

Overview of pregnant women's knowledge in the thirty trimester about exclusive breastfeeding at the Bertha Mabarr Hilir Pratama Clinic in 2024

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ABSTRACT

Exclusive breastfeeding is the process of providing only breast milk to babies from 0-6 months of age without additional food such as formula milk. After 6 months, babies need additional food (MP-ASI) to meet the needs of minerals and other nutrients such as iron. The impact of not exclusive breastfeeding for babies is diarrhea, pneumonia, obesity, decreased immunity, stunting and malnutrition, and the impact of not breastfeeding for mothers is death from breast cancer, ovarian cancer and type II diabetes. The purpose of the study was to determine the description of the knowledge of pregnant women in the third trimester about exclusive breastfeeding at the Bertha Mabarr Hilir Pratama Clinic in 2024. Research method: descriptive using a cross-sectional design. Sample: 50 respondents of pregnant women in the third trimester. Sampling technique: total sampling. Results: The results of the study showed that the knowledge of mothers was mostly sufficient, namely 30 respondents (60%), 11 respondents (22%) had good knowledge and 9 respondents (18%) had less knowledge. Suggestion: The researcher suggests that mothers who have poor knowledge to improve their knowledge, especially about Exclusive Breastfeeding, by obtaining information from various sources such as health workers and mass media, those who are busy with their work can also access information about Exclusive Breastfeeding from social media so that it is easier, especially for primiparous mothers who have not had the experience of giving birth, so that the mother's knowledge becomes good and preparation for breastfeeding during the antenatal period can be fulfilled and when they have given birth, they are expected to be able to provide Exclusive Breastfeeding to their children.

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INTRODUCTION

Exclusive breastfeeding is the process of giving only breast milk to babies from 0-6 months without additional food such as formula milk. After 6 months, babies need additional food (MP-ASI) to meet the needs of minerals and other nutrients such as iron (Ministry of Health, 2022). Based on Oktaviani's research, the benefits of exclusive breastfeeding for babies are reducing the risk of babies experiencing diarrhea and ARI. The number of good bacteria, especially Lactobacilli and Bifidobacteria, will be found in babies who receive exclusive breastfeeding, where these bacteria will protect babies from digestive tract infections (Oktaviani et al., 2022). According to the World Health Organization, there are more than half a billion working women who are not supported by existing legal regulations for maternity continuity. Maternity leave is required to be given by employers to breastfeeding mothers for 3 months, but there are still 20% of countries in the world that implement this, including Indonesia, so that babies aged <6 months only partially receive exclusive breastfeeding. With this problem, breastfeeding mothers have decreased, namely in 2021 as much as 69.7% to 67.96% in 2022 (WHO, 2023).

The impact of not exclusively breastfeeding babies is that babies will experience stunting (67.2%)(Princess & Lake, 2020). Another impact is that the baby will experience diarrhea (2.6 times)(Siregar et al., 2020). The impact of not breastfeeding for babies is child death due to diarrhea and pneumonia, obesity and malnutrition and the impact of not breastfeeding for mothers is death due to breast cancer, ovarian cancer and type II diabetes (Walters et al., 2019). The causes of failure of exclusive breastfeeding are: Early Initiation of Breastfeeding (IMD) is not implemented, the mother has a lack of understanding and knowledge, there is no support from the family, the baby is in an unhealthy condition or hospital policy, socio-cultural factors in the community, and the mother's physical and psychological condition does not support loving her baby.(MINISTRY OF HEALTH, 2022). Other causes include lack of maternal knowledge (50.7%), being influenced by local culture regarding breast milk (30.4%), not carrying out Early Breastfeeding Initiation (IMD) (41.3%) and lack of support from husband (51.4%)(Tarigan et al., 2022).

RESEARCH METHOD

The study has a descriptive nature using a cross-sectional design. Cross-sectional research is a study that measures its variables only once which aims to obtain a picture of the knowledge of pregnant women in the third trimester about exclusive breastfeeding at the Bertha Mabar Hilir Pratama Clinic in 2024. The population in this study were all pregnant women in the third trimester who visited the Bertha Mabar Hilir Pratama Clinic in 2024 with a total of 50 people. The method of taking samples is using total sampling. Total sampling is that all populations will be the subjects of the study, namely all pregnant women in the third trimester who came to the Bertha Mabar Hilir Pratama Clinic in 2024. The number of respondents in this study was 50 respondents. The tool used to collect data in this study was a questionnaire with a total of 17 questions where each question had 4 answer options.

