



Determinant Factors of Exclusive Breastfeeding in the Work Area

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Abstract

Exclusive breastfeeding is recommended for 6 months, however exclusive breastfeeding in several regions in Indonesia is still below the target set by the government. This condition is caused by exclusive breastfeeding being influenced by several factors such as work, education, age and husband's support. Objective to analyze the determinants of exclusive breastfeeding in the Harapan Sehat Slawi Hospital Work Area. This type of research is quantitative research with an observational study design. The sampling technique in this research was purposive sampling of 62 people. Statistical tests use frequency distribution, chi square test and multiple logistic regression test. Results the chi square statistical test showed that there was an influence of education p value of 0.000 (< 0.05), employment p value of 0.008, age at risk p value of 0.006 and husband's support p value of 0.003 on exclusive breastfeeding in the hospital work area Slawi's Healthy Hope. The factor that most influences exclusive breastfeeding in the Harapan Sehat Slawi Hospital Work Area is husband's support with a p value of 0.006 and an odds ratio of 363.52. Conclusion: The determinant factor that has the most influence on exclusive breastfeeding is husband's support.

Keywords

exclusive breastfeeding; support; education

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Introduction

The prevalence of stunting nationally has decreased, from 24.4% in 2021 (Indonesian Nutritional Status Survey, 2021) to 21.6% in 2022 (Indonesian Nutritional Status Survey, 2022). This result is a good thing but still needs to be improved, because it is still below the 2022 target of 18.4%. The survey results show that there are 7 (seven) provinces with the highest prevalence of stunting (East Nusa Tenggara, West Sumatra, Aceh, West Nusa Tenggara, South Kalimantan, Southeast Sulawesi) and 5 (five) provinces with the highest number of cases (West Java, East Java, Central Java, North Sumatra, Banten) (Ministry of Health of the Republic of Indonesia, 2023). The results of the 2022 Indonesian Nutritional Status Survey (SSGI) released by the Ministry of Health (Kemenkes), the stunting rate in Central Java was 20.8% or down around 0.1% compared to 2021 (Dinkes Prov. Central Java 2023). Meanwhile, the stunting rate in Tegal Regency based on the Indonesian Nutritional Status Survey (SSGI) fell 5.7% points from 28% in 2021 to 22.3% in 2022 (Secretariat of the Tegal City Region 2023).

Breast milk contains all the nutrients a baby needs in the first six months of life. Breastfeeding protects against diarrhea and common childhood illnesses such as pneumonia, and may also have long-term health benefits for both mother and child, such as reducing the risk of overweight and obesity in childhood and adolescence (WHO 2023).

Mothers have an obligation to provide breast milk to their babies while caring for their children. Newborns have the right to breast milk because breast milk is the main food for the first 0-6 months of life. The natural process of breastfeeding begins during pregnancy, because along with the pregnancy period, the breasts have been prepared after the baby is born to immediately provide breast milk (Sudarman, Kartini, and Mominan 2020).

Zikrina in research (2022), exclusive

breastfeeding is still a major challenge for breastfeeding mothers in supporting the growth, development, and survival of babies. Exclusive breastfeeding can reduce infant morbidity and mortality rates because it increases the immune system in the baby's body to fight various diseases. Exclusive breastfeeding is recommended for 6 months, but the coverage of exclusive breastfeeding in several regions in Indonesia is still below the target set by the government.

This condition is because exclusive breastfeeding is influenced by several factors. The results of a study by Kristanti et al., (2019) showed that there was a contribution from the role of knowledge, perception, support from health workers, and support from people closest to exclusive breastfeeding. Research by Rakhmawati and Puji (2020) showed that there was a significant relationship between work, support and education of the husband and exclusive breastfeeding.

Method

This type of research is a quantitative study with an observational study design using a cross-sectional research design. The population of this study were all patients who underwent treatment in the children's room in August-October 2023 as many as 165 patients. The sampling technique in this study was purposive sampling of 62 respondents. This study in collecting data used an instrument in the form of a questionnaire about work, education, age, husband's support and exclusive breastfeeding. Data analysis used the chi square test and multiple logistic regression test.

