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## The Relationship between Knowledge and Mother's Attitude towards Exclusive Breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel. Sumber Karya Timur Binjai District in 2020

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Mother**ABSTRACT**

Breast milk has advantages and privileges as a nutrient compared to other nutritional sources. The macro and micro components contained in breast milk are very important needed at every stage of the baby's growth. Objectives To determine the relationship between knowledge and mother's attitude towards exclusive breastfeeding in the independent practice of Midwife Indah Suryawati Kel.Sumber Karya Timur Binjai District in 2020. Results There is a relationship between mother's attitude towards exclusive breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya Binjai District East Year 2020. Obtained by calculating the chi-square statistical test with  $df = 1$   $p$  value =  $0.001 < 0.05$ .

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### 1. Introduction

The period after giving birth is an important period for a mother. Because, that's when the mother breastfeeds her child. Mothers give breast milk (breast milk) exclusively from the first day of the child's birth until the next six months. In this period, children really need complete nutrition for growth and development. In order to produce good breast milk, a mother must be healthy and meet her nutritional needs every day. Breast milk contains many substances that are not found in any food and drink, including the most expensive and best formula milk. During breastfeeding, a mother should strive to obtain correct information about breastfeeding. Unfortunately, many mothers do not realize the importance of breastfeeding for babies, especially mothers who work outside the home. In addition to the busyness factor, it turns out that physical constraints also reduce the enthusiasm of mothers in breastfeeding their children. Therefore,

For 72 hours after birth, the breasts produce a watery, yellow fluid called colostrum, a fluid that is made up of water, protein and minerals. Colostrum contains antibodies that protect the baby against various digestive and respiratory tract infections. A baby during the womb has experienced a process of growth and development in such a way that when he was born his weight had reached a normal weight. Infant growth and development continues into adulthood. The process of growth and development is influenced by the food given to children. The most suitable food for babies is breast milk (ASI), because breast milk is intended for babies as the baby's staple food (Wiji, 2019).

Breast milk has advantages and privileges as a nutrient compared to other nutritional sources. The macro and micro components contained in breast milk are very important needed at every stage of the baby's growth. Macro components consist of carbohydrates, proteins and fats. While the micro components are vitamins and minerals. The composition and volume of breast milk is different for each mother depending on the baby's needs. Breast milk also contains an antibody known as IgA which acts as a defense system against the walls of the digestive tract against infection. It has been proven that babies who are exclusively breastfed have higher antibody levels than those who are fed formula milk. Therefore, the body's resistance to pathogenic bacterial infection in breastfed infants is greater than that of formula-fed infants.

One of the goals of health development is to reduce infant mortality. The infant mortality rate according to the 2015 Sustainable Development Goals (SDGs) was 40 per 1000 live births and still ranks as the 4th highest infant mortality rate in ASEAN. The infant mortality rate (IMR) is the number

of infant deaths in the first 28 days of life per 1,000 live births (Ministry of Health, 2015).

In modern times like today, some young mothers feel reluctant to breastfeed their children. Actually, these symptoms have been entrenched for a long time, especially in big cities. Initially, this was done by young mothers in Europe and America at the beginning of the 20th century. This action made children susceptible to disease, because their immune systems were weak (Prasetyono, 2018).

The phenomenon that shows that some young mothers do not breastfeed their children does not only occur in developed countries, such as Indonesia. Actually, there are several factors that make some young mothers do not breastfeed their children. First, the incessant campaigns of producers of milk and breast milk substitutes, as well as the successful efforts of distributors in distributing them, have motivated mothers to believe in it. Second, the lack of awareness or knowledge of mothers about giving food to children. Third, the lack of serious attention from health experts to promote the habit of breastfeeding children. Fourth, the lack of targeted social welfare programs, which are run by several government agencies in developing countries. Of these four factors, many people think that the most dominant factor is the promotion that is too intense and grandiose on the part of the milk producers. This is what makes young mothers influenced to replace breast milk as the baby's main food with formula milk (Prasetyono, 2018).