RESULTS AND DISCUSSIONS

Table 1. Knowledge of pregnant women in the third trimester about exclusive breastfeeding

No	Knowledge	f	%
1	Good	11	22
2	Enough	30	60
3	Not enough	9	18
Total		50	100

The table above shows that the knowledge of pregnant women in the third trimester about exclusive breastfeeding was found to be the most respondents having sufficient knowledge, as

many as 30 people (60%) and the least respondents having insufficient knowledge, as many as 9 people (18%).

Table 2. Respondent characteristics regarding exclusive breastfeeding

Characteristics	f	%
Age		
<20 Years	0	0
20-35 Years	50	100
>35 Years	0	0
Total	50	100
Education		
SD	3	6
Junior High School	5	10
Senior High School	33	66
Diploma	4	8
Bachelor	5	10
Total	50	100
Work		
Farmer	9	18
Self-employed	14	28
civil servant	6	12
housewife	21	42
Total	50	100
Parity		
Primipara	11	22
Multipara	39	78
Grand multipara	0	0
Total	50	100
Resources		
Health workers	10	20
Family	16	32
Mass media	18	36
Electronic media	6	12
Total	50	100

In the table above, it can be seen that based on age, all respondents are 20-35 years old, namely 50 respondents (100%), based on the education of the respondents, the most are high school graduates with 33 respondents (66%) and the least are elementary school graduates with 3 respondents (6%), based on the occupation of the respondents, the most are housewives with 21 respondents (42%) and the least are civil servants with 6 respondents (12%), based on parity, the majority of respondents are multiparas with 39 respondents (78%) and the minority of respondents are primiparas with 11 respondents (22%) and based on the most information sources, the most are mass media with 18 respondents (36%) and the least are from electronic media with 6 respondents (12%).

Table 3. Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on age

No	Age	Knowledge						Total	
		Good		Enough		Not enough		f	%
		f	%	f	%	f	%		
1	<20 years	0	0	0	0	0	0	0	0
2	20-35 years	11	22	30	60	9	18	50	100
3	>35 years	0	0	0	0	0	0	0	0

From the table above, it can be seen that out of 50 respondents, mothers' knowledge based on age was found to be sufficient for those aged 20-35, as many as 30 respondents (60%).

Table 4. Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on education

No	Education	Knowledge	Total
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		Good		Enough		Not enough		f	%
		f	%	f	%	f	%		
1	SD	1	33.3	1	33.3	1	33.3	3	100
2	JUNIOR HIGH SCHOOL	1	20	3	60	1	20	5	100
3	SENIOR HIGH SCHOOL	8	24.2	20	60.6	5	15.2	33	100
4	Diploma	0	0	2	50	2	50	4	100
5	Bachelor	1	20	4	80	0	0	5	100

In the table above, it is known that 1 person (33.3%) had elementary school education with good knowledge, 1 person had sufficient knowledge (33.3%) and 1 person had less knowledge (33.3%), with junior high school education and knowledge. 1 person (20%) had good knowledge, 3 people (60%) had sufficient knowledge and 1 person (20%) had less knowledge, 8 people had high school education and had good knowledge (24.2%), 20 people had sufficient knowledge (60.6%) and 5 people had less knowledge (15.2%), 2 people had a Diploma degree with sufficient knowledge (50%) and 2 people had less knowledge (50%) and 1 person had a bachelor's degree with good knowledge (20%) and 4 people (80%) have sufficient knowledge.

Table 5. Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on work

No	Work	Knowledge						Total	
		Good		Enough		Not enough		f	%
		f	%	f	%	f	%		
1	Farmer	1	11.1	4	44.4	4	44.4	9	100
2	Self-employed	3	21.4	9	64.3	2	14.3	14	100
3	civil servant	1	16.7	5	88.3	0	0	6	100
4	housewife	6	28.6	12	57.1	3	14.3	21	100

In the table above, it can be seen that respondents who have a farmer job with good knowledge are 1 person (11.1%), have sufficient knowledge are 4 people (44.4%) and have less knowledge are 4 people (44.4%), respondents with self-employed jobs who have good knowledge are 3 people (21.4%), have sufficient knowledge are 9 people (64.3%) and have less knowledge are 2 people (14.3%), respondents who have civil servant jobs who have good knowledge are 1 person (16.7%) and have sufficient knowledge are 5 people (88.3%) and as housewives who have good knowledge are 6 people (28.6%), have sufficient knowledge are 12 people (57.1%) and have less knowledge are 3 people (14.3%).

