnutrition because it contains important nutrients needed by the baby's body. Breast milk is the best natural nutrition for babies because it contains the energy and substances needed for the first six months of a baby's life. Breastfeeding is very important, but babies are still not getting exclusive breastfeeding. **Objective:** To determine the relationship between mother's knowledge about breastfeeding and mother's behavior in providing exclusive breastfeeding in the Work Area of Technical Implementation Unit of the Public Health Center Barong Tongkok. **Methods:** The design of this study used a descriptive correlation with a cross-sectional approach, carried out in May 2022. The statistical test used is Chi Square if the  $t$  count ( $p$  value)  $< 0.05$ , then the hypothesis  $H_a$  is accepted and  $H_o$  is rejected. **Results and Discussion:** The statistical test of mother's knowledge about breastfeeding with mother's behavior in exclusive breastfeeding obtained a value of  $0.003 < 0.05$ . **Conclusion:** There is a relationship between mother's knowledge about breastfeeding and mother's behavior in providing exclusive breastfeeding in the Work Area of Technical Implementation Unit of the Public Health Center Barong Tongkok

**Keywords:** Behavior; Exclusive Breastfeeding; Knowledge:

## **Introduction**

Breast milk is a good nutrient, protects babies against infection and prevents malnutrition because it contains important nutrients needed by the baby's body. Milk production if it is not smooth is one of the main obstacles experienced by a mother in breastfeeding.

Regular breastfeeding plays a very large role in efforts to reduce infant mortality. Prevalence of good nutrition in can reduce morbidity in toddlers (Lumbantoruan, 2018). Babies who are not breastfed will be susceptible to infectious diseases, so breast milk is needed for infants to reduce the risk of infectious diseases such as diarrhea, pneumonia, ear infections, haemophiles influenza, meningitis and urinary tract infections (Jayanti et al., 2020).

The World Health Organization (WHO) recommends that children should only be breastfed for at least 6 months. UNICEF Indonesia states that of the 5 million children born each year in Indonesia, more than 50% do not breastfeed optimally in the first years of life (UN Inter-agency Group for Child Mortality Estimation et al., 2020). Based on the UNICEF report, the Infant Mortality Rate (IMR) in Indonesia is 18 per 10 00 live births and the Under Five Mortality Rate (UFMR) is 39 per 1000 live births. The Sustainable Development Goals in the 2030 Agenda for Sustainable Development target that by 2030 it can reduce the Infant Mortality Rate (IFR) rate of 12 per 1,000 live births and the Under Five Mortality Rate (UFMR) of 25 per 1,000 live births (UNICEF, 2021).

Data from the World Health Organization (WHO) shows that the average amount of breastfeeding in the world is around 38%. Each child is breastfed within an hour of giving birth, only breastfed for the first six months of life, and the mother continues to breastfeed until the age of two, so about 800,000 children will be killed each year.

Breast milk is recommended in the first few months of life because breast milk is not contaminated and contains many nutrients needed by children at that age. Breast milk contains colostrum which is rich in antibodies because it contains protein for endurance

Breastfeeding is recognized as beneficial including to improve infant survival, widen birth distances, support infant health and maternal health. The background of the problem is that in Indonesia, only 42% of babies are breastfed out of 96% of women who have breastfed. The rate of breastfeeding in several regions in Indonesia is still relatively low. Indonesia is ranked in the bottom three out of 51 countries in the world that participated in the assessment of the status of breastfeeding (Infant-Young Child Feeding) policies and programs (IBI, 2018).

Breast milk distribution in East Kalimantan, especially in West Kutai Regency, is still low, which is only 48.8% (Kaltim, 2018). Based on the Barong Tongkok health center report data in 2020 The total number of babies who get breast milk only reaches 44% of the total mothers and babies in the Public Health Center Barong Tongkok work area, the total breastfeeding can continue to decrease with the emergence of marriage at a young age and maternal knowledge on the importance of breast milk.

### **Breastfeeding**

Breast milk is an emulsion of fat in a solution of protein, lactose and organic salts secreted by both sides of the mother's breast glands, as the main food for the baby. At the age of the first 6 months, babies only need to be given breast milk

### **Content contained in breast milk**

The fluid that first comes out of the breast glands, contains tissue debris and residual material contained in the alveoli and ducts of the breast glands before and after puerperium. Colostrum comes out on the first day to the fourth day postpartum. This liquid has a viscous, sticky viscosity and yellowish color. Colostrum fluid contains high protein, mineral salts, vitamin A, nitrogen, white blood cells and antibodies that are high compared to mature breast milk. Jam it, colostomies low in fat and lactose. Its main protein is immunoglobulin (IgG, IgA, IgM) useful as antibodies to prevent and neutralize bacteria, viruses, fungi, and parasites.