For mothers who are actively working, efforts to provide exclusive breastfeeding often experience obstacles because the short period of maternity and maternity leave means that before the exclusive breastfeeding period ends they have to return to work, this is what makes babies not exclusively breastfed, and many working mothers think that the breast milk is not sufficient for the baby's needs when the mother is working so that the mothers provide additional breast milk in the form of formula milk (Bahriyah, et al, 2017).

WHO and UNICEF recommend that infants should only be breastfed with breast milk (ASI) for at least 6 months, and breastfeeding should be continued until the baby is 2 years old. In order for mothers to maintain exclusive breastfeeding for 6 months, WHO recommends that breastfeeding initiation within the first hour of life, infants receive only breast milk without additional food or drink, including water, breastfeed on demand or as often as the baby wants, and do not use bottles or pacifiers. (WHO, 2018).

In order to realize the vision of the Ministry of Health (MOH) towards a healthy Indonesia in 2025, all aspects of Indonesian human life that affect health need attention, including maternal and child health. One of the efforts of the maternal and child health program is exclusive breastfeeding for infants up to the age of six months. After that, infants should be given nutritious complementary foods and continue breastfeeding until the baby is two years old or older. However, currently exclusive breastfeeding is decreasing, the cause of the decline in exclusive breastfeeding is the lack of mother's knowledge about the importance of exclusive breastfeeding, marketing of formula milk, social and economic factors. In addition, there are still many people who like to give MP-ASI too early (Haryati, et al, 2016).

According to parenting expert Dr. Mirriam Stoppard, during the first few days, babies should breastfeed regularly, to get colostrum as well as get used to the breast. Once the mother's breasts produce milk, the mother may be surprised by the watery form of the milk. When a baby sucks, the first milk he gets (foremilk) is watery and quenches thirst. After that, then comes out the hindmilk, which is rich in fat and protein. This was confirmed by the Ministry of Health of the Republic of Indonesia. Breast milk contains high-quality nutrients that are useful for the growth and development of the baby's intelligence (Wiji, 2019).

Mother-infant interaction and the nutritional value of breast milk are needed for the development of the brain's nervous system which can increase the baby's intelligence. Research shows that the IQ of breastfed babies has an IQ point that is 4.3 points higher at 18 months, 4-6 points higher at 3 years, and 8.3 points higher at 8.5 years compared to infants who are not fed. Breast milk, as stated in the Lactation Management Handbook: Dit. Community Nutrition-Depkes RI (Wiji, 2019).

WHO/UNICEF recommendations at the 1979 meeting in Geneva on infant and child nutrition include: "Breastfeeding is an integrated part of the reproductive process that provides ideal and natural infant food and provides the biological and psychological basis needed for growth. Giving additional formula milk for any reason to newborns should be avoided" (Wiji, 2019).

Based on a survey conducted by Hellen Keller International in 2002 in Indonesia, it is known that on average Indonesian babies only get exclusive breastfeeding for 1.7 months. In fact, the WHO study as outlined in Ministerial Decree No. 450 of 2004 recommends that infants be given exclusive

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breastfeeding for 6 months. The decline in this number is related to socio-cultural influences in the community, which recommends that babies be given additional food before the age of 6 months (Prasetyono, 2018).

According to the Millennium Development Goals (MDGs), the coverage of exclusive breastfeeding in Indonesia has not yet reached the expected figure of 80% (Kemenkes RI, 2015). The achievement of exclusive breastfeeding in Indonesia in 2012 was 42% (IDHS, 2012), while based on a report from the health office in Indonesia in 2013, the coverage of breastfeeding for 0-6 months was only 54.3% (Kemenkes RI, 2015). The coverage of exclusive breastfeeding for infants in 2014 in Indonesia was 52.3% (Kemenkes RI, 2015). While in 2015 it was 55.7% (Kemenkes RI, 2016).