Result and Discussion

The results of the study showed that primary education did not provide exclusive breastfeeding at most, as many as 9 respondents, secondary education provided the most exclusive breastfeeding at most, as many as 36 respondents, and higher educa-

tion provided the most exclusive breastfeeding at most, as many as 5 respondents. Primary education in this study consisted of elementary and junior high schools, secondary education itself consisted of high schools and vocational schools, while tertiary education consisted of D3, S1, and Profession. The chi-square test obtained a p value of 0.000 (<0.05), meaning that there is an influence of education on the provision of exclusive breastfeeding in the Harapan Sehat Slawi Hospital Work Area. The results of this study are not in line with the research of Wahyuni and Utami (2023) that there is no relationship between education and the provision of exclusive breastfeeding.

Education is an important factor in determining a mother's behavior, especially in providing exclusive breastfeeding. The results of this study are in line with Suci's research (2018) that there is a relationship between the mother's education level and the provision of exclusive breastfeeding. This study is also supported by the results of Ampu's research (2021) that the education of mothers who have babies aged 7-12 months is significant for the provision of exclusive breastfeeding. The results of the data analysis, the researcher concluded that education plays an important role in the process of providing exclusive breastfeeding. Mothers who have higher education have a high chance of successfully providing exclusive breastfeeding when compared to mothers who have low education.

The results of the study showed that the most working mothers did not provide exclusive breastfeeding as many as 10 respondents, and the most unemployed mothers provided exclusive breastfeeding as many as 36 respondents. The chi-square test obtained a p value of 0.008 (<0.05), meaning that there is an influence of work on the provision of Exclusive Breastfeeding in the Harapan Sehat Slawi Hospital Work Area. Work is an effort by a mother to be able to generate income in an effort to help meet household needs. The relationship between work and the provision of Exclusive Breastfeeding is

because the mothers in this study have a lot of time to provide Exclusive Breastfeeding, where most of the mothers do not work.

The results of this study are not in line with the research of Hadina et al., (2022) that there is no relationship between the mother's work and the provision of exclusive breastfeeding. For many women today, work is important for the economic survival of their families and also fulfills their role in providing optimal nutrition to their babies through breastfeeding. The mother's employment status plays an important role in the success of Exclusive Breastfeeding. Shift work makes some mothers unable to provide exclusive breastfeeding to their babies (Gebrekidan et al. 2020). The results of the data analysis, the researcher concluded that work plays an important role in the process of providing exclusive breastfeeding. Mothers who have jobs outside the home have a high chance of having difficulty in providing exclusive breastfeeding when compared to mothers who do not have jobs outside the home.

The results of the study showed that mothers who were at risk (<20 years >35 years) were the most likely to not provide exclusive breastfeeding as many as 12 respondents, and mothers who were not at risk (20-35 years) were the most likely to provide exclusive breastfeeding as many as 33 respondents. The chi-square test obtained a p value of 0.006 (<0.05), meaning that there is an effect of at-risk age on the provision of exclusive breastfeeding in the Harapan Sehat Slawi Hospital Work Area. The results of this study are not in line with the research of Hana and Farid (2020) that there is no significant relationship between maternal age and exclusive breastfeeding.

A woman's age when pregnant should not be too young and not too old. Ages less than 20 years or more than 35 years are at high risk for giving birth. A woman's readiness to become pregnant must be physically, emotionally, psychologically, socially and economically ready (Manuaba, 2012 in Achmad et al., 2022). Mothers with non-

Table 1. The Influence of Education, Occupation, Age and Husband's Support on Exclusive Breastfeeding in the Work Area of Harapan Sehat Hospital, Slawi.

Variable	Exclusive Breastfeeding				Total		P-value
	Exclusive Breastfeeding		Not Exclusive Breastfeeding				
	F	%	F	%	f	%	
Education							
Basic	9	47,4	2	4,7	11	17,7	0,000
Intermediate	10	52,6	36	83,7	46	74,2	
High	0	0	5	11,6	5	8,1	
Total	19	100	43	100	62	100	
Work							
Working	10	52,6	7	16,3	17	27,4	0,008
Not working	9	47,4	36	83,7	45	72,6	
Total	19	100	43	100	62	100	
Usia							
Age at risk	12	63,2	10	23,3	22	35,5	0,006
Age not at risk	7	36,8	33	76,7	40	64,5	
Total	19	100	43	100	62	100	
Husband support							
Quite	18	94,7	22	51,2	40	64,5	0,003
Good	1	5,3	21	48,8	22	35,5	
Total	19	100	43	100	62	100	

