

Factors affecting mothers who have babies in breastfeeding at Tuan Rondahaim General Hospital, Simalungun Regency

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ABSTRACT

The impact if the baby is not given breast milk can reduce the baby's weight, the baby will also get sick easily because he does not get immunoglobulin substances. For this reason, researchers want to know the factors that influence mothers who have babies in breastfeeding at RSU Tuan Rondahaim Simalungun Regency in 2016. This research was conducted at RSU Tuan Rondahaim Simalungun Regency in 2016 with a population of 30 people and taking samples using the total sampling technique where all population used as sampling. The results of the study were that the majority were aged 19-24 years, namely 13 people (43.3%), the majority had high school education, namely 13 people (43.3%), the majority had jobs as entrepreneurs, namely 10 people (33.3%), the majority had lack of knowledge, namely 20 people (66.7%), the majority had a disapproving attitude, namely 21 people (70%), the majority received support from husbands/family, namely 22 people (73.3%), the majority received support from health workers, namely 21 people (70%). Mothers really need to find as much information as possible about exclusive breastfeeding.

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INTRODUCTION

Breast milk is the best food and meets the needs of babies aged 0 to 6 months up to 100%. Breast milk contains protein, fat, vitamins, minerals, water and enzymes that are needed by the body so that breast milk can reduce the risk of various types of malnutrition. In addition, breast milk also contains all kinds of fatty acids which are important for the growth of the brain, eyes and healthy blood vessels, iron which can prevent the baby from anemia, colostrum which is rich in antibodies (Suryoprajogo, 2009).

Breastfeeding is the most beautiful gift for mother and baby. Every mother who gives birth must have a strong desire to breastfeed her child. Especially those who realize that breastfeeding will make the baby grow optimally, and that process will make the mother feel that she is the perfect mother (Rosita, 2008). The latest WHO research in 2005 stated that 42 percent of the causes of under-five mortality in the world were malnutrition (58%). Malnutrition is often related to breastfeeding (Siswono, 2006).

Breastfeeding in Indonesia has not been fully implemented. Efforts to improve breastfeeding behavior in mothers who have babies, especially exclusive breastfeeding, are still lacking. The main problems are socio-cultural factors, awareness of the importance of breastfeeding, health services and health workers who do not fully support PP-ASI, intensive promotion of formula milk and working mothers (Arimurti, 2007).

In accordance with their nature, all women will experience menstruation, pregnancy, childbirth and breastfeeding. To improve the quality of human resources, starting from the fetus in the womb, infancy, toddlers, children to adults. Breastfeeding babies is the best way to improve the quality of human resources from an early age who will become the nation's successors. Breast milk is the most perfect food for babies. Breastfeeding means providing nutrients of high nutritional value needed for the growth and development of nerves and brain, providing substances for immunity against several diseases and creating an emotional bond between mother and baby. (Ministry of Health, 2010).

Health status is influenced by several factors, one of which is a person's attitude in responding to a disease. The mother's attitude from the results of the initial survey, namely the reason for limited time because of work, there were problems with breastfeeding (milk did not come out immediately and was small) and there were still many mothers who did not agree if they only gave breast milk to babies aged 0-6 months without other additional food or without formula milk. This shows that this attitude will be one of the obstacles in achieving the maximum success target of breastfeeding. Breastfeeding in Indonesia is still lacking, the reason is socio-cultural, which means working mothers or other activities, sometimes mothers feel proud and imitate their friends or neighbors who give bottle-feeding. The psychological state of the mother, usually the mother is less sexy when she breastfeeds her baby. Physical factors of the mother, making it impossible for the mother to breastfeed.

Even though the impact if the baby is not given breast milk can reduce the baby's weight, the baby will also easily get sick because he does not get the immunoglobulin substance contained in colostrum, giving formula milk to newborns can cause allergies because it stimulates the activation of the IgE system which in newborns is not perfect. whereas in the long run children will easily be malnourished and obese (Roesli, 2008).

In the preliminary survey, the researchers found 3 post partum mothers at Tuan Rondahaim General Hospital, Simalungun Regency, did not give breast milk to their babies because 2 mothers did not breastfeed and 1 person was sick when the baby was first breastfed after birth.

Based on the background above, the researchers wanted to know the factors that influence mothers who have babies in breastfeeding at RSU Tuan Rondahaim Simalungun Regency in 2016. Formulation of the problem, What are the factors that influence mothers who have babies in breastfeeding at Tuan Rondahaim General Hospital, Simalungan Regency in 2016.

RESEARCH METHOD

Types of research

This type of research is descriptive which aims to determine the factors that influence mothers who have babies in breastfeeding at RSU Tuan Rondahaim Simalungun Regency in 2016.

Location and Time of Research

The research location was conducted at Tuan Rondahaim General Hospital, Simalungun Regency, 2016.

Population and Sample

The population in this study were all mothers who had babies at RSU Tuan Rondahaim, Simalungun Regency in 2016, namely 30. The sample size in this study was the entire population as

a sample. In this study, sampling was carried out using a total sampling technique, namely the entire population was sampled, namely 30 people.

RESULTS AND DISCUSSIONS

Based on the results of research conducted to identify the factors that influence mothers who have babies in breastfeeding at Tuan Rondahaim General Hospital, Simalungun Regency in 2016, it can be discussed as follows.

Frequency Distribution of Factors Affecting Tha Who Have Babies in Exclusive Breastfeeding at Tuan Rondahaim General Hospital, Simalungun Regency in 2016 by Age

By Age Based on Table 5.1.1. Data obtained from the majority of respondents have Asian 19-24 years, namely 13 people (43.3%) while the minority have ages 25-30 years, namely 8 people (26.7%). In this study it was found that mothers who gave exclusive breastfeeding were dominated by the age of 19-24 years. This age is a period of healthy reproduction and physiologically breast milk is still smooth and may have the first experience in giving breast milk to their babies so their enthusiasm is still high. Based on the results of Kusmayanti's research (2006), that the increasing age, the better the percentage of knowledgeable because it is caused by increased access to information, insight and mobility.