Based on Indonesia's demographic and health surveys in 1997 and 2003, it is known that the rate of exclusive breastfeeding has decreased from 49% to 39%, while the use of formula milk has tripled. The information was conveyed by the chairman of the Working Agency for Increasing the Use of Mother's Milk (BKPP-ASI), dr. Dien Sanyoto Besar, Sp.A. The submission of this information is related to the discussion of the draft government regulation regarding the marketing of breast milk substitutes (RPP PASI). Apart from advertising in print and electronic media, as well as promotions in shops, formula milk producers are also actively promoting in hospitals by asking for doctor's help (Prasetyono, 2018).

The achievement of exclusive breastfeeding in Indonesia has not yet reached 80%. Based on the 2013 IDHS report, the achievement of exclusive breastfeeding is 42%. Meanwhile, based on a 2014 report from the Provincial Health Office, the coverage of breastfeeding for 0-6 months is only 54.3% (Pusdatin, 2015. In Sihombing 2017).

The percentage of infants who received exclusive breastfeeding for infants under 6 months of age was 41%, exclusive breastfeeding for infants aged 4-5 months was 27%, and continued breastfeeding until children aged 2 years was 55% (Ministry of Health of the Republic of Indonesia, 2015). Data from the Ministry of Health noted that the rate of early breastfeeding initiation (IMD) in Indonesia increased from 51.8% in 2017. Despite the increase, the figure is said to be still far from the target of 90%. The same increase also occurred in the exclusive breastfeeding rate, from 29.5% in 2016 to 35.7% in 2017. This figure is also very small considering the important role of breastfeeding for children's lives (Moeloe, 2018).

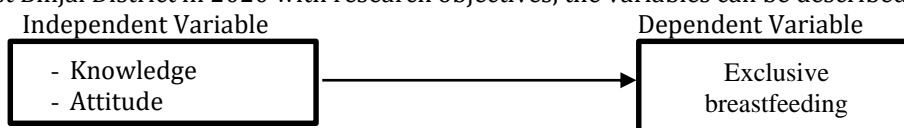
Based on data from the Indonesian Association of Breastfeeding Mothers in the North Sumatra Region (AIMI Sumut) in 2019, the coverage of exclusive breastfeeding is still below 50% (Astuti, 2019). From the preliminary study conducted by the researcher, it was found that of the 15 breastfeeding mothers interviewed, 12 of them did not give exclusive breastfeeding and 3 of them gave exclusive breastfeeding.

Based on the events or phenomena mentioned above, the researchers are interested in conducting research on the Relationship between Knowledge and Mothers' Attitudes towards Exclusive Breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel. Sumber Karya, East Binjai District in 2020.

## 2. Research methods

### 2.1 Conceptual framework

The conceptual framework in this study was compiled based on a literature review where researchers wanted to know the relationship between knowledge and mother's attitude towards exclusive breastfeeding in the independent practice of midwife Indah Suryawati Kel.Sumber Karya, East Binjai District in 2020 with research objectives, the variables can be described as follows.



### 2.2 Research Hypothesis

The hypothesis is a temporary answer that must be tested for truth in the research the proposed hypothesis is:

Ho: There is no Relationship between Knowledge and Mother's Attitude towards Exclusive Breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya

Timur Binjai District in 2020

Ha : There is a relationship between knowledge and mother's attitude towards exclusive breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya, East Binjai District in 2020.

### **2.3 Types of research**

The type of research used is a descriptive analytic survey with a cross sectional approach using the Accidental Sampling technique, which is a sampling technique based on chance, that is, anyone who coincidentally meets the researcher and can be used as a sample if it is deemed that the person met by chance is suitable as a data source (Sugiyono, 2010). 2017), which aims to determine the relationship between knowledge and mother's attitude towards exclusive breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya, East Binjai District in 2020.