Table 2. The most influential determinant factors in providing exclusive breastfeeding in the Harapan Sehat Slawi Hospital Work Area

Variable	B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
							Lower	Upper
Husband support	5.896	2.141	7.584	1	.006	363.517	5.473	24143.510
Education	2.961	1.232	5.783	1	.016	19.326	1.729	215.984
Age	3.592	1.477	5.909	1	.015	36.291	2.005	656.763
Constant	-23.728	8.167	8.440	1	.004	.000		

risk age tend to have physical, emotional and psychological readiness in the process of providing exclusive breastfeeding. The results of data analysis, it can be concluded that age plays an important role in the process of providing exclusive breastfeeding. Mothers who have a risky age have a high chance of having difficulty in providing exclusive breastfeeding when compared to mothers who are not at risk.

The results of the study showed that

the chi square test obtained a p value of 0.003 (<0.05), meaning that there is an influence of husband's support on the provision of Exclusive Breastfeeding in the Harapan Sehat Slawi Hospital Work Area. The results of this study are in line with the research of Wulandari and Winarsih (2023) that there is a correlation between husband's support received by mothers and the provision of exclusive breastfeeding. This study is not in line with Hani's research (2020) which

shows that there is no relationship between husband's support and the success of providing Exclusive Breastfeeding in primiparous mothers.

The results of the study showed that mothers who received sufficient husband's support gave the most exclusive breastfeeding, as many as 22 respondents, and mothers who received good husband's support gave the most exclusive breastfeeding, as many as 21 respondents. Purnamasari (2022) in his study found that respondents who did not receive husband's support were 6 times more at risk of not getting exclusive breastfeeding compared to respondents who received husband's support. The results of the data analysis, the researcher concluded that husband's support plays an important role in the process of providing Exclusive Breastfeeding. Mothers who receive good support from their husbands have a higher chance of successfully providing exclusive breastfeeding compared to mothers who receive less support from their husbands.

The results of the multiple logistic regression test showed that the most influential factor in providing exclusive breastfeeding in the Harapan Sehat Slawi Hospital Work Area was husband's support with a p value of 0.006 and an odds ratio of 363.52. Husband's support is a basic support given by a husband to his wife in providing exclusive breastfeeding. Husband's support makes the wife more comfortable and enthusiastic in providing breast milk for her baby.

A husband is the closest person to a woman after marriage and leaving her family. Husband's support can improve the health and well-being of pregnant women psychologically, and even have an impact on physical health (Niken et al., 2022). The results of a study by Hidayati et al., (2021) showed that there was a significant relationship between husband's support for his wife in providing exclusive breastfeeding.

Breast milk (ASI) as a natural food is the best food that a mother can give to her newborn child. Breast milk alone can meet all the needs of a baby until the baby is 6

months old. After six months to 12 months of age, breast milk alone meets 60-70% of the baby's needs and the rest of the baby's needs can be met with complementary breast milk foods (MPASI). Not only breast milk, complementary breast milk foods (MPASI) also need attention in fulfilling the nutritional needs for children's growth and development (Maryanti and Aisyah 2018).

Conclusion

The conclusion of the study shows that there is an influence of education on the provision of Exclusive Breastfeeding in the Harapan Sehat Slawi Hospital Work Area with. There is an influence of work on the provision of Exclusive Breastfeeding in the Harapan Sehat Slawi Hospital Work Area. There is an influence of age at risk on the provision of Exclusive Breastfeeding in the Harapan Sehat Slawi Hospital Work Area. There is an influence of husband's support on the provision of Exclusive Breastfeeding in the Harapan Sehat Slawi Hospital Work Area. The most influential determinant factor in the provision of Exclusive Breastfeeding in the Harapan Sehat Slawi Hospital Work Area is husband's support.

Suggestions for respondents are expected to be more active in seeking information related to the provision of Exclusive Breastfeeding so that they understand the importance of providing Exclusive Breastfeeding. Suggestions for hospitals, it is hoped that the hospital can improve health services by optimizing education and counseling related to the provision of Exclusive Breastfeeding to mothers and husbands so that they can increase their support for mothers during breastfeeding. Suggestions for further researchers are that this study can be studied further using a different design such as using a case control design

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