Frequency Distribution of Factors Affecting Mothers Who Have Babies in Exclusive Breastfeeding at Tuan Rondahaim General Hospital, Simalungun Regency, 2016 Based on Education

Based on Table 5.1.2. data obtained from the majority of respondents have high school education, namely 13 people (43.3%) while the minority have elementary education, namely 4 people (13.3%)

For some mothers, breastfeeding is a natural and instinctive action. Therefore, they think that breastfeeding does not need to be learned. However, most mothers are not aware of the importance of breast milk as the baby's main food. They only know breast milk is the food that babies need without paying attention to other aspects. The education possessed by the mother is related to the knowledge she has, so the mother will try to find out more about breastfeeding. Education will make someone want to know more things that are needed and be more responsive to information and sensitive to the changes that occur (Prasetyono, 2009).

Based on the level of education, the number of respondents who received education up to high school level was the most. Although most of the respondents had high school education, the activities and curiosity of mothers in seeking information about exclusive breastfeeding can affect exclusive breastfeeding.

Frequency Distribution of Factors Affecting Mothers Who Have Babies in Exclusive Breastfeeding at Tuan Rondahaim General Hospital, Simalungun Regency, 2016 Based on Occupation

Based on Table 5.1.3. data obtained from the majority of respondents have jobs as entrepreneurs, namely 10 people (33.3%) while the minority have jobs as farmers, namely 1 person (3.3%).

In this study, the respondent's work was dominated as an entrepreneur. The working conditions of the self-employed greatly affect exclusive breastfeeding for infants, because the time at work for the self-employed depends on oneself when compared to other work which is regulated by working hours and if working hours are violated there will be consequences.

So, the work environment can make a person gain experience and knowledge both directly and indirectly. Economic pressure causes many mothers to work outside the home, so that exclusive breastfeeding is often neglected, even though working is not a reason not to provide

exclusive breastfeeding because when working mothers babies can be given expressed breast milk which was previously obtained from the breast milk itself (Ministry of Health, 2010).

Frequency Distribution of Factors Affecting Mothers Who Have Babies in Exclusive Breastfeeding at Tuan Rondahaim General Hospital, Simalungun Regency in 2016 Based on Knowledge

Based on Table 5.1.4. data obtained from the majority of respondents had less knowledge, namely 20 people (66.7%) while the minority had good knowledge, namely 10 people (33.3%). In this study, more respondents lack knowledge about exclusive breastfeeding. Meanwhile, mother's knowledge about breastfeeding is an important factor in the success of the breastfeeding process. Tahaeb et al in Abdullah (2006), stated that the level of knowledge, education, working status of the mother, and the number of children in the family have a positive effect on the frequency and pattern of breastfeeding.

Frequency Distribution of Factors Affecting Mothers Who Have Babies in Exclusive Breastfeeding at Tuan Rondahaim General Hospital, Simalungun Regency in 2016 Based on Attitudes

Based on Table 5.1.5. data obtained from the majority of respondents have an attitude of disagreeing, namely 21 people (70%) while the minority have an attitude of agreement, namely 9 people (30%)

Before someone takes a stand, it can be influenced by several factors including age, education and work. With increasing age of a person there will be changes in the physical and psychological (mental) aspects where this psychological aspect is the level of one's thinking more mature and mature indirectly. Attitudes are influenced by a person's mindset to act and make the best decisions so that attitudes arise in exclusive breastfeeding to infants. Experience can influence attitudes in breastfeeding as well as the attractive promotion of milk products for babies.

Frequency Distribution of Factors Affecting Mothers Who Have Babies in Exclusive Breastfeeding at Tuan Rondahaim General Hospital, Simalungun Regency in 2016 Based on Husband/Family Support

Based on Table 5.1.6. Data obtained from the majority of respondents received support from their husbands/family, namely 22 people (73.3%), while the minority did not receive support from their husbands/family, namely 8 people (26.7%). Husband/family support factors have a significant influence on the success of ASL administration. In this study, although the majority of respondents did not have good knowledge about breastfeeding, the majority of husbands or families supported mothers to provide exclusive breastfeeding for their babies.

Frequency Distribution of Factors Affecting Mothers Who Have Babies in Exclusive Breastfeeding at Tuan Rondahaim General Hospital, Simalungun Regency in 2016 Based on Health Officer Support

Based on Table 5.1.7. data obtained from the majority of respondents received support from health workers, namely 21 people (70%) while the minority did not receive support from health workers, namely 9 people (30%).

CONCLUSION

The majority are aged 19-24 years, namely 13 people (43.3%), while the minority are aged 25-30 years, namely 8 people (26.7%). The majority have high school education, namely 13 people (43.3%), while the minority have elementary education, namely 4 people (13.3%). The majority have jobs as entrepreneurs, namely 10 people (33.3%), while the minority have jobs as farmers, namely 1 person (3.3%). The majority have less knowledge, namely 20 people (66.7%), while the minority have good knowledge, namely 10 people (33.3%). The majority had an attitude of disagreeing, namely 21 people (70%) meanwhile the minority has an attitude of agreement, namely

9 people (30%). The majority received support from their husbands/family, namely 22 people (73.3%), while the minority did not receive support from their husbands/family, namely 8 people (26.7%). The majority received support from health workers, namely 21 people (70%), while the minority did not receive support from health workers, namely 9 people (30%).

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