### **2.4 Place and time of research**

The research will be carried out at the Independent Practice of Midwife Indah Suryawati Kel. Sumber Karya, East Binjai District and the research will be carried out from February - July 2020

### **2.5 Population and Sample**

The population taken in this study were all mothers who breastfeed their babies (0-6 months) who were in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya, East Binjai District. Sample According to Arikunto (2015) if the number of subjects is large, it can be taken between 10-15% or 20-25%, in this study a sample of 20% of the total population was taken with the following formula:  $20/100 \times 150 = 30$ , then the number of samples in this study amounted to 30 people. The sample criteria include inclusion criteria and exclusion criteria, where these criteria determine whether or not the sample can be used.

The inclusion and exclusion criteria in this study are:

a. Inclusion Criteria

Inclusion criteria are criteria where research subjects can represent in research samples that meet the requirements as samples (Notoatmodjo, 2016), namely all mothers who breastfeed babies in the Independent Practice of Midwife Indah Suryawati Kel. Sumber Karya, East Binjai District, Willing to be respondents, Mrs. who have babies aged 0-6 months, can speak Indonesian.

b. Exclusion Criteria

Exclusion criteria are criteria where the research subject cannot represent the sample because it does not meet the requirements as a research sample (Notoatmodjo, 2016). The exclusion criteria were: Mothers with certain diseases, Respondents did not fill out the questionnaire completely.

### **2.6 Data analysis**

After all the data on the questionnaire was collected, then the data analysis was carried out through several stages. First, reviewing the completeness of the identity and data of the respondents and ensuring that all answers were filled in. Then the researchers classified the data by tabulating the data that had been collected. In this study, data processing using computer programs.

## **3. Results And Discussion**

### **3.1 Univariate Analysis**

The results of data collection from respondents through this study regarding the Relationship between Knowledge and Mother's Attitude towards Exclusive Breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya, East Binjai District in 2020 with a total of 30 respondents can be presented in the form of a table as follows:

TABLE 1  
Frequency Distribution of Mother's Knowledge in the Independent Practice of Midwife Indah Suryawati Kel. Sumber Karya, East Binjai District in 2020

<b>Knowledge</b>	<b>Total (n)</b>	<b>Percentage (%)</b>
Well	10	30.3
Enough	14	42.4
Not enough	6	18.2
<b>Total</b>	<b>30</b>	<b>100</b>

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Based on table 4.1.1, it can be seen that of the 30 respondents the majority of mothers' knowledge was sufficient as many as 14 respondents (42.4%), and the minority had less knowledge as many as 6 respondents (18.2%).

TABLE 2  
Frequency Distribution of Mother's Attitude in the Independent Practice of Midwife Indah Suryawati Kel. Sumber  
The work of the East Binjai District in 2020

Attitude	Total (n)	Percentage (%)
Positive	18	54.5
Negative	12	36.4
Total	30	100

Based on table 4.1.2, it can be seen that from the 30 respondents the majority of working mothers were 18 respondents (54.5%) and the minority did not work as many as 12 respondents (36.4%).

TABLE 3  
Frequency Distribution of Exclusive Breastfeeding in the Independent Practice of Midwives Indah  
Suryawati Kel. Sumber Karya, East Binjai District in 2020

Exclusive breastfeeding	Total (n)	Percentage (%)
Given	14	42.4
Not Given	16	48.5
<b>Total</b>	<b>30</b>	<b>100</b>

Based on table 4.1.3, it can be seen that of the 30 respondents the majority of mothers who did not give exclusive breastfeeding were 16 respondents (48.5%) and the minority of mothers who gave exclusive breastfeeding were 14 respondents (42.4%).