### **Method**

In this study, descriptive correlation with *a cross-sectional* approach. The *cross-sectional* approach is a measurement made on an independent variable. Descriptive correlation is a study that aims to describe and examine the relationship between variables, namely the relationship between maternal knowledge about breastfeeding and breastfeeding behavior in the Work Area

Research time is a range within the specific time range used in the process of collecting research data. The research is planned to be carried out in April-May 2022. Population is the overall subject required in a study (Arikunto, 2016). The population in this study was all breastfeeding mothers in the Working Area of the Technical Implementation Unit of the Barong Tongkok Public Health Center with total of 30 people. Total population is less than 100 people so that the entire total population is used as research subjects, which is as many as 30 people (Sugiyono, 2017).

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**Results and Discussion**

**Table 1**  
 Characteristics of Respondents

No.	Characteristic	Total	
		f	%
<b>1</b>	<b>Mother's Age</b>		
	< 20 years	4	13.33
	20 – 35 years	26	86.67
	>35 years	0	0
	<b>Total</b>	<b>30</b>	<b>100</b>
<b>2</b>	<b>Children's Age</b>		
	0-2 months	8	26.7
	2- 4 months	8	26.7
	4- 6 months	14	46.7
	<b>Total</b>	<b>30</b>	<b>100</b>
<b>3</b>	<b>Mother's Education</b>		
	College	5	16.7
	SHS	15	50.0
	JHS	7	23.3
	ET	3	10.0
	<b>Total</b>	<b>30</b>	<b>100</b>
<b>4</b>	<b>Mother's Work</b>		
	Self employed	5	16.7
	Housewives	25	83.3
	<b>Total</b>	<b>30</b>	<b>100</b>
<b>5</b>	<b>Family Income per Month</b>		
	>2 million	4	13.3
	1-2 million	4	13.3
	500 rb-1 million	22	73.3
	<b>Total</b>	<b>30</b>	<b>100</b>

There is table 1 about the characteristics of respondents showing that the most maternal age category is 20-35 years old as many as 26 people (86.67%), the most children's age is 4-6 months which is 14 people (46.7%), the most maternal education is high school /vocational school as many as 15 people (50.0%), The most mother's work is as a housewife 25 people (83.3%) and the most monthly family income is Rp500 rb-1 million which is 22 people (73.3%).

**Table 2**  
 Mother's knowledge about breast milk

Mother's knowledge about breast milk	Total	
	f	%
Good	9	30.0
Enough	18	60.0
Less	3	10.0
<b>Total</b>	<b>30</b>	<b>100</b>

The results of the study based on table 2 on maternal knowledge about breast milk showed that the most were in the sufficient category, which was as many as 18 people (60.0%).

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**Table 3**  
Breastfeeding Behavior

Mother's knowledge about breast milk	Breastfeeding Behavior						
	Breastfeeding		No Breastfeeding		Total		
	<i>F</i>	%	<i>f</i>	%	<i>f</i>	%	<i>p-value</i>
Good	9	30.0	0	0.0	9	30.0	0,003
Enough	8	26.7	10	33.3	18	60.0	
Less	0	0.0	3	10.0	3	10.0	
<b>Total</b>	<b>17</b>	<b>56.7</b>	<b>13</b>	<b>43.3</b>	<b>30</b>	<b>100</b>	

The results of the study were based on table 3 on breastfeeding behavior that the most was in the breastfeeding category, which was 17 people (56.7%).

**The relationship of the mother's knowledge about breast milk with the mother's behavior in giving breast milk**

**Table 4**

Challenge the relationship between maternal knowledge about breast milk and maternal behavior in breastfeeding

Breastfeeding Behavior	Total	
	<i>f</i>	%
Breastfeeding	17	56.7
No Breastfeeding	13	43.3
<b>Total</b>	<b>30</b>	<b>100</b>

The results of the study based on table 4 on the relationship of maternal knowledge about breastfeeding with maternal behavior in breastfeeding showed that at most in the maternal knowledge category was sufficient with non-breastfeeding behavior as many as 10 people (33.3%). Based on the results of the analysis conducted using the *Chi-Square* test, obtained the value of *p-value* = 0.003 smaller than the value of  $\alpha = 0.05$  or (0.003 < 0.05), that means there is a significant relationship between maternal knowledge about breast milk and maternal behavior in breastfeeding

**Conclusion**

The characteristics of respondents in the Working Area of the Technical Implementation Unit of the Public Health Center Barong Tongkok are the most maternal age of 20-35 years (80.0%), the most children's age is 4-6 months (66.7%), the most maternal education is high school / vocational school (50.0%), the most mother's work is as a Housewife (83.3%) and the most monthly family income is 500 IDR-1 million (73.3%). Mother's knowledge about breast milk in the Working Area of the Technical Implementation Unit of the Public Health Center Barong Tongkok is in the sufficient category (60.0%).

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Maternal behavior in breastfeeding in the Working Area of the Technical Implementation Unit of the Public Health Center Barong Tongkok in the breastfeeding category (56.7%).

There is a relationship between mother's knowledge about breastfeeding and mother's behavior in breastfeeding in the Working Area of the Technical Implementation Unit of the Public Health Center Barong Tongkok (*p-value* = 0.003).

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