Table 6. Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on parity

No	Parity	Knowledge						Total	
		Good		Enough		Not enough		f	%
		f	%	f	%	f	%		
1	Primipara	2	18.2	7	63.6	2	18.2	11	100
2	Multipara	9	23.1	23	59	7	17.9	39	100
3	Grand Multipara	0	0	0	0	0	0	0	0

From the table above, it can be seen that respondents with primiparous parity who have good knowledge are 2 people (18.22%), those with sufficient knowledge are 7 people (63.3%) and those with less knowledge are 2 people (18.2%) and respondents with multiparous parity who have good knowledge are 9 people (23.1%), those with sufficient knowledge are 23 people (59%) and those with less knowledge are 7 people (17.9%).

Table 7. Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on information sources

No	Resources	Knowledge				Total
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		Good		Enough		Not enough		f	%
		f	%	f	%	f	%		
1	Health workers	1	10	8	80	1	10	10	100
2	Family	4	25	9	56.3	3	18.8	16	100
3	Mass media	4	22.2	11	61.1	3	16.7	18	100
4	Electronic Media	2	33.3	2	33.3	2	33.3	6	100

In the table above, it can be seen that based on information sources from health workers, 1 person (10%) has good knowledge, 8 people (80%) have sufficient knowledge and 1 person (10%) has insufficient knowledge, information sources from families, 4 people (25%) have good knowledge, 9 people (56.3%) have sufficient knowledge and 3 people (18.8%), information sources from mass media, 4 people (22.2%), 11 people (61.1%) have sufficient knowledge and 3 people (16.7%) have insufficient knowledge, and information sources from electronic media, 2 people (33.3%), 2 people (33.3%) have sufficient knowledge and 2 people (33.3%) have insufficient knowledge.

Discussion

Knowledge of pregnant women in the third trimester about exclusive breastfeeding

Based on research conducted by researchers with the title description of knowledge of pregnant women in the third trimester regarding exclusive breastfeeding, it was found that the most respondents had sufficient knowledge, as many as 30 people (60%) and the fewest respondents had insufficient knowledge, as many as 9 people (18%). This research is in line with research conducted by (Fajriyah et al., 2019) who conducted research in the Doro I Health Center Working Area of Pekalongan Regency in 2019, it can be concluded that 26 respondents (65%) have sufficient knowledge. Sufficient knowledge in these respondents is influenced by education. Education, which on average is only basic education, affects the level of knowledge possessed by respondents. This research is in line with research conducted by (Mashanafi et al., 2019) which obtained the result that the mother has sufficient knowledge as many as 28 people (56%). Behavior based on knowledge will be more than behavior that is not based on knowledge. The better the mother's knowledge about then a mother will provide Exclusive Breast Milk to her baby, and vice versa. This research is in line with research conducted by (Nurrizka et al., 2019) which obtained the result that pregnant women have sufficient knowledge of 60%. This knowledge is based on the lack of information sources. Therefore, health workers play an active role in providing education to pregnant women, especially in the third trimester, regarding Exclusive Breastfeeding.

According to the researcher's assumption, the knowledge of pregnant women in the third trimester is mostly sufficient, as many as 30 people (60%), this is because in this study most of the respondents had a high school education where respondents with this education do not yet have much knowledge, then also influenced by the source of information from the mass media where the information obtained from the mass media is not necessarily true and also influenced by parity where many mothers have primiparous parity because primiparous mothers still do not have the experience of having children so their knowledge is not good.

Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on age

Based on the results of this study, all respondents totaling 50 people (100%) were aged 20-35 years because when the study was conducted, all respondents found were of reproductive age and those who were sufficiently knowledgeable were 30 respondents (60%). The results of this study are in line with (Manggalaning 2019) which obtained the results of the study that most respondents were aged 20-35 years and had a fairly good level of knowledge of 19 respondents (65.51%) and assumed that most respondents were aged 20-35 years who were included in the productive age where respondents already knew enough about Exclusive Breastfeeding which was caused by the influence of knowledge factors such as experience. This research is also in line

with (Supriady et al., 2021) who conducted a study entitled "Knowledge, Attitudes, and Behavior of Respondents Regarding Exclusive Breastfeeding in Ciburial Village, Cimenyan District, Bandung Regency" which found that mothers aged 20-35 years had sufficient knowledge due to the mother's reproductive age, strong memory and previous experience regarding breast milk so that the researcher provided suggestions to improve the mother's knowledge because it will affect the mother's attitude and behavior which are important in achieving the target coverage of exclusive breastfeeding. This research is in line with research conducted by (Mashanafi et al., 2019) which found that mothers of reproductive age, namely 20-35 years, had sufficient knowledge. According to the researcher's assumption, age affects knowledge and knowledge is also a benchmark for remembering something. Sufficient knowledge at the age of 20-35 years as many as 30 respondents (60%) where the age group is a healthy reproductive age group meaning that the age is psychologically and socially mature, so that someone is able to better respond to the information obtained and respondents already know enough about Exclusive Breastfeeding which is caused by the influence of knowledge factors such as experience and culture. This also affects a person's ability to understand the information they obtain, so that it can affect a person's knowledge.

Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on education

Based on the research results based on education, it was found that those with sufficient knowledge were respondents with a bachelor's degree, amounting to 4 people (80%). This is in line with research (Sinabariba et al., 2022) who got good knowledge in diploma education as many as 3 people (100%) and stated that education determines whether a person is easy to understand the knowledge they get in general. However, it does not rule out the possibility that even though someone has low knowledge if he gets good information from various media, he will be able to increase his knowledge. This research is in line with research conducted by (Wahyuningsih et al., 2020) which found that 15.9% of respondents who graduated from college had sufficient knowledge, meaning that they had a better ability to understand all objects and information. This research is in line with research conducted by (Ashish, 2020) with the results of the study, namely mothers with a bachelor's degree have sufficient knowledge. Educated mothers will understand the information well, the explanation given by health workers, especially those related to exclusive breastfeeding for 6 months. In addition, educated mothers will not be influenced by unclear information. This research is not in line with research conducted by (Mashanafi et al., 2019) which obtained the results that mothers with high school education who had sufficient knowledge were 16 people (32%), but mothers with bachelor's/diploma education did not have insufficient knowledge. Someone who is lowly educated does not necessarily mean that they also have low knowledge. Increased knowledge is not absolutely obtained from formal education, but can also be obtained from non-formal education. According to the researcher's assumption, respondents have sufficient knowledge about Exclusive Breastfeeding with a Bachelor's degree of 4 people (80%), where the level of education greatly influences a person's level of knowledge. However, it should be remembered that to measure a person's knowledge, it cannot only be measured in terms of age, education, and parity, there are still other factors along with the number of respondents obtained because knowledge can be obtained through the five senses, which means that knowledge is not only obtained through education, it can be through the internet, books, newspapers, news and even conversations with other people who know about something. Education cannot be used to describe a person's knowledge. The higher the education, the easier it will be to accept new things and easily adapt to new things, conversely, the less education, the more it will hinder the development of a person's attitude towards values newly introduced values.

Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on work

Based on the research results based on work, it can be seen that respondents who have sufficient knowledge are civil servants, amounting to 5 people (88.3%). In line with research (Erlani, 2020) which says that work influences a person to have a better level of knowledge, because a person gets a better level of knowledge. A person gets culture in his relationship with other people, because of this relationship a person can gain knowledge. This research is also in line with the research results (Lelo, 2021) the better a person's job will support the economy so that it will affect knowledge. Work is one of the obstacles when giving breast milk to babies, the busier a mother is with her work, the more difficult it will be for her to divide her time in giving breast milk. This research is in line with research conducted by (Ashish, 2020) with the results of the study, namely working mothers have sufficient knowledge. The work environment can be used by someone to gain knowledge both directly and indirectly. People who work will have better access to various information. This research is not in line with research conducted by (Mashanafi et al., 2019) which obtained the result that mothers with self-employed jobs who have sufficient knowledge are 10 people (20%). Work is often a reason often used by mothers for providing Exclusive Breastfeeding so it needs to be emphasized that even though mothers work, mothers can still provide Exclusive Breastfeeding to their babies. According to researchers, the better a person's job will support the economy so that it will affect knowledge. By working, mothers have a lot of access to obtain information. Work is one of the obstacles when breastfeeding a child, the busier a mother is with her work, the more difficult it will be for her to divide her time in providing exclusive breastfeeding.

Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on parity

Based on the research results, it can be seen that respondents who have sufficient knowledge about parity are mothers with primiparous parity, as many as 7 people (63.6%). This research is in line with research conducted by (Sinabariba et al., 2022) which found that 4 primiparous mothers (36.3%) had sufficient knowledge. This research is also in line with (Fajriyah et al., 2020) which found that primiparous mothers have sufficient knowledge. Respondents who have never given birth and have never breastfed do not guarantee that they have insufficient knowledge about exclusive breastfeeding. This research is also in line with (Fatimah et al., 2023) which obtained the results that the mother has sufficient knowledge with primipara parity. Primipara mothers are more likely to experience difficulties in breastfeeding due to lack of knowledge and experience on how to breastfeed. Mothers who are breastfeeding for the first time do not have experience compared to mothers who already have experience breastfeeding their children before. According to the researcher's assumption, respondents have sufficient knowledge about Exclusive Breastfeeding with primipara parity of 7 people (63.6%), where the researcher assumes that the level of knowledge of pregnant women in the third trimester will be more mature or more knowledgeable about Exclusive Breastfeeding if they have experience giving birth. However, in this study, primipara mothers were obtained who had sufficient knowledge where primipara mothers had not had previous breastfeeding experience so that the mother's knowledge about Exclusive Breastfeeding was also still lacking and experience plays an important role in increasing knowledge about breastfeeding.

Knowledge of pregnant women in the third trimester about exclusive breastfeeding based on information sources

Based on the research results, looking at the information sources, it was found that those who had sufficient knowledge were respondents with information sources from Health Workers, amounting to 8 people (80%). This research is also in line with (Fajriyah et al., 2020) which found that mothers who had sufficient knowledge almost all got information sources from health workers such as visiting integrated health posts or pregnancy classes to get information about exclusive breastfeeding, this of course will affect respondents' knowledge about exclusive breastfeeding. The

delivery method is also one of the factors that affects knowledge, the use of less interesting methods also makes the acceptance of the information delivered less than optimal. This research is in line with research conducted by (Widiastuti, 2023) which obtained research results that pregnant women have sufficient knowledge with information sources from health workers. Midwife support greatly influences the success of exclusive breastfeeding. Mothers who receive midwife support become more confident to continue providing exclusive breastfeeding. For this reason, it is necessary for midwives to have counseling skills both in conveying information and education for mothers regarding exclusive breastfeeding. According to the researcher's assumption from the research results, Health Workers are one of the important things in increasing knowledge, but it does not rule out the possibility that all sources of information play an important role in increasing knowledge, especially since a person always wants to know what he wants to get.

CONCLUSION

From the results of research conducted on the knowledge of pregnant women in the third trimester regarding exclusive breastfeeding, the following conclusions can be drawn frequency distribution of knowledge of pregnant women in the third trimester about Exclusive Breastfeeding found that the knowledge of mothers in the third trimester was mostly sufficient at 60%. So it can be concluded that the knowledge of pregnant women in the third trimester about Exclusive Breastfeeding as a whole is still categorized as not good. Based on this study, the cause of poor maternal knowledge is that the average respondent has a high school education so that when health workers provide information, especially about exclusive breastfeeding, to respondents, their ability to understand is still lacking. And also because there are still many mothers who have never had the experience of giving birth or are primipara and mothers are also busy with their work so they do not have time to obtain information. The knowledge of pregnant women in the third trimester about exclusive breastfeeding based on age is sufficient knowledge of 60% and all respondents are aged 20-35 years because at the time of the study the researchers found that they were of reproductive age. The knowledge of pregnant women in the third trimester about exclusive breastfeeding based on education is sufficient knowledge with a bachelor's degree of 80%. The knowledge of pregnant women in the third trimester about exclusive breastfeeding based on their occupation is sufficient knowledge with civil servant occupation of 88.3%. The knowledge of pregnant women in the third trimester about exclusive breastfeeding based on parity is sufficient knowledge in primiparas at 63.6%. The knowledge of pregnant women in the third trimester about exclusive breastfeeding based on information sources is sufficient knowledge with information sources from health workers amounting to 80%.

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