## 3.2 Bivariate Analysis

TABLE 4  
Frequency Distribution of Mother's Knowledge Relationship to Exclusive Breastfeeding in the Independent  
Practice of Midwife Indah Suryawati Kel. Sumber Karya, East Binjai District in 2020

Knowledge	EXCLUSIVE BREASTFEEDING				Total	df	P value
	Given		Not Given				
	n	%	n	%	n	%	
Well	8	26.7	2	6.7	10	33.3	2 0.026
Enough	5	16.7	9	30.0	14	46.7	
Not enough	1	3.3	5	16.7	6	20.0	
<b>Total</b>	<b>14</b>	<b>46.7</b>	<b>16</b>	<b>53.3</b>	<b>30</b>	<b>100</b>	

Based on table 4.2.1 it can be seen that from the 30 respondents the majority who gave exclusive breastfeeding with good knowledge were 8 people (26.7%) and the majority did not give exclusive breastfeeding with sufficient knowledge as many as 9 people (30.0%).

The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level ( $\alpha$ ) = 5% (0.05) and  $df = 2$ , the results are  $p$  value = 0.026 at  $df = 2$  where  $sig < (0.026 < 0.05)$  then  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is a significant relationship between mother's knowledge of exclusive breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel. Sumber Karya, East Binjai District in 2020.

TABLE 4  
Frequency Distribution of Mother's Attitude Relationship to Exclusive Breastfeeding in the Independent Practice of  
Midwife Indah Suryawati Kel. Sumber Karya, East Binjai District in 2020

Attitude	Exclusive breastfeeding				Total	df	P value
	Given		Not Given				
	n	%	N	%	n	%	
Positive	4	13.3	14	46.7	18	60	1 0.001
Negative	10	33.3	2	6.7	12	40	
<b>Total</b>	<b>14</b>	<b>46.7</b>	<b>16</b>	<b>53.3</b>	<b>30</b>	<b>100</b>	

Based on table 4.2.2, it can be seen that from the 30 respondents the majority who gave exclusive breastfeeding with a negative mother attitude were 10 people (33.3%) and the majority did not give exclusive breastfeeding with a positive mother attitude as many as 14 people (46.7%). The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level ( $\alpha$ ) = 5% (0.05) and  $df = 1$ , the results are  $p.value = 0.001$  at  $df = 1$  where  $sig < (0.001 < 0.05)$  then  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is a significant relationship between the mother's attitude towards exclusive breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya, East Binjai District in 2020.

### **3.3 Discussion**

#### **a. Univariate Analysis**

The results showed that of the 30 respondents the majority of mothers had sufficient knowledge as many as 14 respondents (42.4%), and the minority had less knowledge as many as 6 respondents (18.2%).

Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears of certain objects. Knowledge is an important domain in the formation of open behavior (Donsu, 2017).

Knowledge is a result of human knowledge of combining or working the same between a knowing subject and a known object. Everything that is known about a certain object (Suriasumantri in Nurroh 2017). According to Notoatmojo in Yuliana (2017), knowledge is the result of human sensing, or the result of someone knowing about objects through their senses (eyes, nose, ears, etc.). So knowledge is various kinds of things that are obtained by a person through the five senses.

Hasil penelitian ini sejalan dengan penelitian yang telah dilakukan oleh Simanungkalit (2018) yang menyatakan bahwa sebagian besar 61.8% responden yang berpengetahuan rendah memberikan ASI Eksklusif di peroleh  $p = 0.000 < 0.05$ , maka  $H_0$  ditolak. Dengan demikian dapat disimpulkan bahwa ada hubungan antara pengetahuan dengan pemberian ASI Eksklusif. Menurut asumsi peneliti, dari hasil penelitian menunjukkan bahwa lebih banyak ibu yang tidak memberikan ASI Eksklusif dikarenakan pengetahuan ibu yang cukup.

#### **b. Sikap Ibu**

Hasil penelitian menunjukkan bahwa dari 30 responden mayoritas sikap positif sebanyak 18 responden (54.5%) dan minoritas negatif sebanyak 12 responden (36.4%). Attitude is a process of assessment by a person towards an object or situation accompanied by certain feelings and provides the basis for the person to make a response or behave in a certain way that he chooses. (Lestari, 2015).

Human attitudes and behavior are closely related. Behavior is formed from the attitude. However, behavior has no effect on attitudes. In general, human attitudes are in the form of two positive attitudes and negative attitudes. A negative attitude will affect behavior to be negative. Vice versa, when our attitude is positive, then our behavior will be positive (Donsu, 019).

In this study, it was found that mothers who had a positive attitude towards exclusive breastfeeding were due to some mothers having good knowledge about exclusive breastfeeding, so there was a strong desire to do exclusive breastfeeding. In addition, the mother also believes that with exclusive breastfeeding the baby's growth process can run normally.

#### **c. Exclusive breastfeeding**

The results showed that of the 30 respondents the majority of mothers who did not give exclusive breastfeeding were 16 respondents (48.5%) and the minority of mothers who gave exclusive breastfeeding were 14 respondents (42.4%).

In this study, the majority of mothers did not give exclusive breastfeeding to their babies due to many factors such as lack of knowledge. Breast milk is the first, main, and best food for babies, which is natural. Breast milk contains various nutrients needed in the process of growth and development of infants. Related to that, there is one thing that needs to be regretted, namely the low understanding of mothers, families, and communities about the importance of breastfeeding for babies. As a result, the exclusive breastfeeding program does not take place optimally (Prasetyono, 2018).

Exclusive breastfeeding is that babies are only given breast milk for 6 months without the addition of other fluids, such as formula milk, oranges, honey, tea water, and water, and without

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the addition of solid foods, such as bananas, milk porridge, biscuits, rice porridge, and team rice. , except vitamins, minerals, and drugs. In addition, exclusive breastfeeding is also related to the act of giving breast milk to babies until they are 6 months old without other food and drinks, except for medicinal syrups (Prasetyono, 2018). According to the researcher's assumption, the majority of mothers do not give exclusive breastfeeding to their babies due to many factors such as lack of knowledge.

#### d. The Relationship of Mother's Knowledge to Exclusive Breastfeeding

Based on the results of the study, it can be seen that from the 30 respondents the majority who gave exclusive breastfeeding with good knowledge were 8 people (26.7%) and the majority did not give exclusive breastfeeding with sufficient knowledge as many as 9 people (30.0%). The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level ( $\alpha$ ) = 5% (0.05) and  $df = 2$ , the results are  $p$ . value = 0.026 at  $df = 2$  where  $sig < (0.026 < 0.05)$  then  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is a significant relationship between mother's knowledge of exclusive breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya, East Binjai District in 2020.

Exclusive breastfeeding is a form of maternal health behavior, and for healthy behavior there are many factors that influence it, one of which is knowledge. Mothers who have good knowledge will exclusively breastfeed because they already know the benefits, advantages and components of breast milk. In addition, mothers who do not work will have a lot of time at home so that mothers can give exclusive breastfeeding.

The results of this study are in line with the research conducted by Titik Anggraeni (2016) which states that from the results of the chi-square test between knowledge and exclusive breastfeeding at an error rate of 5% (0.05) with  $df = 2$ , the value of  $\chi^2$  count  $> \chi^2$  table ( $6.587 > 5.591$ ) then  $H_0$  is rejected and  $H_a$  is accepted, which means that there is a relationship between knowledge and exclusive breastfeeding.

Knowledge has a very important role in maternal behavior because through knowledge it will bring a deep understanding to mothers about the good or bad effects of exclusive breastfeeding. Furthermore, this understanding will become the basis for mothers to behave exclusively in breastfeeding their babies. Good knowledge affects behavior in parenting to give only breast milk until the age of 6 months for the baby. Knowledge of exclusive breastfeeding is the basis needed so that mothers know and understand the right actions in exclusive breastfeeding so that they will realize good behavior in accordance with their knowledge (Furqoni N, 2018).

According to the assumptions of the researchers from several informants, it showed that low knowledge resulted in correct breastfeeding practices but was based on a false belief, which stated that breast milk was not enough for babies so that additional foods should be given in the form of formula milk, honey, water, and fruits. the mushy one. This additional food is believed to be able to help meet the baby's food and drink needs. The respondents' low knowledge also stated that colostrum was not important and had to be discarded because it was old so it was stale and could cause diarrhea if given to babies.

#### e. Relationship of Mother's Attitude to Exclusive Breastfeeding

Based on the results of the study, it can be seen that from the 30 respondents the majority who gave exclusive breastfeeding with negative mother attitudes were 10 people (33.3%) and the majority did not give exclusive breastfeeding with positive mother attitudes as many as 14 people (46.7%). The results of hypothesis testing to see the relationship between variable X and variable Y are with a significant level ( $\alpha$ ) = 5% (0.05) and  $df = 1$ , the results are  $p$ .value = 0.001 at  $df = 1$  where  $sig < (0.001 < 0.05)$  then  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is a significant relationship between the mother's attitude towards exclusive breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya, East Binjai District in 2020. In this study, the results obtained from the cross tabulation showed that there was a relationship between the mother's attitude towards exclusive breastfeeding. Mothers who had babies in this study had a positive attitude towards exclusive breastfeeding. Humans have unique behaviors and attitudes. As social beings, it is natural for one person to have a different attitude. Attitude is a person's tendency to take action after getting a stimulus that arises from within himself or from outside himself (Donsu, 2019).

Attitude reflects an important foundation as well as the beginning of one's social thinking. In

social interactions, both consciously and unconsciously, they often evaluate other people. The results of these evaluations sometimes cause likes and dislikes to someone. From this process, it indicates that during the process of forming attitudes, it involves cognition. Although attitudes involve cognitive but the formation of attitudes is often unlearned. In other words, attitudes can occur quickly, even before we are able to understand the meaning of the stimulus we receive (Donsu, 2019).

The influence of others is very influential on the formation of attitudes. Other people around us are one of the social components that influence our attitudes. Someone we consider important, someone we expect approval for our every move and opinion, someone we don't want to disappoint or someone we don't want to disappoint, or someone who is special to us, will greatly influence the formation of our attitude towards something. Among the people who are usually considered important to individuals are parents, people of higher social status, peers, close friends, teachers, co-workers, wives or husbands, and others. This tendency is motivated, among others, by the desire to avoid conflict with people who are considered important (Lestari, 2015).

Attitudes obtained through experience will have a direct influence on subsequent behavior. The direct influence is more in the form of a behavioral predisposition that will be realized only in conditions and situations that allow it. What conditions, what time and what situation when the individual must express his attitude are some of the determinants that greatly affect the consistency between the attitude and the statement and between the attitude statement and behavior.

According to the researcher's assumption, the better the mother's attitude towards exclusive breastfeeding, the better the mother's actions towards exclusive breastfeeding. Information about exclusive breastfeeding obtained from knowledge about exclusive breastfeeding supported by the baby's condition becomes a stimulus for the mother to determine whether she supports the behavior of exclusive breastfeeding or rejects it. The better the mother's knowledge, the better the information she has and the more she believes that exclusive breastfeeding behavior is good for the health of her baby so that in the end her attitude becomes good.

#### **4. Conclusion**

The majority of mothers' knowledge with sufficient category were 14 respondents (42.4%), minority with good category were 10 respondents (30.3%) and minority with less category were 6 respondents (18.2%). The majority of mothers' positive attitude was 18 respondents (54.5%) and the minority did not work as many as 12 respondents (36.4%). The majority were not given exclusive breastfeeding as many as 16 respondents (48.5%) and the minority were given exclusive breastfeeding as many as 14 respondents (42.4%). There is a relationship between mother's knowledge of exclusive breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.Sumber Karya, East Binjai District in 2020. It was obtained by calculating the chi-square statistical test with  $df 2$   $p$  value =  $0.026 < 0.05$ . There is a relationship between the mother's attitude towards exclusive breastfeeding in the Independent Practice of Midwife Indah Suryawati Kel.

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